

Shalom!

Spring 2002 Vol. 27, No. 2

Aviv 5762

שלום!



In this issue:

Dr. Phil Simon ~ A Sad Farewell

UJA Campaign 2001 ~ A Successful Beginning

Our new Health & Wellness Column and much more...

שלום

President's Message

President: Dr. Sheva Medjuck

by Dr. Sheva Medjuck



The Atlantic Jewish Council
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I have struggled to write the President's message for this Passover issue of Shalom for some time; mostly because I don't know what to say. This is unusual for someone who has spent her entire academic career writing and is rarely at a loss for words. But circumstances are no longer usual.

I have procrastinated writing because each day I wait for a miracle. Each morning I wake and hope that this will be the day that there is a cease-fire in the Middle East and the start to rebuilding the shattered peace process. As each day passes, the hopes of this miracle disappear. Rather each day as I wake up and turn on the radio for the news, I hear of yet another suicide bomber. Then I hope that maybe no one was seriously hurt or injured but even this smaller miracle eludes us.

Passover is a holiday of freedom and redemption. The story, as every school child knows, tells of our exodus from Egypt where we were slaves, and our wandering in the desert until we reached the Promised Land, Eretz Israel. This Passover, however, it is hard to appreciate our freedom. We hear from our friends and family in Israel how they feel like prisoners in their own land. Every day we hear stories about the toll that terrorism is taking on our brothers and sisters in Israel – an infant orphaned when her parents are blown up in their car; almost an entire family murdered in a pizzeria; a homemaker murdered as she does the grocery shopping; teenagers murdered as they dance in a disco. And while we mourn those who are killed, the terror is even more insidious as it paralyzes a vibrant Israeli society. The terror is reflected in the stories we hear from our friends in Israel – a mother who says a prayer each day when her children return from school; a teenager who is so angry at her parents because she cannot go to the

mall to spend her birthday

money; a society demoralized, dispirited and living in terror.

In May and June of 2000, I was in Israel and it was by far the best visit that I have ever had. As part of a Canadian Jewish Congress mission to Israel, we traveled to the West Bank, in fact, to Ramallah where we met with a representative of Yasser Arafat. We walked around Ramallah with considerable ease and bought souvenirs from the Arab merchants. At that time, I felt that a permanent peace was at hand and that Israel would live in shalom with her neighbours. Now, two years later I cannot believe this innocence.

And so, on this the eve of Passover, a holiday of redemption and freedom, I am very disheartened. I mourn the lives of Israelis killed and injured in terrorist attacks. I also grieve a world that we have lost and an innocence that is gone forever. I long for the day that we can walk safely in the streets of Jerusalem, Tel Aviv, Haifa, and Netanya. I am afraid that I no longer believe that I will ever be able to buy souvenirs in the shops of Ramallah again.

It is with this sadness that I approach this Passover. While I do my requisite cleaning and cooking for the holiday, and plan elaborate holiday meals with friends and family, it is difficult to feel the joy that this holiday should bring. I ask each and every one of you as you sit down to your Passover Seder to remember the empty chairs at the homes of our Israeli brothers and sisters, and pray for them. Above all, let each of us also pray that Israel will soon live in peace with her neighbours.

My sister Shulamith joins me in wishing you a happy and healthy Passover.

From the Editor: Due to unforeseen circumstances, this issue may arrive at your home a week or two late. Our apologies.



From the Desk of Executive Director, Jon Goldberg

“Pesach – 2002”

by Jon M. Goldberg

It's hard to believe another year has gone by and everyone is preparing for their first Seder just a few days away. This certainly has been a harsh winter for the Jewish people, in particular, our brothers and sisters in Israel. Day after day we are confronted with the casualty list. In a horrific way it becomes like a box score – so many on the Palestinian side and so many Israelis.

Our local media tends to perceive the Palestinians as the underdogs and this makes it even more difficult for those of us who feel the eternal tie to the State of Israel, to comprehend and digest. Over the past few months I have received numerous calls from members of our community about anti-Israel articles in the paper and reports on television and radio. I have found it increasingly difficult to handle the volume and not only have I had to refer a number of these calls to our national offices, in some cases I'm sure I have been unable to satisfactorily respond to your requests for immediate action and for this I apologize.

Many of you are aware that we have a Community Relations Committee headed by **Dr. Unger** in Fredericton with representatives throughout our Region. In addition, there are a number of Local Israel Action Teams that are being set up to promote Israel advocacy in our communities. In addition, of course, there is CJC in Toronto and CIC in Ottawa but the most effective response is your call or your letter so that you, the individual member of our community, can reflect your opinion to the media concerned.

I know many of you hesitate to write letters because you feel you have an inadequate grasp of the facts. If that's the case, please contact my office or the national office immediately and we will do our best to supply you with the necessary information. I have also sent a number of petitions and suggested letters to our government officials throughout the Region in the hope that many of you will follow through with your individual MPs or even to the government leadership. Some of you are not always pleased by the course of action that the organized Jewish community appears to be taking. Some of you are frustrated, some of you are nervous and if this is the case, please don't hesitate to contact me and let me know how you feel. We are engaged in a struggle for the hearts and minds of our fellow citizens here in Canada and for world opinion.

Does it appear that Israel is being treated unfairly in the media? Yes. Does it appear that Israel is expected to live up to a higher standard than the rest of the western world? Yes. Well, my friends, life isn't fair.

As we sit down with our families at our Seders this year and celebrate the freedom of our people, we must remind ourselves that we have work to do to maintain the Jewish state and that all of us here in the Diaspora must support, each in our own way, Israel's struggle. More than a half century after its rebirth Israel faces a bitter war of attrition whose goal is to question her legitimacy.

We are fortunate in Canada to live in a free country. We must use this freedom which our ancestors fought and worked so hard for to do all we can to maintain Israel as a homeland for the Jewish people.

Best wishes for a healthy and happy Passover to all our readers. May this Spring bring new hope for peace for Israel and the world.

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5762 Passover Greetings

National President Canadian Jewish Congress

by Keith M. Landy

As Jews throughout the world gather around the Seder table, we celebrate freedom and redemption but are also commanded to remember the hardship of our captivity. Contrasting the bitterness of slavery with the sweetness of freedom adds joy and meaning to the miracle of the Exodus story.

Escaping Egypt was only a step to our freedom. Liberation was complete when we came together as a nation, sovereign in our land and with the Torah eternally pointing our way. As Israeli Deputy Foreign Minister Rabbi **Michael Melchior** put it, "The call: 'Let my people go' heralded the first national liberation movement in history, and the model for every liberation which was to follow." Throughout history, it has been a source of inspiration for those living under oppression. As American Senator **Russ Feingold** noted, "It is a story of human rights abuses, of revolution, of liberation from subjugation, of a captive people's escape from repressive rule, and of the founding of a new nation."

We are told to love the stranger because we were once strangers in Egypt. The obligation to remember slavery is not

meant to instill victimhood in us but spurs us on to be at the forefront in the struggle for human rights, equality and social justice.

Ironically it is during this holiday celebrating freedom and human rights that the United Nations Commission on Human Rights, the body that sponsored the infamous conference in Durban, holds its annual meeting. Repressive regimes such as Sudan, Libya, Saudi Arabia, and Syria led by despots reminiscent of Pharaoh will denounce, slander and condemn Israel, the homeland of the descendants of the freed slaves.

This year as we celebrate the festival of Passover, more than ever our thoughts are with our brothers and sisters in Israel. We draw inspiration from their tenacity and courage. Let us use this holiday to reaffirm our commitment to and solidarity with Israel, secure in the knowledge that its foundation and principles are just, that its place as a member of the world community is guaranteed and that it will forever be a light unto the nations and at the centre of our hearts.

I wish you all a happy and Kosher Pesach.

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From the Programmer's Desk

by Aviva Rubin

Shalom,

Spring is in the air! Can you feel it...the birds are chirping, the snow is melting, the sun is shining and the weather is warming-up. It's time to pack away the shovels, boots and heavy jackets that take up half the hallway closet, set your clocks 10 minutes later because you don't have to worry about putting four layers of clothes on just to shovel your car out of the drive way...OK maybe I should stop before I jinx us!!!

Many events have occurred in the past few months that I would like to share with you all. On January 12th 10 to 12 APJSF students in Moncton gathered at **Nicole Druckman's** with the help of **Yaron** and **Revital Fuks** for a social event. They had a wonderful time and discussed the opportunity of having a Shabbaton weekend together. On the March 1st weekend the Shabbaton occurred for all of New Brunswick and PEI, which attracted over 20 students and some Young Professionals and was a great success. I would like to thank Yaron and Revital Fuks for their hard work, dedication and persistence in putting together a weekend full of Jewish continuity, education and a sense of belonging. Good Job! I would also like to acknowledge a Student at Mount Allison University, **Sara Weinrib**, who has made it possible for the few Jewish students (3-4) at Mount Allison to enjoy Shabbat dinners, a Hanukkah celebration and a Passover Seder.

I had the opportunity to travel to various Universities the week of January 28 with **Ms. Nina Ben-Ami**, the Vice Council of Israel in Montreal. What a privilege and empowering experience it was to spend time with such a diplomatic woman whose heart, mind and soul is all about our homeland ISRAEL! We started our travels at the University of New Brunswick and worked our way to Mount Allison University, the Universitee de Moncton, Dalhousie University and Nina finished her travels in Cape Breton. Thank you **Francis Weil** (Moncton) and **Sylvia Allen** (Cape

Breton) for helping organize and welcome Ms. Ben-Ami to your cities.

Maya Hamou of the Universitee de Moncton had the chance to attend the Parliamentary Dinner in Ottawa. She says that the "...conference is exactly what I needed; it gave me tools and tons of documentation that I am currently using. A large part of the conference seemed to focus on the student campus groups on campus, well mine is made up of one member, me. Nothing much is going on in Moncton; but I do however feel more confident with the knowledge gained. I definitely feel less ignorant..."

On January 19th at the **Big Lake Restaurant**, 30 of our Young Professionals enjoyed an evening of eating and shmoozing. **Todah Rabah Yaron** and **Neta Vardi** for hosting an evening that incorporated an Israeli touch of Mediterranean food and music. I wish you the best of luck for the future with your new establishment.

On March 1st weekend **Nicole Druckman** and I attended a Young Leadership Retreat in Edmonton. The weekend was filled with empowering workshops on community and leadership development, Israel and Middle East Affairs discussions - keynote speaker scholar-in-residence **Ellen Cannon**, Jewish continuity, Shabbat dinner, Havdallah and on a lighter note a comedy performance that was shared with the larger of the Edmonton Jewish community. Thank you, Nicole, for not giving up in making it to Edmonton after missing 5 flights. Your dedication and commitment to the Atlantic Region and Young Leadership community was well recognized. Coming up on March 23rd at **Jon and Renée Ross'** is "*To Life On The Coast Let's Make A Toast - L'Chaim!*", a program designed to promote community development and integration with special guest speaker **Dov**

Altman - National Executive Director Canadian Friends of Bar-Ilan University.

In December 2001 and this past February 12 participants from the Maritimes had the opportunity to experience a trip on birthright Israel. For some personal reflections of the



Young Leadership Executive Retreat in Edmonton. Nicole Druckman, Aviva Rubin and Karen Saragossz (Montreal).



L-R: Scott Boyd, Myrna Yazer, Aviva Rubin, and Liz Rigney - Breakfast Television Hannukkah Show.



L-R: Max Fineberg, Rebecca David, Jennie David, Josh David, Nathan Pink, Lauren Fineberg - Breakfast Television Hannukkah Show.

trip from some of the participants see **Phil Rabin**, from Moncton, and **Noah Schipper**, a student at Dalhousie University articles. **Sharonne Katz**, from Fredericton, shares her thoughts and feelings in participating in the Anguish to Hope/birthright trip in December. May, June and July are the next birthright trips. If you are 18-26 years of age and have never been to Israel or have never been on an organized trip to Israel please register on line at www.israelforfree.com or contact me at the AJC office.

Congratulations to the students from Rabbi Feldman's Hebrew class for completing the course!

Once again, the Asper Foundation Holocaust Human Right Studies Program is in session. We are pleased to announce that six grade 8-9 student are participating in the program and will be heading off to Washington to visit the Holocaust Memorial Museum May 19th-22nd. **Benji Mendelson** and **Samuel Silburt** of Halifax, **Anastasia Feigin** of Cape Breton, **Alyssa Heinlein-Byers** of Fredericton and **Aaron** and **Daniel**

Washburn of Saint John are excited and look forward in sharing their experience with other participants their age from across Canada.

March 21st is Anti-Racism Day. As a representative from the Atlantic Jewish Council I sit on the **Partners Against Racism Committee**, which organized an event "Stop Racism: a Community Dialogue" at the Sportsplex in Dartmouth. Congratulations to **Lee Cohen** for receiving the Human Rights Award. I would like to thank **Jennie David** for participating in the morning event in reading the poem "If You Could Wear My Sneakers" by **Sheree Fitch**.

There will be a celebration on April 18th in Halifax for **Yom Ha'atzmaut**, Independence Day. It promises to be an evening filled with Israel style food and entertainment. Let's stand together and unite as one in celebrating the 54th birthday of Israel!

Wishing you all a Happy
Passover, and a warm enjoyable
SPRING!



*Young Professional
Hannukah Party. Renée
Ross, Jonathan Schneider,
Aviva Rubin, Leigh
Lampert, Jon Ross.*



*Young Professional Event at "Big Lake
Restaurant". Jeff Karabanow, Elana Liberman,
Toni Fried and Stephan Adda.*



*Young Professional Event at "Big Lake
Restaurant". Angelica Feigin, Louis Wolfson, Bryan
Hofbauer, Derek Ross, Sari Zelenietz.*

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APJSF Update

by Joanna Grossman

The potluck Chanukah party at the end of last semester, left students energized for activities in the New Year. Second Semester has been filled with great programming. Approximately fifteen students travelled to Martock for a ski trip Shabbaton weekend that was a huge success.

With the skills and confidence gained from the GA in Washington this past November, students had an extremely successful Israel Advocacy Table in the Student Union Building at Dalhousie. With posters, flyers, and historical information, we displayed a strong presence on campus while providing our fellow students with information and opportunities for travel and study in Israel.

Many students volunteered at the annual JNF Tree-a-thon to raise money over Tu B'shvat. For Purim, Chabad hosted a delicious dinner and Megilah reading that was followed up by APSJF's Post Purim Pub Crawl. United with our yellow shirts, organized by **Joanna Mirsky**, Jewish Students made their way through the bars of Halifax.

Six students, **Arlo Litman, James Sevitt, Aaron Richmond, Michelle Landy, Maya Hamou, and Joanna Grossman** had the opportunity to travel to Ottawa for both the LIAT and Canadian Israel Committee student conferences.



Israel Booth – Mike Silver, Aviva Rubin, Merrill Lyons, Jennie Basen, Alon Sternhill.



Student leaders – Jordan Benson, Joanna Grossman and Michelle Landy meet with Perry Romburg.

There, they gained valuable information about responding to anti-Israel sentiments in the media, and had the opportunity to talk to fellow students from across the country as well as local and national community leaders, dignitaries, and parliamentarians.

Most recently a Shabbat Dinner was sponsored at the Beth Israel by **Frank and Hedda Medjuck**, and the evening was further enhanced by the thought provoking presentation made by **Jeff Karabanow**, a Professor of Social Work at Dalhousie University.

The Honourable **Myra A. Freeman**, Lieutenant Governor of Nova Scotia and his Honour, **Lawrence Freeman** hosted a wonderful cocktail reception for the Jewish students of Halifax. Her Honour spoke of her position as the first Jewish female to represent the Queen in Canada and gave students a tour of Government House.

As the year winds down, we look forward to our closing party and elections for the upcoming school year. There are many projects in store for the future, most

notably our proposal for a community house for the Jewish students of Halifax. A great thanks must be extended to Joanna Mirsky, for her dedication and hard work to support all of the student endeavours this year.



Karaoke fun Saturday Night.



In front of the cabin – Hayley, Sari, Rebecca and Corey – Regional Ski Trip.



Relaxing after the Shabbat Dinner at the Regional Ski Trip.



Jordan Benson, Michelle Landy and Joanna Mirsky – Israel Booth at the Sub.



Student Meeting – Israel Advocacy – Joanna Grossman, Shira Webber, Mike Silver, Merrill Lyons, Arlo Litman, Sammy Levy.



Group Shot – APJSF Regional Ski Trip.



From the Desk of the Youth Program Director

by Darcie Richler

Editor's Note: A special program grant has been given to Moncton for youth programming. For information call Francis Weil, Moncton.

What a wonderful few months it has been for the youth of the Atlantic Region! While the winter can be a time of cabin fever and colds and flu, the youth have spent it playing mini-golf, going to Purim parties, traveling around the region, and interacting with each other.

Shabbaton 2002 was a fantastic success. With over 75 youth in participation, the weekend was spent learning, discussing and having fun. We were most fortunate this year to have **Felicia Brooker** and **Bekki Vineberg** from the organization *Ve'Ahavtah* come out to run workshops with the youth on Shabbat. Bekki and Felicia educated the youth about the homeless problems, here in Canada and ran interactive workshops that kept them both interested and educated. As well, the afternoon was spent working with the Areivim from Moncton, **Yaron** and **Revital Fuks**, on a fun Israeli trivia and map building game.

Of course, a large part of the success of the Shabbaton comes from the post-Shabbat skiing as well as the time that can be spent meeting new people and catching up with old friends. What made this weekend especially nice was having

so many new faces in participation and hopefully those who did come on the trip, will continue to participate in the AJC youth programs.

Special thanks for the success of this weekend goes out to **Jordan Benson, Lynn Bessoudo, Angelica Feigin, Yaron** and **Revital Fuks Jack Haller, Mark Hecht, Leigh Lampert, Barbara Silburt, Karen Washburn** and **Cheryl Woznica** for their incredible assistance with everything from shlepping to supervising the kids. Without the help of these people, the weekend could not have happened. As well, I would like to thank **Janet Casey**, for her fabulous cooking skills that kept the kids fed all weekend long.

Leigh Lampert has many pictures up from the shabbaton on his webpage, this can be accessed at www.leighlampert.com. Thanks again Leigh for being the honorary photographer on the weekend!!

With the emergence of spring, I would like to wish you all a Happy Passover. Let us all hope that the next few months will bring about a new time for Israel, and more importantly one without bloodshed.



Leah Zilbert,
Sara Zatzman,
Shira Tsinman,
Amy Mendleson
and Lauren
Rosen

Ava Tsinman,
Aviva Cohen,
Carly Fox,
Shira
Tsinman and
Jenna Conter



Hanna and Sara
Zatzman



Ashley Coppel
and Amanda
Rose



Talya Fried,
Mark
Himmelman,
AJ LeVine
and Sam
Silburt

Brendan
Rosen, Daniel
Cohen and
Eric Goldberg



Still Fighting for Our Freedom

by Gerald M. Steinberg

Every year for more than 35 centuries, Jews have celebrated the Passover seder, "as if every one of us was leaving Egypt". We begin by recalling the descent into slavery, reach the climax with the ten plagues, and end with the joyous refrain of "Next Year in Jerusalem".

The grand finale, with the focus on Jerusalem and the restoration of Jewish sovereignty in the land promised to **Abraham**, is a central element of the national narrative. The Exodus from Egypt did not conclude with the triumphant liberation from the brutality of **Pharaoh**, but continued through the forty years of wandering in the desert, until the children of the former slaves stood on the banks of the Jordan River. Without the "national liberation" for the Jewish people, the Exodus and the celebration of Passover are incomplete.

The return to the Promised Land (the first of many homecomings after periods of exile and Diaspora) also began on Passover, when **Joshua** led the Israelites across to Jericho. There, they celebrated the festival "on the fourteenth day of the month, toward evening". Afterwards, "on that very day, they ate of the produce of the country, unleavened bread..." and the manna from heaven that had sustained them in the desert, ceased abruptly. Thus, liberation from slavery and restoration of national identity and sovereignty are closely linked in a single chain of history.

To hammer the point home, the Biblical narrative in the Book of Joshua recalls many of the miracles of the Exodus forty years earlier. The not-so-mighty (at least now) Jordan River stopped flowing as the Israelites crossed over, echoing the parting of the Sea of Reeds and the final act of the flight to freedom from Egypt. Other events (stone tablets and the first circumcision since the departure from Egypt) were reminders of the sacred covenant concluded at Sinai.

Then, as now, the Israelites needed a great deal of encouragement. During the liberation from slavery in Egypt, and again in the desert, this "stubborn" and "stiff necked people" was not always ready for the extreme challenges, and sometimes longed for the security of slavery. The death of Moses, the charismatic leader, was traumatic, and Joshua, who took over from Moses, needed repeated reassurances not to be "terrified or dismayed". It is Joshua's difficult task to impart this message to the people.

Throughout the Biblical narrative in the Books of Joshua and Judges, the directive to "be strong and resolute" (chazak v'ematz) is a frequent refrain. Even after wandering for forty years in the desert, and developing into an effective fighting force that could defend its interests and territory, the need for courage in the face of fear was central. All of the tribes, including those whose territory was located on the eastern bank of the Jordan, were enjoined to send "every one of your fighting men" to take part in the reconquest of the land of their forefathers. (Had the UN been around in those days, the collection of petty dictators and monarchs and their "enlightened" apologists would no doubt have condemned this "occupation".)

The modern cycle of slavery, redemption and sovereignty began with the pogroms and anti-Semitism of Europe, and the founding of the Zionist movement to restore the Jewish national independence. The Zionists understood that in a world of nation states, the Jewish people would not survive, either physically or culturally without sovereignty. Fifty-four years ago, during the Passover celebration of 1948, the remnants of the Jewish people were again fighting to reestablish a foothold in part of the Land of Israel. A few months earlier, in November 1947, the Arabs had rejected the UN Partition Plan, the terror attacks had begun, the death toll was growing, and the ancient Jewish Quarter of Jerusalem's Old City, as well as the Temple Mount, had fallen. The British the latest in a series of foreign occupiers that had controlled the Land since the Roman destruction were departing, and the surrounding Arab armies were preparing the first of many efforts to "push the Jews into the sea".

With no place else to go, the Jews survived the attacks and prevailed. Despite the difficulties from the periodic warfare and constant terror, the State of Israel prospered, and the prophecy of the ingathering of the exiles was fulfilled. The renaissance of Jewish culture, aided by the revival of the Hebrew language, demonstrated the vitality of freedom and independence and the rich foundation provided by 4000 years of history. The Oslo "peace" process convinced many Israelis that they had reached the "end of history", and that Jews had finally become a "normal people". But the reality was far more complex, and the Jewish wars of national liberation are far from over. In Biblical time, the Israelites had to battle for two hundred years against Philistines, Amalekites, and numerous other tribes and empires before peace was established. Now, fifty-four years after Israel's rebirth, the trials and dangers are far from over.

In many ways, during this Passover, we are still fighting the War of Independence. **Arafat** and **Saddam Hussein** are the latest in a series of reincarnations of the spirit of Pharaoh, and the hatred and terrorism are the modern versions of the threats that the Israelites faced in ancient times. The command to "be strong and resolute" remains as necessary today as it was 3500 years ago, when Joshua led the Israelites across the Jordan River to reestablish their rightful place among the nations of the world.

Prof. Gerald M. Steinberg Director, Program on Conflict Management and Negotiation Political Studies, Bar Ilan University Ramat Gan, Israel

From Our Archives...

Do you recognize anyone?



*Third Biennial Maritime Judean Conference
Cape Breton, 1936. Dodge Photo.*

1936

*Identify 50 people and win an AJC Sport Shirt!
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UJA Atlantic Campaign 2001 – A Successful Beginning

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Cape Breton87%

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Fredericton, NB.....42%

Dear Friends,

On behalf of the community Chairs of our Atlantic Region, I would like to thank all of those who contributed to this year's campaign. I am pleased to report that our campaign, along with our "plus giving" concept showed an 18% increase over the previous year.

Through our committed group of canvassers and your outstanding support, we were able to continue our existing commitment to our local community and the Jewish people throughout the world.

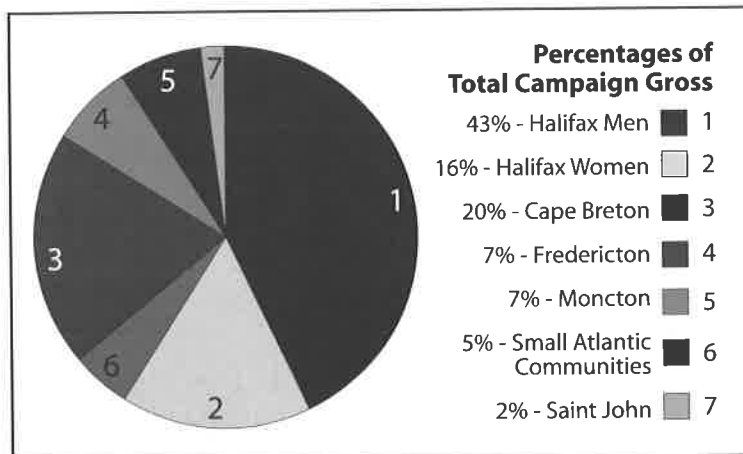
The monies received from our "plus giving" campaign enable us to show our support to the people of Israel in these days and months of sacrifice. The following projects in the North, as part of Partnership 2000, will be undertaken within the next month and completed sometime this summer under the name of the Atlantic Jewish Community:

- A telecommunications and Canada-Israel Learning Center located in the shelter of the Kiryat Shmona Educational Resource Center.
- Canada Learning Centre at Yitzhak Hanasi.

- Upgrading two smaller shelters in two elementary schools on the Lebanese border.
- Israel Crisis Management Centre (Selah).

Sincerely,

Mark Rosen, Regional Chair



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Beth Israel Synagogue's Centennial Windows

by T. E. Smith-Lamothe

Editor's Note: The stained glass windows installed in the main lobby of Beth Israel Synagogue in 1990 continue to elicit much interest and fascination by local viewers and those visiting from afar. The artist, Terry Smith-Lamothe, has received several awards for his work in the stained glass medium, and has been recognized internationally for his artistry and skill.

Terry can be seen being interviewed, along with scenes from the lobby of Beth Israel, in a forthcoming episode in the series "Artistes dans l'air" (Artists of the Soul), produced recently by Cinimage Productions of Moncton and being broadcast on the French Television network, Radio-Canada.

The Board of Governors of the Baron de Hirsch Congregation is pleased to share with the community the artist's reflections on the design and fabrication of the Beth Israel stained glass windows, as follows:

Beth Israel Centennial Windows

by T. E. Smith-Lamothe

Music is associated with emotion and spirit because it affects the sense of hearing directly – there is no interpretation needed. In the same way, stained glass seems to affect the sense of sight in a special way that is different from other art media. After all, it is the only medium which makes use of transmitted light – other art forms such as painting and sculpture (and even the performing arts of dance and theatre) are seen via light bounced off the objects. Sunlight through coloured glass responds in an animated way to the changes of time of day, time of season, and shifting weather patterns and this, too, adds to its delight. I have designed and built many windows in my career, but the lobby windows at Beth Israel Synagogue are still among my favourites.

As a glass artist and soon-to-be-graduate architect, I was contacted in 1990 by Earle Bowman, Co-Chair of the Centennial Window Committee, about designing a pair of windows in the lobby of the Synagogue to celebrate/commemorate 100 years of the Baron de Hirsch Congregation's presence in Halifax. Since 1979, I had been designing windows for churches and public buildings, answering the needs of most of the major Christian denominations. I immediately saw this commission for the Jewish faith as an interesting challenge and a great educational "adventure". The actual site of the windows, too, with its North and South windows and its unusual arrangement of twenty individual panels in each window was a design problem which was bound to stimulate a creative solution.

Raised as a Catholic, my first step was to research Jewish

symbolism, culture and history over a period of several months. Of course, I was familiar with Bible stories, but Jewish history of the last two millennia was largely unknown to me. At the end of my research, I presented the committee with two design directions – one, a design which ignored the twenty individual panels and superimposed a large design over the entire 3.65m x 3.65m (12' x 12') openings and second design which depicted Jewish holidays and ceremonies on the south side and Jewish history on the north. After consultation among the committee members and with the late Rabbi **Marvin Pritzker**, it was decided to pursue the latter course.

The design was refined over the following weeks. Much information was gathered from committee members, the

Rabbi, and individuals in the congregation. For example, one member was a numismatic expert who provided photographs of coins of the Masmonean period for one of the other Jewish history panels. The Rabbi gave both scholarly direction and calligraphic advice (the modern Hebrew alphabet is seen in the *Purim*, *Bar Mitzvah*, *Pesach*, and *Simhat Torah* panels, and ancient Hebrew was used on the Tablets of the Law in the *Shavuot* panel. I interviewed committee members **Frank Medjuck** and **Ralph Loebenberg** in

their homes to glean ideas and attended several Synagogue services to see the religion "in vitro" and meet/talk with other congregation members. I even spent one evening at a concert given by a visiting Cantor which was, for me, unforgettable! At first, I was naively concerned that I would not find forty individual themes to "work" with, but, as I investigated the religion more, I quickly found that I was overwhelmed with images and symbolism! The problem then became one of choosing *only* forty-or-so images from this intense, rich artistic heritage. The guidance and support of the window committee



Earle Bowman, Centennial Window Committee and Jack Prince, Fundraising Chair, unveil the Contributors' plaque on the occasion of the opening ceremony of the 100th Anniversary Celebration.

was especially important in finally determining the content of the Jewish history window – out of an initial list of over 50 significant events, only 19 were eventually portrayed. The late **Jayson Greenblatt**, Co-Chair of the committee, helped in resolving these diverse nineteen “scenes” into three linked groups of events. Throughout the project, there was a wonderful level of co-operation and shared enthusiasm between artist and committee that I found delightful and stimulating.



L-R: Jayson Greenblatt and Earle Bowman, Co-Chairs of the Centennial Window Committee.

I presented the designs to the congregation at an evening slide show and then scaled-drawings of the windows were given to **Jack Prince**, the

committee fundraiser, to help solicit individual donations. Patrons were found quickly and the windows finally began in my studio by myself, and my assistant for the project, **Philip Doucette**.

The windows contain thousands of individually cut and leaded pieces of glass and display a wide range of artistic techniques including painting, staining, acid etching, engraving, sandblasting, and kiln slumping.

The glass is held in place by lead and zinc comes with reinforcing brass rods. They were ready for installation in three months.

Installation week was exciting and stimulated a lot of interest among the spectators. **Errol Gaum**, then President of the congregation, came up the steps at one point, and, spotting me on the scaffolding, exclaimed: “When will it be finished?” and,



recognizing this memorable line from the movie “The Agony and the Ecstasy”, I answered him in my best **Charlton Heston** imitation, “When it’s done!” As men arrived for early morning prayers Friday, they were greeted by a tired but dedicated installation crew (which included my wife, **Judith** and several weary friends) who had spent the entire night in the lobby, cleaning and preparing the panels for placement. As the final panels were lifted in place, with only a few hours until the critical sundown-on-Friday deadline, the enthusiasm and encouragement of the congregation inspired the exhausted crew to finish with two-and-a-half hours to spare! At last, it was time to relax and enjoy the reverent dedication service and bountiful celebration banquet the next day!

And, in the spirit of cooperation which accompanied the

project throughout, the sun even shone for the ceremony. Here is the unusual thing about glass art of this size – I, as artist, work with the window in manageable-sized panels. Even if I had a window large enough to display a finished work of this size, it probably would not face the same direction (and solar orientation is crucial to the way a window looks). So all during the window assembly process, I see only bits of it at a time. When these windows were finally installed across the lobby from each other, the congregation and I shared the magical feeling of seeing them whole for the first time! Even after over twenty years working with stained glass, I am still as thrilled and surprised as any other passer-by when an installation is completed and feel, once more, the power of this beautiful art-form.

The artistic theme of the two designs is both simple and complex. If the design had been merely panels separated by mullions in a static, geometric display, the imagery could have



The Artist, T.E. Smith-Lamothe.

been “read” at a glance. In the case of these windows, however, there are several “stories” to be seen and relished over time. The Jewish Holidays and Ceremonies are portrayed as colourful medallions which once formed the rim of a highly decorated shallow bowl. The history medallions appear to have once been part of several clay tablets. Both the bowl and the tablets have, like the Jewish people of the Diaspora, been fragmented. So each medallion

is shown as a pottery shard – if one spends the time, the shards can be connected together in the viewer’s imagination to re-form the rim of the bowl and the tablets. The “shards” themselves are resting on a bright white “*tallit*” with blue stripes and a grape-cluster-with-leaves border. Since the edge of the *tallit* in both windows appears at the bottom of the designs, it only takes a little imagination to connect the *tallit* across the top of the lobby – the *tallit* then, visually “drapes the shoulders” of the lobby. Beneath the *tallit* is a band of brilliant green – symbolizing hope and renewal.



Each medallion is an intricate universe unto itself. A typical Holiday medallion such as *Yom Kippur* displays a shofar (sounded at this time), a broken chair (symbolizing the *Kol Nidre* prayer), a whale (a reference to the story of Jonah), a central tear of repentance, opening gates (which recall the *Ne’ilah* song), and, finally, the top of a driven stake for the upcoming Sukkot tabernacle (visible below the whale).

Colours, too, form part of the symbolism, with grey for sadness in the border as well as aquamarine for renewal.

Similarly, one of the History medallions, "The Destruction of the Second Temple", shows a hammer or mallet with five Hasmonean coin (recalling Matthias "The Hammer" Maccabee and his five sons who established the Hasmonean governments which preceded the Roman Revolt), two shattered Temple columns, and a Roman Legion standard surmounted by the Imperial eagle. The border colours recall the flames of the burning Temple. But the imagery is not always "buried" in symbolism. For the more recent Jewish History panels, I relied upon archival photographs which portrayed life in the villages for the "Pale of Settlement" window or the arrival of Jewish immigrants for the "Pier 21" panel. The "Holocaust" medallion is particularly direct: a skeleton in rumpled prison garb emblazoned with a yellow Star of David lays below an open oven, eerily gesturing at the dark smoldering flames within. The red border of this particularly direct: a skeleton in rumpled prison garb emblazoned with a yellow Star of David lays below an open oven, eerily gesturing at the dark smoldering flames within. The red border of this panel recalls the place names of concentration camps and the Warsaw Ghetto.

I had been experimenting for some time with slumping glass at high heat over ceramic molds and using it to project imagery unto a front panel. At Beth Israel, I used this technique to introduce a rather mysterious element to some of the windows on the south side. These "hidden" images, then, are visible only on sunny days when the three dimensional slumped glass pieces project holograph-like images onto the surface panels. Two examples of this are the Star of David

which glows behind a tree seedling in the Tu-Be-Shevat Medallion and a glimmering **Elijah's Cup** superimposed upon a central matzot in the Pesach medallion.

Of course, stained glass has only been associated with an educational function and often depicts stories. Children, for example, not only learn from the images in the lobby windows, but are invited to "find" the afikomen in the Pesach medallion, peer through the deep-purple eyes of **Haman's** mask in the Purim panel, or name the ten plagues of Egypt in the Exodus panel. A year or so after the window dedication, I was especially pleased to see a Beth Israel bulletin in which the Rabbi had placed a drawing of one of the medallions and was using it to demonstrate a point about its related holiday. As an artist, it is always gratifying to see my work appreciated and "used" by my patrons.

The reaction of the congregation to all of this has been very positive and, eleven years later, the lobby windows are still a source of pride and animated discussions. A much-appreciated feature of the windows is their appearance from the outside at night: when the lobby lights are on, the warm colours of the medallions send a welcoming and hopeful message to the faithful arriving for Synagogue events. Even on those all-too- often overcast days in Halifax, the colour and stunning beauty of these windows shines forth, bringing a sense of peace and calm to the lobby along with their myriad messages about the Jewish faith. At the time of installation, **Peter Duffy**, a columnist for the Halifax Herald, was inspired to write: "It's one of the most moving tributes to a people that I've ever seen..."



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(About the artist: T. E. Smith-Lamothe has been a professional glass artist since 1979. He is also an architect with his own Halifax firm, Architech, Ltd. He is instructor in glass for the Continuing Education Division at the Nova Scotia College of Art and Design. Since 1990, he has maintained contact with the Beth Israel Synagogue, acting as consultant on several art projects such as the purchase of new memorial plaques, the design of a prototype of Mechitza (in collaboration with fine woodworker Steve Sekerak), and the design of the brickwork Menorah which adorns the new elevator tower.)

YOM HAZIKARON – Israel Memorial Day (Fourth of Iyar)

Assaf Will Always Be Twenty-One

by Bernard Kaplan

I couldn't resist. We were recently in Israel visiting friends in Rehovot. Their daughter had bought a small motor bike and I asked her if I could take it out for a ride. It brought back memories when I had been a student in Israel. I sat down on the bike and began riding it around the neighborhood, a collection of new houses on the southern side of town. After passing a few streets I noticed a sign pointing to the military cemetery where **Assaf** was buried.

I drove up a slight incline until I reached the cemetery and found the entrance. I didn't go in because I am a Kohen. I stood outside and said whatever prayer came to my head as I thought again of that terrible day almost nine years ago.

We became good friends with the **Tenenbaum** family when I was a visiting scientist at the Weizmann Institute over twenty years ago. **Miryam** and **Yona's** oldest son, **Assaf** was a little younger than our oldest son and their second son, **Eran**, was in Gan (kindergarten) with our youngest son. Ro'ee was a baby. Miryam was and is a Hebrew teacher in the local public schools and Yona is a research scientist.

Our friendship with the Tenenbaums deepened and we spent many Shabbatot and Chagim with them. They were the children of Holocaust survivors and had been born in Europe after the war. We took many tiyulim (trips) with them to see the country and show our children the vistas of Israel. I still remember one trip in the Galil when our car got two flats at the same time traveling on a dirt road.

We remained close friends even after we returned to New York. Every year or two since then we spent time with them on our trips to Israel. Our children, as well, continued their relationships and we felt very close to them as well as to our other friends in Rehovot. The years passed. We saw the boys growing up. We attended Assaf's Bar-Mitzvah and shared their Smachot with them, either from near or afar.

Assaf, Eran and Ro'ee all attended the local yeshiva high school in Rehovot and were avid members of B'nai Akiva, the religious Zionist youth movement. Assaf grew tall and straight and stood over six feet. When he became eighteen he volunteered for the prestigious Golani Brigade even though he was invited to join an elite non-combat intelligence unit. Upon completion of basic training he asked to become a combat medic and trained for that as well. When he completed his army service he intended to become a research scientist like his father.

In the summer of 1993, we visited Israel and spent time in Rehovot with the Tenenbaums as usual. I left a few days early and my wife stayed on with our youngest daughter in their apartment on Hanassi Harishon Street. It was Thursday morning, Bet Elul 5753, August 19, 1993. Miryam was straightening out the laundry on the Mirpeset (porch) and my wife was in the living room. Just another hot, summer day. Assaf was expected home for Shabbat from Lebanon. There was a knock on the door. Closest to the entrance, my wife went

Camp Kadimah 2002 Update

by Marty Zatzman, Camp Director

Well it has been a busy winter. Currently we have put together a full staff for the summer 2002. Our senior staff is comprised of many returning highly qualified individuals. Detailed descriptions on each senior staff member is available at www.campkadimah.com. We have close to 290 campers registered so far. Camp dates which are important :

- June 25 (Tuesday) Senior Staff arrive (pm)
- June 26 (Wednesday) General Staff arrive
- June 28 (Friday) All CIT's arrive
- June 30 (Sunday) All campers arrive
- July 28 (Sunday) Visitors Day
- August 11 (Sunday) All CIT's and campers return home
- August 12 (Monday) Staff return home

We have started to work on the camp program and hopefully will once again provide the campers with a fun filled summer. Our volunteer camp committee has been active throughout the year helping to plan things like programs, updates to the physical plant, hiring of staff, kitchen and menu etc... We are all getting excited for the summer and I hope that I will have the opportunity to see all of you on Visitors' Day. If you need help with anything, please feel free to call our Halifax office. Once again our website has detailed information on all contacts and the camp program

See you all soon.

to open it. There stood three men, one in uniform, one with a medical satchel. One of them said, *Ha'im At Geveret Tenenbaum* (Are you Mrs. Tenenbaum?). My wife said no. She understood who they were and in a frightened voice called for our friend.

Miryam came out from the Mirpeset and, without thinking, said to them, "you've come to the wrong house, go away." But the officer, army rabbi and doctor were not at the wrong house. Assaf and six other soldiers had been killed early that morning in a Hizballah attack in Lebanon. Six other houses heard the same frightening knock on the door that morning.

Within minutes, literally, the apartment began filling up with friends and neighbors. My wife made the calls to the relatives. At the funeral the next day, **Rav Kook**, Chief Rabbi of Rehovot, officiated. Hundreds came to accompany Assaf on his last journey, including the other young men from his army unit. His commanding officer described his abilities as a soldier and as a mensch. Yona, the father, spoke for the family. He talked about the anomaly of a parent burying a child when, in the normal course of events, it should be the opposite. He spoke about the pain of Holocaust survivors burying a grandchild. He spoke about Assaf's wonderful Midot and how proud they were of him, even in this most terrible sacrifice.

Our oldest daughter visited the Golani Museum near Tiberias this summer which maintains a computerized memorial record of all the Brigade's fallen. Assaf's friends remember him as a bright, personable and modest young man. He loved to read books and travel the length and breadth of Israel. In his 21 years, one of his friends wrote, "he had accumulated many friends, he had a warm heart, he was mature for his years and he reflected the Midot he had learned at home and in yeshiva". The words of his commanding officer at the funeral are recorded. "Assaf, the medic of the platoon, the soldier who helped everyone else, always calm, with a smile. That is how I will remember you, thoughtful, optimistic even under hard conditions. Assaf, you gave your life in defense of the northern borders (of the Jewish homeland)."

The pain never goes away. Every Leil Shabbat (Friday evening) for years, the apartment was filled with Assaf's friends, who attempted to fill the void in a small way. Nine years later they still come by once in a while, but now to introduce their Kallot (brides) and young children. Eran and Ro'ee both completed their army service in intelligence units. Eran is married to an American Israeli girl from Rehovot. He lives in the Shomron community of Eli where he studies in a yeshiva and is the father of three young children. Ro'ee is now older than Assaf was and studies in the combined Kollel

and college program of Bar-Ilan University.

Many Friday afternoons Miryam goes to visit the Kever (grave) in the nearby military cemetery. The walls of the kitchen and dining area of their new house are covered with pictures of their children and grandchildren. You can see pictures of their three sons growing up, year by year. There are photos of Assaf as a baby, in school, Bar-Mitzvah, in B'nai Akiva, in the army. Same for Eran and Ro'ee except that their pictures continue until today. Assaf's pictures stop on Bet Elul, the second of Elul of that year, a little over two weeks after his birthday on Tu B'Av, the 15th of Av. Eran is now 27 years old, Ro'ee is 23. Assaf will always be twenty-one.

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Highlights from Around and About



UIAFC Executive Vice President Maxyne Finklestein surrounded by members of AJC Management Committee during community development meeting in Halifax, February, 2002.
L-R: Kathy Zilbert, Victor Goldberg, Maxyne Finklestein, Sheva Medjuck.



AJC President, Dr. Sheva Medjuck presenting a gift to Jay Greenwald from Israel at a briefing of concerned community members, February, 2001.



AJC Treasurer Michael Pink greets newly elected community rep from Newfoundland, Thomas Loewenheim, at executive meeting in Halifax.



Stephan Ada, Jonathan Schneider, Leigh Lampert, Jack Hauer, Tibur Kavorz, Jamie Blunstein – Young Professionals Hannukkah Party.



Their Honours Lieutenant Governor Myra Freeman and Lawrence Freeman shown here with members of the APJSF at a reception hosted at Government House by Their Honours on March 19, 2002.

Rabbi Danny Levine, UIAFC Emissary, being hosted at a brunch at Government House in Halifax given by His Honour Lawrence Freeman, February, 2002.
L-R: F.D. Medjuck, His Honour L. Freeman, Danny Levine, Hedda Medjuck, Victor Goldberg and Judith Goldberg.



the Atlantic Jewish Community...

AJC Programmer, Aviva Rubin with Rabbi Mendi and Bassie Feldman who received the Human Rights Day Volunteer Award for their work on September 11 in the Jewish Community, December 10, 2001.



Rabbi David Ellis with fellow panelists at Human Rights Day, December, 2001 in Halifax.



Michael Soberman, speaking to the Halifax community as part of the UIAFC Adult Education Series on February 18, 2002, following a visit to Moncton and Fredericton.

Myrna Yazer on the right cooking latkes on Breakfast Television, December, 2001.



Perry Romberg, Director, Planning & Community Services, UIAFC shown here with the executive of APJSF during Adult Education Series tour of the maritimes.



Eli Rubenstein, National Director of the March of the Living, shown here speaking to members of the Halifax community following his visits to Moncton and Fredericton, as part of the UIAFC Adult Education Series, March 18, 2002.

News from Cape Breton

by Evelyn Davis

The Cape Breton community held a Chanukah supper at Temple Sons of Israel in Sydney. **Faye David** and **Edith Lecker** catered the supper.

Rabbi David Ellis came to Sydney and read the *Megilla* for the community at Purim. A Kiddush was held afterwards and **Shirley Dubinsky** organized the evening celebration.



◀ Seated: Evy Druker, Avvie Druker, Alan Leith and sister Beth-Sheila.
In back, Gail, Martin and Etta Chernin.



◀ Rita Schwartz, Inez Schwartz, Sylvia Allen, Garson Lecker and Louie Allen

Roz Goldman MacDonald and Ray MacDonald, Dan Harlop in back. Fred Blufarb, Harold Davis and Sam Mendleson.



▲ Ike and Faye David.
Harvey Webber and Diana Schwartz in back.

▶ Hymie and Roz Goldberg.



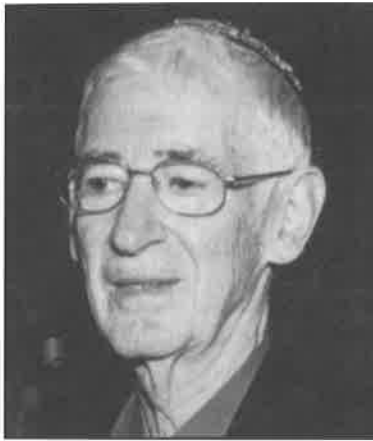
▶ Norma and Mosey Clalner.
Avvie Ostry and Leon Dubinsky in back.



Eulogy by Victor Goldberg for Dr. Phillip Simon

December 16, 2001

Dr. Phillip Simon, dear son, brother, husband, father, grandfather and friend was born in Birch Grove, Nova Scotia, the 4th of 5 children of **Israel** and **Dora Simon**. His siblings were **Annie, Bessie, Nathan** and **Ruth**. The family moved to Glace Bay at 222 King Edward Street, which was only 10 miles away from Birch Grove but the nearest town when Phillip was a young boy. Glace Bay would become the cornerstone of his existence. Phillip was the first university-educated child in his family, fulfilling his immigrant parents' dreams. He attended Mount Alison University and then Dalhousie Dental School, and made lifelong friends at both. After graduating, Phillip returned to Glace Bay to commence practice and, when a young woman from Ottawa (**Ruth Tanner**) came to visit her married sister, they fell in love and were married. They had 4 boys: **Gary, Allan, Bruce** and **Mark**.



Phillip was heavily involved in Jewish and non-Jewish life. He was active in the Rotary as well as in his dental profession. One of his most significant accomplishments was to push for fluoridation of water, which eventually happened. He established a significant practice and befriended his fellow dentists.

Phillip's personal story is reflective of the transition of life in a small Jewish community in Canada. Having grown up in a vibrant albeit small community, Phillip had a strong background in Judaism. As the community sagged, he and Ruth exported their own children to larger centres where education, professions and Jewish continuity were assured. Back at home, the community could no longer sustain a Rabbi, and Phillip, well into middle age, taught himself to LAYN TORAH from the TORAH. He toiled as the President of the Congregation Sons of Israel for over 20 years. He dedicated himself to the preservation and maintenance of Jewish life in Glace Bay with the Shul as its vital force. Phillip oversaw and exemplified the efforts of a small group of dedicated volunteers, the likes of whom are not to be found anywhere else.

It was at this stage in Phillip's life that I first met him when I became engaged to his niece, **Judith Medjuck, Bessie** and **Sol's** daughter. We became great friends, sharing a love of the Atlantic Jewish Council from which he received a Community Service Award not so many years ago. I could never get over how Phillip combined rabbinical services with dentistry, not to mention the trying duties of his Shul presidency.

Almost a dozen years ago, in this very month, Phillip and Ruth decided to relocate to Toronto and join their children in Ontario. While Phillip left Glace Bay, Glace Bay did not

leave Phillip. The same qualities of duty, chevra and menshlachkeit continued in Toronto. He developed good friends, and he found a niche both LAYNING TORAH at BETH TIKVAH, and directing services at Baycrest. He and Ruth embraced their new life.

While the move was positive and wonderful, their years in Toronto were marred by the tragic illness and loss of their dear second son Allan. Phillip showed great stoicism and courage as he tried to help Allan fight his insurmountable battle; but the loss of Allan diminished Phillip and some of this vigor was understandably sapped. He

endured what no parent should endure, but his beliefs and commitment at no time wavered.

In Toronto, Phillip was the backbone of the expatriate Cape Breton Community. He established the Cape Breton Club, and their events were popular sell-outs. The spirit of Cape Breton Jews rang true and loud in Toronto. A September ago, in the Beth Tikvah Synagogue, Phillip was honoured by the Cape Breton Club, and an adoring audience including Judith and I, and Eric and Rachael didn't want to go home.

We are all aware of the struggles Phillip faced in the past while. However, as an exemplar of strength and commitment, in August of this year, he and Ruth together with Mark were able to attend the Kum-A-Haym - the 100th anniversary of Phillip's dearly beloved Congregation Sons of Israel. His presence made all the difference. He received a hero's welcome, and he truly was the hero. Townsfolk as well as former congregants surrounded him, and one had to take turns to have a visit with him.

Since August his health declined rapidly. Ruth set an example as a spouse for all of us - devoted and caring at all times. She was never without a smile, and dealt with difficulties with aplomb. The boys, Gary, Bruce and Mark together with his daughters-in-law, grandchildren, extended family and friends provided all the love and companionship one could ask for. Phillip enjoyed visits and chats and news from the East until the end.

Tonight is the last night of Chanukah. I see Phillip as a metaphor for the Shammass. The Shammass is the leader and the guide and towers over the others. It passes light continuously and, although each night the candles extinguish, they are ready to be lit again anew. Phillip's light on earth has gone out, but the many lights he lit and those which will hence be lit in the years to come emanate from his flame. When each of us sees the sparkle of the Chanukiah, anchored by the Shammass, let us continue Phillip's commitment to family, community and Yiddishkeit and fondly cherish the warm memories and good name that are his ultimate legacy.

My friend, my mentor, my President – Dr. Phil

by Ellie Marshall

"Editor's Note: For reasons of time and travel, Ellie Marshall could not make the funeral, and, with family consent, he wished to express these thoughts."



*"A Master at the Podium, a wizard with the drill,
A pocket full of challenges, he did it for the thrill,
That's the way he played the game, he worked at it, until
The job was done, according to design, by Dr. Phil."*

He regarded service to the Jewish people with seriousness and commitment. There are different ways to describe leaders and leadership – some leaders are born, some are made. Phil was a little of both – his philosophy was, there's a time to keep silent, a time to speak up.

As Vice President to Phil for some seventeen years, I learned so much from him, and as many people in the Maritimes know, it was he who got me involved in the Shul and also into Zionist related activities. He had a way!

You know, Phil and I clicked very well as President and Vice President. One distinguishing feature, which helped that happen, was the fact that we both possessed a good sense of humour. Indeed, we were able to laugh at the human comedy of life. We respected and supported each other's opinions. We had the ability to absorb, even, or especially, from serious situations, a sound lesson, and a strong message, which helped us grow as leaders. We both enjoyed hearing and telling stories. Yes, you might call it a mutual admiration, nevertheless, we appreciated these features, in our personalities, with enormous gusto – meanwhile, an illustration of his method and power of persuasion. *When I returned home to Glace Bay from University in 1952 not knowing what I was going to do with my life, Dr. Phil had already established his dentistry practice. I was having a dental problem and naturally went to Dr. Phil who set up a series of appointments to look after the problem. During these appointments, he would have me in the chair, with my mouth full of all kinds of dental instruments – pliers, hammers, saws, who knows what – and – while he was working on me, he would ask me questions – relevant to going to Shul, getting involved in the congregation, etc. anyway, having no chance to answer the above, argue or debate, by the end of the sessions with him, I found myself on the Executive of the Congregation, Chairman of UIA, JNF and Israeli Bonds for Glace Bay.*

Of course, there was an intellectual and academic side to Phil's persona, but, on expressing thoughts about Phil, I chose to travel on the social and spiritual highway that strongly cemented our friendship and relationship.

Phil and **Ruth, Helen** and I took some wonderful trips together which bordered on adventures or even safaris – a trip to England and throughout Europe on the Euro-Rail, a dental convention to Caracas, Venezuela on a charter flight (there happened to be a couple of available seats, so Helen and I traveled under the pseudonym, Dental Surgeon Dr. Schmotta

and wife). There was also a trip to Israel and Portugal, to name a few – all great trips, which had funny events, wonderful tours, meeting a multitude of good and interesting people along the way.

In life one doesn't know what fate has in store, but for Phil and I ...

Living Jewish, in a small town, probably did much more, in various ways, than one would have thought – learning humility, building character, community commitment in both the Jewish and general communities, and a broader education in the sense of inter-relations with all peoples. Phil and I, as leaders in the Jewish community, always put emphasis on getting along with, understanding and contributing to the welfare of the whole community when and where we could.

Nothing that could have otherwise happened, in our lives, vis-à-vis our destinies, could replace those times, those years. We wouldn't have traded them for any fortune – and – nothing can take them away.

Even though we lived in separate towns the last 12 years, we were in constant touch. I will surely miss the contact of our everlasting friendship. Plus, there will, for all of us always be the "Kum-A-Haym" connection.

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INTRODUCTION TO THE HEALTH and WELLNESS COLUMN

This is the first in a series of medically-oriented articles about common health problems written specifically for the Jewish community and readers of Shalom.

Michael Paul, MD, FRCPC, Associate Prof. Medicine, and a nephrologist at Memorial University in St. John's, Nfld., is the co-ordinator of this series.

Various physicians will be invited to write these articles for presentation in an easy-to-read format. These articles will appear in Shalom and on our website. References for further reading and information will appear at end of each article, as well as references to links on the World Wide Web will be provided.

These articles are not meant to be exhaustive in nature, but are presented to introduce and explore a topic of interest for the non-medical person.

Readers should be cautioned that the articles describe medical matters in general only, and one should not assume that any or all of the information in the article pertains to a specific person. It is always best to discuss particulars with your own physician.

While this column is not a "Dear Doctor" type series, e-mail comments are welcomed from the readership concerning topics of interest. See the end of the article for e-mail addresses.

HYPERTENSION

*by: Dr. Michael Paul MD, FRCPC
Associate Professor of Medicine;
Memorial University; St. John's, Newfoundland.*

Definition:

Hypertension is defined as blood pressure readings above normal depending upon a person's age, accompanying disease states and activity level.

Blood pressures normally rise with age. In a child or adolescent, a reading of 110/70 is normal, whereas a higher reading such as 150/80 is probably acceptable in a person of 75 years. The levels of acceptable readings also depend on associated diseases such as diabetes, heart disease or stroke. In such settings, lower values should be achieved.

Incidence:

There are in Canada an estimated 3-4 million people with hypertension. In the 1990's an assessment was done to see how

well this problem was treated. The results showed that only 16% of hypertensives were adequately treated. A large portion of patients were not even aware of the diagnosis as the disease was "silent" in most of them.

Causes:

The causes of hypertension are many. The most common form of hypertension is called "essential" hypertension. What this means is that a cause other than genetic factors is not found. If several members of a family have high readings, then other first degree family members are likely to develop hypertension.

There are times when hypertension is worsened by diets high in salt and caffeine. These patients are usually advised to start a "no-added salt; no-caffeine diet." Exercise is also vital to help lower blood pressure, especially if the person is more than 5 -10% above their ideal body weight.

At times hypertension may be "secondary" in origin. This implies there is an identifiable cause such as: Overactivity of the thyroid gland, the adrenal gland, a narrowing of the artery going to the kidneys, or other more rare causes.

Medical testing may be prompted because the high blood pressure readings are difficult to control requiring more than 2 or 3 different medications.

Special settings:

There are "special cases" when associated disease processes make the treatment of hypertension more difficult or crucial.

For example, if the person has had a recent heart attack (myocardial infarction), then lower blood pressure levels should be achieved sooner to help decrease the workload of the recently damaged heart muscle.

Another situation is in the setting of a recent stroke or if an aneurysm (dilatation of a major blood vessel) of the aorta has been diagnosed.

In these settings, elevated blood pressure readings could increase the risk of bleeding or rupture of the blood vessels.

Investigations:

The patient may be asked to undergo special tests depending upon the diagnostic possibilities being considered by the treating physician.

Ordinarily such simple tests as urinalysis,

electrolytes, creatinine (kidney function), uric acid, blood sugar and a blood count are advised.

Sometimes, depending upon other medical problems that the patient has, or the severity of the level of hypertension, other tests such as an ECG, renal ultrasound, thyroid function tests, and other tests such as a renal angiogram or kidney blood flow scan, may be requested.

Depending upon the test results, even further testing may be advisable.

Reasons for Treatment:

It has been shown, in many medical studies in populations around the world, that uncontrolled or poorly controlled hypertension increases the risk of kidney impairment/failure, heart disease and stroke. It has been further demonstrated that decreasing blood pressure values even as little as a few millimeters can result in substantial lowering of risk for end organ damage.

Therapeutic options:

The risk level of the patient is assessed in order to determine if a patient needs more than diet, exercise and weight loss. If the stratification of risk indicates a high level then medications are advised early on in the treatment regimen.

If the risk is low, then there is time to see if non-pharmacologic methods can work in decreasing the level of hypertension.

There are many different families of drugs that can be used, depending upon the other medical problems that a person has.

These drug families include: ACE-inhibitors, Beta-Blockers, Diuretics, Calcium-Channel Blockers, Smooth Muscle Vasodilators, Alpha-Blockers and the recently-introduced family of Angiotension-Receptor Blockers. Each family works in a different manner and may compliment other groups.

Therefore it is not uncommon for a patient to be on a diuretic and an ACE-Inhibitor at the same time for example. Many other combinations are often used with good success.

Follow-up

Patients require regular follow-up of their blood pressure readings.

This can be done either by home monitoring using a digital cuff bought for around \$60-\$75, via the blood pressure cuff sometimes found in a pharmacy, via a home visiting nurse or in the doctor's office. It is advisable that when first diagnosed and at the start of treatment, the blood pressure readings be checked fairly often, to

ensure that the target blood pressure readings are achieved.

Once the level is obtained and the patient has stabilized, then less frequent readings can be performed.

At times the patient may suddenly "loose control", and this may be due to dietary, or medical factors. Such an event warrants investigation as a new medical problem, such as hyperthyroidism, kidney artery stenosis (narrowing), or other lesions may have arisen to cause further elevations of the pressures.

Summary

Hypertension is an old disease which has the potential to cause severe end organ damage if not controlled. There are many ways of attacking this problem and often a multi-disciplinary approach is advisable. It requires life-long monitoring and treatment. This therapy has the potential to allow the person to live a full and productive life.

WEB LINKS FOR FURTHER INFORMATION

(Please note that some of these listings may contain information of a commercial nature. The author does not promote any of these products nor does he receive any benefits from the companies advertising their products)

www.hc-sc.gc.ca/hppb/ahi

<http://www.hc-sc.gc.ca/hppb/ahi>

www.wfubmc.edu/hypertension

<http://www.wfubmc.edu/hypertension>

www.heartcenteronline.com

<http://www.heartcenteronline.com>

www.lifeline.com

<http://www.lifeline.com>

www.nephron.com

<http://www.nephron.com>

www.americanheart.org

<http://www.americanheart.org>

www.bloodpressure.com

<http://www.bloodpressure.com>

TO CONTACT THE AUTHOR:

Michael Paul is a staff Nephrologist in St John's and is on the staff of the Medical School at Memorial University of Newfoundland. He also serves as the President of the Hebrew Congregation of Newfoundland and his hobbies include stamp collecting, collecting ancient Hebrew biblical texts and Hebrew prayer books. E-Mail address: "MichaelPaul"<mpaul@mun.ca>



What's it like to be a Jewish student in Sackville?

by Sara Weinrib, Mount Allison University

I grew up as a member of a large Jewish community in Toronto. I enjoyed the Jewish holidays and services (some of the time), but I always felt like I was participating because everyone around me was. I was a fish following the currents. I chose to come to Mount Allison University in Sackville, an area with few Jewish people, because it looked like a good school. It is a good school, but I was surprised to discover when I got here how much I felt like a part of me was missing. I remember watching the news in residence about the Middle East and realizing that I was the only one in the room who felt an emotional attachment to that area. I took an Old Testament class and was the only student there whose religious connection to those texts wasn't Christian. The first year that I was here, I didn't know what to do for the High Holidays. It didn't feel right to go to school, so I ended up walking the town by myself and phoning home throughout the day. I was so conscious that this was a day that felt important to me, but that no one else around me knew that. I've never felt more Jewish than I felt on that day. Being somewhere where it was not important to anyone else, where I couldn't just follow the crowds to synagogue, I realized that I wasn't indifferent to being Jewish. It's in my blood. I also realized

that if I didn't make a conscious choice to make Judaism a part of my life, then I would continue to feel empty in this way.

I contacted the Atlantic Jewish Council in Halifax. They gave me personal support, information about the Jewish community in Moncton, and financing for organizing Jewish events on campus. I found four other Jewish students on campus and we started getting together every week for Shabbat dinners. We had a latke party for Chanukah. We're planning a Passover Seder. Thanks to invitations from AJC, I've spent several High Holidays with the Jewish communities in Halifax or Moncton. I share with my non-Jewish friends here what it means to me to be Jewish. It's been difficult to be here sometimes, but it's also been very special, because it's been here that I've chosen to build and participate in a Jewish community. It's a small community, but it exists because I chose to create it. Going away for University is about learning to be an adult: no one cooks for you, no one forces you to go to classes and no one wakes you up when it's time to go to synagogue. I've had to learn to do all of that by myself, and for me, choosing Judaism has been one of the biggest lessons I've learned in Sackville.

Fredericton does Purim, Pesach, and some Stuff In-Between

by Rabbi Yochanan Samuels

Purim 2002 in Fredericton had an extra dimension this year. **Barbara Airst**, one of our teens, her mother **Carol**, and aunt **Ruth Chippin**, planned and put together a very fine Purim carnival. There was a "Hamantaschen Walk", "Toss the beans At Haman", face painting, and [of course] many hamantaschen and other goodies. The carnival went on for two hours on Sunday, 24 February. Everybody had so much fun, we hope Barbara and her committee will do it again next Purim.

For three Sundays, one each in January, February, and March, Fredericton has had a "Breakfast Club" to hear speakers talk to us about various aspects of Judaism. **Perry Romberg** started things off with an interactive "talk" on Jewish Values. **Michael Soberman** was here in February, with another interactive "talk" on What is the Reason Israel Needs to Exist?. **Eli Rubenstein** made it three fantastic programs, with his incisive three subject talk on A) A History of the "Uprisings" in Israel, and some little known historical facts that most reporters and news programs seem to forget; B) A

personal anecdote about Pesach, and C) Doing Jewish....Being Spiritual, in which he argues that ritual is necessary, but should never be done in a rote fashion; and also, that we should all start up some rituals of our own, for instance, setting aside thirty minutes daily for some form of Torah Study. There is one more program in the series, and we here in Fredericton are looking forward to it.

Pesach is close by [probably almost over, or gone, by the time this comes out] and what else is there in Fredericton but the annual Community Seder. This is our third big year, and it continues to be more heimish than ever. Wish you had been here!

Also coming up is our annual "Yom HaShoah" program. It will be held on Sunday, 7 April, here at Sgoolai. Our speaker will be **Judy Cohen**, and her topic will be "Women's Experiences in the Holocaust". A tip of the Sgoolai Israel yarmulke to **Dr. Israel Unger**, for finding another fine speaker who will humanize the "inhumanity" of the Holocaust. That's all for now. Shalom!

Moncton Shabbaton a Huge Success

by Nancy Cohen

When Moncton Arievim **Revital** and **Yaron Fuks** noticed that very few Jewish activities existed for university students and young adults in New Brunswick, they decided to do something about it. On the weekend of March 1 to 3 they organized a Shabbaton to take place at Moncton's Tiferes Israel Synagogue.

Sixteen young adults from Fredericton, Saint John, Moncton and P.E.I. attended this event, which began with Friday evening services, followed by a delicious Shabbat dinner. Guest speaker for the evening was **Michael Soberman**, who spoke about how to maintain a Jewish identity in the Diaspora.

After services on Saturday morning a special kiddush was held with the Moncton community. Following the kiddush **Israel Pupko**, Shaliach for Canadian Young Judea led a discussion about Jewish identity and Israel. During lunch **James Katz**, a law student at the University of New Brunswick, gave a Dvar Torah. Later in the afternoon **Maya Hamou**, a student at Université de Moncton and a recent participant in the Birthright program, spoke about her experience in Israel. The Shabbaton officially ended with Havdalah, after which the young adults went bowling and tried out some of Moncton's bars and clubs.



Reluctant to leave newfound friends, many of the youths stayed on for further activities on Sunday. To quote one of

the participants, **Sabra Sirkkus**, it was "a truly fantastic weekend." Sabra described the shabbaton as "a huge success" and said, "It was nice to meet other young Jews who I can truly relate to. **Isabel Verzberger** of P.E.I. said "I am really happy to find other Jewish people in the Maritimes. Now it is a better situation for me. I don't feel alone here in P.E.I."

Those who attended the Shabbaton are grateful to Revital and Yaron for the excellent job they did in organizing this weekend, to the sisterhood of Tiferes Israel synagogue for preparing such wonderful meals, and the Jewish Agency and the AJC for sponsoring the event. Revital and Yaron feel energized by the success of the Shabbaton and looking forward to organizing more programs for young adults.

Moncton Area's Report to Shalom

by Francis Weil

The Moncton community has a new Board of Directors!

At the general meeting on Sunday February 10th, the changing of the guard took place, as the community went to the polls to elect a new slate of officers for 2002. Mazel Tov to President **Francis Weil**, Vice-President **Irwin Lampert**, Secretary **Joel Coppel**, Treasurer **Sam Cohen**, and Directors **Evy Carnat**, **Ken Mayer**, **Myer Rabin**, and **David Rinzler**. In addition we have: **Gabbai Harry Brodie**, Head of Chevrah Kaddisha **Harry Gorber**.

Besides the vote, Sam Cohen, the treasurer, presented the annual financial statements, and budget for the coming year. He emphasised the fact that in order to break even, we must either pursue some fund-raising activities, or face an increase in dues in order to meet our ever-increasing operating expenses. Under the current circumstances, we cannot afford to hire a full-time Rabbi, at the salary level most candidates would command.

The General Meeting was postponed due to the passing of our eldest member, **Sam Lipton** at the age of 90. May the family be spared further sorrow.

On the same weekend (January 27), the first event of the year took place, as **Yaron** and **Revital Fuks** organized a beautiful *Tu B'Shevat* seder for the Hebrew School children

and their parents, with over 40 people all told participating in the program on Sunday morning.

That Sunday night, the AJC inaugurated its Jewish Lecture Series, as **Perry Romberg** of Toronto paid us a visit, and spoke of the roots of community service as arising from the strengths and talents of our biblical forefathers. He also mentioned his work as a liaison between Canadian Jewish Congress and small communities across Canada, and pledged to assist us in developing programmes that will help ensure a vibrant future for the Moncton community. In February, we had a visit from **Michael Soberman** and in March, **Eli Rubenstein**. They addressed interesting and currently relevant topics. Our members showed their excellent support and turned out in large numbers.

The young adults of Moncton have started to organize things together. The Israeli Vice-Consul from Montreal, **Nina Ben-Ami**, came to give a talk at Université de Moncton at the end of January.

In Moncton we also had a Purim party and brunch. With the help of AJC, a Shabbaton for young adults in early March was held. We plan two events in April: *Yom Atzama'hut* with the Bais Groove group (with the help of AJC) and *Yom HaShoah* with guest speaker, **Philip Riteman**.

News from Saint John, NB

At a meeting in December, the Saint John Jewish Community voted to make our Synagogue egalitarian. This represents a tremendous change for us. We will now count women for a Minyan and they may also be called to the Torah. In deference to **Rabbi Ellis**, who comes to Saint John often to conduct Services, it was agreed that when Rabbi Ellis is in town, we will honour his beliefs.

Mazel tov to **Katherine Biggs-Craft**, Curator of the Saint John Jewish Historical Museum on the birth of her second son, **Andrew**.

Mazel tov also to **Candace Levine**, daughter of **Ron** and **Sandra Levine**, and **Nathan Davis**, son of **Gary** and **Lana Davis** on this recent engagement. The wedding will take place in Saint John in the summer.

We recently held a special Kiddush in honour of **Goldie** and **Abe Davis** prior to their move to Toronto. They have been

so active in the Community and we will miss their support and positive presence. The Kiddush coincided with their 60th Wedding Anniversary and we wish them Mazel tov and may they have many more happy and healthy years together.

We have recently had two deaths in Saint John. **Rose Cornblat**, a long-time vital member of the community, and aunt of Senator **Erminie Cohen** and **Abe Calp**, founder of Calp's Limited, a major department store in Saint John for many years. Abe was an active and productive member of the community at large as well as the Jewish community. Our condolences to both families.

We are looking forward to our snowbirds returning and the opening of the Saint John Historical Museum this spring. We are once again working with the schools in planning a Holocaust program in which a large number of high school students participate.

Dateline Halifax

Mazel Tov to **Dionne & Laslo Baker** on the birth of their son.

Mazel Tov to **Carol Lee** and **Ralph Loebenberg** on the recent birth of their grandchildren, twin girls. Proud parents are **Alyssa Ehrman** and **Mark Loebenberg**.

Mazel Tov to **Shira** and **Jeff Collins** on the birth of a baby boy March 20, 2002. Proud grandparents are **Borace** and **Mindy Jacobson** and **Dorothy** and **Terry Collins**.

Mazel Tov to **Allan April**, son of **Michael & Lysa**, on the occasion of his Bar Mitzvah.

Mazel Tov to **Emma Pink**, daughter of **Darrel** and **Elizabeth**, on the occasion of her Bat Mitzvah.

Mazel Tov to **Ben Ur**, son of **Ehud Ur** and **Kim Blake**, on the occasion of his Bar Mitzvah.

Mazel Tov to **Lester Pink** and the entire Pink family on the upcoming Bar Mitzvah of **Aaron Pink** in Israel. Aaron is the son of **Wendy (Batya)** and **Mark Ludman**.

Mazel Tov to **Ed** and **Donna Gorber** on the engagement of their daughter.

Mazel Tov to **David Abugov** who captured the grand prize in the 2001 "Canadian Jeweller's National Design Competition".

Mazel Tov to **Rabbi Mendie** and **Bassie Feldman** on receiving the Volunteer Award on Human Rights Day, December 10, 2001 for their untiring work during September 11 crisis.

Mazel Tov to **Lee Cohen** who received the Human Rights Award on the International Day.

Mazel Tov to **Dr. Denise Sherman** and **Yakov Feig** and of course, **Joshua**. They will be moving to Albany, New York in July where Denise will be starting a full time practice in Pediatric ENT medicine. Yakov will, no doubt, be involved in Jewish community work. We wish them lots of luck!



*"Peekaboo, I see you"
Joshua Feig aged 15
months, Boston,
October, 2001.*

Condolences to the family of the late **Clara Dankner**.

Condolences to **Rose Pritzker** on the loss of her husband, **Rabbi Marvin Pritzker**.

Condolences to the family of the late **Betty Astroff**.

Condolences to Mrs. **Dina Aranov** on the loss of her father.

Condolences to the family of the late **Aaron Solomon**.

Condolences to **Richard Wassersug** and his family on the loss of his mother, **Leona**.

Condolences to **Lucy Kerr** on the recent passing of her father, **Abe Calp**.

Condolences to **Deborah Conter** and family on the recent passing of **Ruby Hamburg**.

Condolences to **Morris Strug** and family on the recent passing of **Esther**.

From Newfoundland

by Robin McGrath

In celebration of the upcoming 100th anniversary of the Hebrew Congregation of Newfoundland and Labrador, Dr. Robin McGrath is working on a history of the Jews in that Province. Many of the Jewish people who came to Newfoundland in the nineteenth and twentieth century arrived from or via Nova Scotia and New Brunswick. Early immigrants included families named **Solomon, Levi, Palmer, Burnstein, Perlin, Blumenthal, Miller, Gittleson, Glube,**

Frehlich, Levitz, Michaels, Kesner, Feder, Goldstone, Pink, Cohen, Coen, Schwartz, and Silver. She'd like to hear from anyone whose people had family in Newfoundland, and promises to share any information she has. Her home address is 131 Beachy Cove Road, Portugal Cove, NF A1M 2E7, or you can write to her c/o Beth El Synagogue, Box 724, St. John's, NF A1C 5L4.

Birthright – Israel!

by Noah Schipper

My name is Noah Schipper and I am a Master's student at Dalhousie University. I had applied six times for birthright and was accepted four times. I finally decided to go to Israel. My reasons for canceling the previous trips included safety, work, school, etc. This February, however, I realized that I might never have a chance to go on a trip like this with students my own age. I knew that Israel will never be safe, and I promised myself that if I did not feel safe, I would stay in the hotel.

I have received a part-time Jewish education my whole life. I went to synagogue on the High Holidays. I had a Bar Mitzvah. I have seen pictures of Israel, and seen footage on the news. But I had to see the country for myself. I had to know what the old city smelled like. I had to know what the ancient walls of Masada felt like. I had to know what the Dead Sea tasted like (I soon found, however, that was strictly forbidden!)

As it happens, I made one of the best decisions I have ever made. The instant I landed in the airport, I felt like I was at home. The Israeli people (once we exited the airport) were both friendly and welcoming. The weather was beautiful (although the locals found it cold, I had left -30 degrees in Halifax!).

We began our journey across the country in ten days. First, we headed south into the Negev, then up in the north to the Kineret, and then home. I have been across Europe and the United States. I have met interesting people from all over; however, I say this with full confidence that the Israelis I met were some of the best people in the world.

Once you return from a vacation, you only have so much brain capacity to remember a few things. Here are my favourite memories. I rode a camel in the desert while the sun was setting. Anyone can ride a camel at the zoo, but how many

people can ride one in the middle of nowhere. I floated in the Dead Sea and slopped myself with mud. Where else in the world is it cool to rub dirt on 23 of your closest friends? We met some pioneers – not unlike the ones we learn about in school. The only difference was that some Israeli pioneers were still alive.

My greatest memory; however, was the 11 soldiers we met for two days. These soldiers were our age, but worries about exams and student loans seemed foreign to them. Kids their age do not go to University – they fight for our country. These soldiers had no idea that Canadian Jews were so well informed about Israeli politics. But most of all, they were impressed to see that we were just like them.

If I had to choose my favourite moment, it would be when a female soldier named **Zohar** told us that after meeting us and seeing how proud of her we were, she was confident that what she was doing was just, justified, and important. And that she would continue what she was doing for both her home and our homeland.

I cherish the opportunity given to me to go see Israel. I would not trade my memories for anything. I cannot wait to return.



Shalom!

My name is **Phil Rabin** and I was a participant of the birthright Israel trip which recently took place in late December. I had an amazing time seeing the beautiful country, visiting the fascinating historic sites, and meeting wonderful people from all over the world. In ten action-packed days we traveled through 3000 years of history learning about **David, Solomon, Herzl,** and the Holocaust. We had the opportunity to visit breathtaking sites like **Masada, the Temple Mount, the Western Wall on Shabbat,** and the **Ramon Crater.** This free trip to Israel was an experience I will never forget and let me tell you, ten days wasn't nearly enough time! You can see great pictures of the birthright experience at my website, www.philrabin.com.

TuB'Shevat Tree-a-thon – Another success!

by Joanna Mirsky, JNF Halifax

The TuB'Shevat Tree-a-thon was another great success this year, thanks to all those who volunteered and planted trees from the Atlantic region. MTT was generous enough to donate several calling cards and reduced calling rates so that volunteers could call across Atlantic Canada, and we reached our goal of raising \$10,000 yet again this year. As it is JNF's 100th anniversary, we celebrate a long lived generosity that has been fostered in the region, and appreciate all that has been done by this community. I would like to take the time to acknowledge all of our wonderful volunteers, who called from the MTT call center as well as from home, and also to thank the Great Canadian Bagel for donating some bagels for the

volunteers to enjoy while doing their calling.

To the volunteers who helped to make the campaign such a success! **Jamie Blustein, Ezra Wexler, Leah McKnight, Molly Rechnitzer, Sari Feferman, Corey Shurman, Rebecca Goodman, Jessica Gold, Leona Freeman, Karen Conter, Ian Epstein, Joanna Grossman, Heather Ferrier, Barbara Alberstat, Barbara Silburt, Rita Pink, Daniel Pink, Leo Weniger, Sue David, Angelica Feigin, Myrna Yazer, Celia Yazer, Leigh Lampert, Lysa Appleton, Shirley Burnstein, Heather Zitner and Isabella Kovari**, thank you so much for your efforts.

Chag Sameach everyone!

Distinguished Citizen Award Recipient 2002 – Judith Chernin Budovitch

On Thursday, March 14th, Judith Chernin Budovitch was awarded the Distinguished Citizen Award for 2002 from the City of Fredericton. The award was presented to her at the Chamber of Commerce Awards Dinner with over 300 attendees, held at the Lord Beaverbrook Hotel.

Amongst the many in attendance, were visiting family of Judy's, including her mother, **Etta Chernin** and her brother, **Martin Chernin**, both of Sydney, NS, **Lois Gaum Bessoudo** of Saint John, NB, **Gail Davidson Prince** of Toronto, ON, brother-in-law, **Howard Budovitch** of Halifax, NS and son, **Paul** who is attending university in Toronto.

Judith Budovitch is a two-time graduate of the University of New Brunswick having received both a Bachelor of Education degree in 1970 and a Bachelor of Law degree in 1975. She served on the UNB Associated Alumnae Council for nine years through the 1980s and 1990s, as well as serving on the institution's Board of Governors for a six-year term in the 1990s. Judith also played an integral role in shaping the future path of the university through her dedication to the institution's renewal process. The university recognized Judith's contribution in 1999 when she was made a recipient of the Alumni Award of Honour. She also served on the Board of Governors at Mount Saint Vincent University in Halifax.

Judith has been on the boards of the Fredericton YM-YWCA and the Fredericton Foundation. Currently she serves as a trustee for the IWK Health Centre Foundation in Halifax and on the Advisory Board of the Huntsman Marine Science Centre in St. Andrews.



Recently retired as chairperson of the Board of Governors of the Beaverbrook Art Gallery after a thirteen-year term, she continues to serve as a member of the Board and is a Life Member of the institution. During her chairmanship she worked to encourage greater community participation in the Gallery and was recognized by Government of Canada in 1991 through the presentation of the Lescarbot Award for her contribution to the cultural community.

Judith was also recognized by her profession in December 2000 when she was designated a Queen's Council of the court of Queen's Bench for the Province of New Brunswick. She works with the Department

of Justice as Director of Consumer Affairs and Chief Rentalsman and has also served on various Government initiatives both in New Brunswick and on a national level.

As a member of the Fredericton Jewish Community, Judith has been active in United Israel Appeal, the Sisterhood of the Sgoelai Israel Synagogue and is a past president of the **Lillian Freiman** Chapter of Hadassah-Wizo. As a Frederictonian from another Province, she was sensitive to newcomers to the community and continues to invite new families and university students to her home to celebrate the Jewish Holidays. In addition to her own community activities, Judith has been a strong supporter of her husband during his terms as President of the Congregation and as President of the B'nai Brith.

Judith is a selfless volunteer and a compassionate and caring member of the community. Judith and **Arnold** have two sons, **Eric** and **Paul**, who are presently studying outside the Province.

From Cape Breton – 60th Wedding Anniversary of Ada and Phil Simon

by Julie Zatzman



The tiny but steadfast Congregation Sons of Israel in Glace Bay celebrated a simcha on Shabbat, December 5, 2001 with a celebration of the 60th wedding anniversary of Ada and Phil Simon.

The occasion attracted an excellent turnout of congregants and visitors to the 100-year-old shul. The couple's two sons, **Stanley** from Toronto and **Stephen** of Tantallon near Halifax, both attended and conducted the service. Stephen's wife, **Patsy**, and one of their daughters, **Ashley**, were also in shul to celebrate the anniversary. The Shachart portion was recited by Patsy's father, **Sam Karrel**. Phil recited a flawless Haftorah. Phil and Ada's daughter, **Sharon**, is a frequent visitor to her parents' home but was unable to leave Toronto at that time.

The Simons are long-time members of the congregation and are well respected for their commitment and dedication to Glace Bay's Jewish community. Ada was born in Saint John, NB where Phil had his Bar Mitzvah. The couple spent some time in Donkin, Cape Breton but moved to Glace Bay 13 years after they were married. Phil has been a staunch supporter of the shul and can be counted on for a minyan. Ada has been a valued member of the Glace Bay Hebrew Ladies Aid as well as a life member of the Glace Bay Chapter of Hadassah-Wizo and has always been the first to volunteer for any project.

Fanny Cohen, President of the women's organizations, presented a beautiful bouquet of flowers to Ada and praised the couple's contributions to Jewish life in Glace Bay over the years. **David Ein**, President of the Congregation, also spoke about their role in the community. Through the congregation trees have been planted in Israel to celebrate their 60th wedding anniversary.

The congregation and visitors enjoyed a beautiful kiddush in the synagogue following the service and filled the little sanctuary with warmth and goodwill. It was a fitting tribute to this couple who have been valued members of Glace Bay's Jewish community for so long.

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Happy Passover to All!

In Memory of Jacob

by Bernard Kaplan

During a recent trip to Israel, my wife, **Bracha** and I spent a day with Israeli friends from Rehovot visiting Caesaria and Zichron Yaacov. We strolled along the Mediterranean shoreline opposite Caesaria and walked on the water aqueduct from Roman times. From there we traveled to Zichron Yaacov.

The town of Zichron, as it is called by Israelis, is perched on hills perhaps a mile inland from the sea. It was one of the first Moshavot, founded in 1882 by Romanian Jews of the Hovevei Zion movement with the aid of Baron Edmond de Rothschild. The village was, in fact, named *Zichron Yaacov* (Memory of Jacob) after his father and became a flourishing farming community over the years. By 1914 there were approximately 85,000 Jews living in the Land of Israel and the second generation of *Chalutzim* in Zichron had grown up. The area had been ruled by the Turks for the last 500 years but the advent of World War I altered the situation.

As we walked the streets of Zichron we stopped at the museum and house of the **Aaronsohn** family. The younger generation of sons and daughters of this famed family came to the conclusion at that time that only liberation from the Turkish yoke could advance Jewish settlement in Eretz Yisrael. They contacted British intelligence in Cairo and began providing them information on Turkish army movements. A small British ship would regularly lie to opposite Zichron when a particular window in the house visible from the seas was left open. At night, the Aaronsohns and their compatriots would make their way to the beach to pass on the information.

The group named itself NILI, standing for *Netzach Yisrael Lo Yeshaker* (the Guardian of Israel will not lie) from I Samuel 15:29. The Yishuv or Jewish community under Turkish rule did not support them in fear of the Turks. Their heroism, however, became part of the folklore of the burgeoning struggle for Israeli independence. Many of the NILI members paid for their courage with their lives.

In the late afternoon, we went to daven Minchah in the 112-year old synagogue of Zichron. When we entered we were approached by an elderly gentlemen who took the opportunity to describe the history of the shul. Our new friend also told us his own history. He had come to Israel as a young Holocaust survivor right after the war from Slovakia. He was

proud to relate that he had raised two sons who had served in the Israeli army and developed his own farm on a Moshav nearby. Now retired, he came daily to the shul.

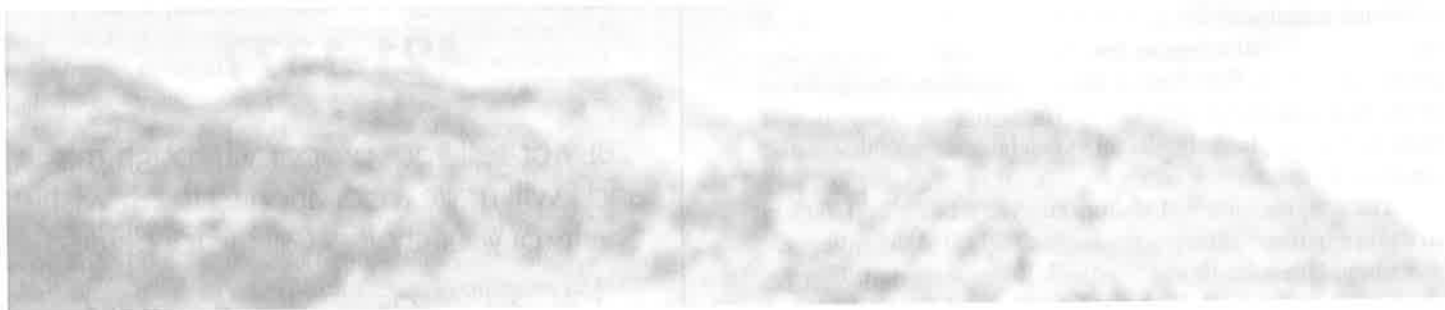
He told us that he had lost his whole family during the war and was forced to work in a labor camp in the Auschwitz-Birkenau complex. His closest friend in the camp was a man named **Jacob Katz**. Every night, Jacob would take out a hidden picture of his beautiful, blonde teenaged daughter *Magda* and show it to him. Jacob would kiss the picture each night and asked our friend to do the same. He could never forget her image. Unfortunately, Jacob became sick in the camp, was placed in the camp infirmary and brutally murdered by the Germans.

Fifty-two years went by, over half a century. Our friend emotionally told us he walked one day into the synagogue not long ago and stopped abruptly in the lobby. Standing in front of him was Jacob's young, beautiful, blonde teenaged daughter, just as he remembered her. He was shocked, he couldn't move, he couldn't believe his own eyes. Finally, he turned to another person there and gulped out a question, "To whom does she belong?" (*L'mi hi shayechet?*)

The other man knew her and said she was the granddaughter of one of the two gray-haired *savta'ot* (grandmothers) standing nearby, chatting in Hungarian. Our friend approached the two women and tremulously asked if one of them was called Magda. One of the two women nodded yes and wanted to know how he knew her. He then asked if she was the daughter of Jacob Katz. She answered yes and again asked him how he knew her. She had never seen him in her life. She had come to Israel after the war and could not remember ever meeting him.

Our friend related his own story to Magda and his relationship to her father. The two of them broke down and began to cry fearlessly. It turned out that Magda had never known what had happened to her father. He had been taken away to the camps and was never heard from again. The young girl in the lobby was Jacob's great-granddaughter!

We listened to the story in total silence. We looked at the small lobby and the aged gentleman closely. He was crying, we were too. Then I understood. *Zichron Yaacov*, in memory of Jacob!



Anguish to Hope

by Sharonne L. Katz

I was recently sent as the sole representative of the Maritimes on a pilot birthright program called *Anguish to Hope*. This tour allowed me and 36 other Canadian young adults from all across Canada to go to the Czech Republic and Poland for four and a half days before going to Israel for 10 days. This trip was designed to show University aged students Jewish life and tragedy in Eastern Europe. It was the pilot trip for this program as a birthright tour and I was lucky enough to partake.

Prague was the first stop for our trip where we had a nine-hour layover. In Prague we saw the Jewish quarter, which included the famous cemetery of the Maharal, the Rabbi known for the creation of the Golem of Prague. Our tour went to his synagogue and others. We saw where the Golem is supposedly still kept and many people gazed in awe. In Prague we were shocked to see a few Kosher Restaurants and a casino known as the Casino Royal written in Hebrew owned by Israelis. Apparently Prague is a prime location for Jews of Israel to travel in order gamble.

That day felt like it would never end as we had not rested from our flight to Prague and started touring right away. After nine great hours in Prague, my new friends and I got back on a plane very tired and travelled to Warsaw, directly to the former Warsaw Ghetto wall. It was at the Warsaw airport that we met our guide and fearless leader **Jonathan Doitch**, who would remain our tour guide throughout the trip in Poland and continue to Israel. This was the beginning of the anguish part of our trip. It still was not real for me. We were driven from the airport directly to a portion of the "former" Warsaw ghetto wall. In this courtyard of apartments where people still live, we saw the place where thousands of Jews were locked in and many tragedies occurred. On one wall we noted a recent Anti-Semitic saying. Many were offended but it was explained to us that many Jews who do come to this place do not respect the privacy of those who live there. The residents are somewhat angry as their privacy is not respected and are not necessarily Anti-Semitic.

The next morning our group spent one day in Warsaw going to the famous cemetery where **Adam Chernekov**, the head of the Juden Rat (the ghetto Jewish board), was buried, and many others including the founder of the Yiddish theatre, **Mama** and **I.L. Perez**, the famous Jewish poet. We went to a polish mall to meet up with an American bus and with a survivor of Auschwitz. We were able to see Polish life by going into the mall and seeing that everything was pretty much the same as it is here. We visited a few synagogues and places in the former Ghetto including Mila 18. Our tour guide showed us the little things that one may never see on their own. He was amazing.

After dinner and Karaoke (it's a long story), we took an evening train to Krakow, which led us closer to the concentration and work camps. The train ride was eerie and after speaking with many people in our group, it was odd that we felt the same way. We all wondered and asked our tour guide if Jews took these same tracks 50 years ago. The sad

answer was no. We were relieved but still thought what it must have been like to have taken a train to your death in Poland. The train was still very communist looking a remnant from many years of Polish occupation by the Soviets.

The next morning, we made the trip to Oswiecim, the town next to the famous work camp. There was a mock up *Beith Midrash* there and a story of the town's Jewry before the war. The trip then took a turn that I didn't know if I was ready for when we went to the work camp. I say "the" work camp and refer to Auschwitz. It was not what I expected. It did not feel real. It felt like a museum of sorts of what might have happened but not actually what did. It was clean and sanitized with a coffee and gift shop which was odd for a place of mass destruction. For some reason block number 10, fascinated me. I had no idea why. Later in Israel I found out that it was **Mengale's** block where he conducted his horrific experiments and apparently his lab is intact. No one is permitted to enter. Unfortunately, I did not feel anything at Auschwitz. I attempted, if not to feel, then to document it, for my husband, and family, by taking pictures. In doing so I was injured quite badly. In fact, I fell into one of the ash receptacles in the non-original crematoriums. That was a horrific experience. I stopped taking pictures for awhile to reflect on what I had seen - hair, shoes, toys, luggage; it was all quite horrific. It just wasn't registering with me. One comment hit me quite hard when **Henry Sattler**, our survivor, spoke of the trees in polish to our polish government guide at Aushwitz. He said "they grew so much", that was very hard to take. He was there when they were planted.

Birkenau was not much different. It was a shell of what it once was, a place where a million or more Jews had been gassed and burned. There were few buildings left, and what was left was not really anything but old barracks. I lit a candle there for family that I may have lost. As we went to Poland in late December, we were able to experience something that not many experience when they visit these places, the cold. It was -20°C some days and cold. If you were able to bring yourself back to the time when these people, these Jews who were just like you in that weather, wearing something thinner than toilet paper, with no underwear and no heat, no food and pretty much no fat on their bodies, you were able to begin to feel what it must have been like. How someone can survive for two or more years, if they made it that long. That our survivor had, in these harsh winters survived, was baffling and a miracle. As a group, we had only known each other for a couple of days, but when you saw someone crying or having a tough time, you went up and hugged him/her. It was just a bond that we had developed. Even if in some cases we still did not remember names, we felt a connection that is very hard to describe.

We left Auschwitz and Birkenau, to go back to Krakow and shabbos was beginning in 30 minutes. To have shabbos in Poland would be an amazing experience, one of the most amazing shabboses I would ever have. I am a religious Jew and

it felt good to have shabbos with a bunch of Jews back in Poland, like my family and many others years before. We had a traditional shabbos dinner complete with tomatoes and cucumbers (if you have ever been to Poland on a kosher tour you will understand) and packaged soup. The men chanted *eishes chayil*, woman of valour and on Saturday morning we went to a shul near our hotel. Who knew that it was extremely famous? It was the shul of the Ramah, who wrote the Ashkenazic commentary on the Code of Jewish law. It was a tiny shul but amazing. In Poland we were seeing these amazing places where many Jews had lived. Notice, I said Jews had lived not Jews live. There are almost no Jews in Poland. It was never more real to me than Saturday afternoon. We went to the Jewish quarter; I think there were seven large shuls. These shuls could compare to New York size or even Montreal. They were empty and no longer used for anything but tours. They could hold hundreds of Jews if not thousands and there are so few. Our survivor told us what life was like back then as Krakow was his hometown. Harry told us where his mother used to buy the chickens and where he used to live. It was very interesting and sad, as there are no or very few Jews who still live here. Shabbos ended and we met some polish students and did a meet and greet like we will be doing in a few days with Israeli Army soldiers. We went to a pub downtown with them.

The next morning: After Auschwitz and Birkenau, which I previously thought, were the worst camps as they are the most famous, I thought nothing possibly could be worse as I had not really heard of any other camps. We went to a camp called Majdanek. They had us all herd into this room quickly and an American guide was yelling get in, quickly and they closed the door. Many of us felt closed in. This was the building of the gas chamber. I had not been in a real functional one that had not been re-built and I wanted out as fast as possible. The feeling of fear encompasses your whole being. The lecture seemed to go on forever in this gas chamber. We were then asked to go freely and look at the rest of the camp. The shower room is just as you expect it. Showerheads, which had spouted, drops of cold water and then stopped to give gas. Majdanek was pretty much as it was then and as we were told could be operational in 24 hours if need be. We walked the camp on our own and came to a dark room. Picture a large dark room with gates inside. Inside these gates are shoes piled up to the ceiling. The room is quite dark and it is difficult to see as the door about 15 feet back from where the shoes begin provides the only light in this long room. The room is quite long - 30-40 feet possibly longer. The walls are lined with shoes; there are two isles of shoes. There are thousands of shoes in this room. These shoes belonged to people, Jewish people who died. I walked to the back of the room to be able to get it - to be able to grasp how many people had died. On the way back I brushed up against one of them by accident and it was too much for me to take. I ran out as fast as possible. It was so cold that day. We were wet and cold and tired and emotional. They took us to the dome of ashes. I was not prepared, as I had thought the grave was in Dachau. Apparently this is the larger version. I asked how many people it held. 17,000 people were killed and burned in one day. I refused to take pictures of the

ashes. It was a mass grave of 17,000 people. You cannot fathom it. I still had not cried. I couldn't. They let us into the crematorium. There was a mock gravestone for every "type" of people 40 or more. I didn't realize that that many different peoples were targeted by the nazis. We had a ceremony in this room, where we recited poetry, sang and chanted, *El male rachamim*, direct translation, God full of compassion. I cried for the first time. I cried for the many people who had died, for everything that I had seen, for the atrocities that had happened. It took one small prayer, the prayer normally chanted at funerals for me to cry. Many were in tears. Many were holding each other. This was the last thing we would do in Poland or so we thought. Our bus got stuck. We had a plane to catch. To make a long story short, we made it to the airport and made our way to the "hope" portion of the trip.

I won't describe my Israel experience as many have before me. I wanted to share my Polish experience, as I was the only birthright participant in the Maritimes to go on the pilot "anguish to hope" tour. Israel was a great finishing to a wonderful, difficult, amazing experience. I am thankful that I had the opportunity and had a great time. If you are interested in seeing more of our trip it was completely documented on the web. Please, if you get a chance you should check it out. www.anguishtoahope.org

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As well as my body shaping experience I have a degree in fashion merchandising. These experiences have made me aware that an improved personal appearance, together with improved health, makes people feel genuinely better about themselves.

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FUND FOR VICTIMS OF MEDICAL EXPERIMENTS AND OTHER INJURIES 20 March 2002

Dear Help Center and Jewish Communal Organizational Colleagues:

Last month we faxed you FAQs, and a copy of the Medical Experiments Processing Form (MEPF) that was distributed in February. The MEPF was sent to over 4,700 German Slave Labor claimants who checked the box on their claim indicating that they had been subjected to Medical Experiments in a Concentration Camp.

We're preparing a second MEPF mailing to a smaller group of claimants at this time.

N.B: The deadline on the second MEPF mailing is extended to May 15th, 2002 to return the Medical Experiments Processing Form.

Please do not hesitate to contact our staff who can answer your questions:

In New York, contact Sarah Kiley at 1.646.536.9147

In Tel Aviv, contact Brian Falkenstein at 972.3.516.96.92

In Frankfurt, contact Doris Geis at 49.69.17.08.86.47.

In Atlantic Canada, contact David Korn 902.443.2799

Please note: If we do another MEPF mailing, we may again extend the deadline. If a survivor with whom you work has a question about meeting the deadline that appears on his or her MEPF, please contact us! We want to be as helpful as possible.

A Reminder: The German Foundation prioritized Medical Experiments for compensation. Survivors of Personal Injury must wait until the Medical Experiments claims process is concluded by the Foundation. The German Foundation will then determine if there will be a Personal Injury claims process based on the amount of money left, if any, in the Fund. We will follow up with all Slave Labor Claimants who have indicated their interest in the Personal Injury application process at that time.

Thank you.

Shalom,

Elizabeth C. Levi, Director

1.646.536.9110

elizabeth.levi@claimscon.org

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Because you share a vision of the Atlantic Jewish Community that knows neither geographic boundaries nor boundaries of the heart, please consider leaving a bequest in your will or trust to our community. By doing so you will sustain services, provide the resources to innovate in response to change, and prepare our community to act in the face of emergencies.

We urge you to consider naming the Atlantic Jewish Foundation as a beneficiary in your will.

Our professionals, together with your legal or tax counsel, are here to help you ensure the future of our Atlantic Jewish community. For further information, please contact Dov Harris, UIAFC Regional Director FRD at 416-636-7655 (Ext. 226).

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Freedom

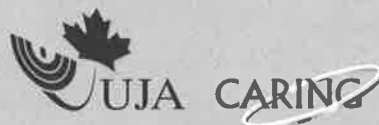
PASSOVER

or Pesach is known as a "Celebration of Freedom". And, while it's true that Jews around the world are not enslaved as our ancestors were in Egypt, freedom is a relative term. Although our brothers and sisters living in countries like the Ukraine, Belarus, Ethiopia and others are free to make their choices, continued economic hardships and intolerant neighbours dramatically reduce their freedom. That's why organizations like the Joint Distribution Committee and the Jewish Agency For Israel are busy helping ... by providing food and care for the elderly ... by providing Jewish culture and programming ... and by making sure that anyone who wants to, will have the opportunity to come to Israel.

For our friends, family and others who live in Israel, freedom has taken on a totally different meaning. It means freedom to go shopping, eat in restaurants and live peacefully, something that many Israelis have not

experienced in quite some time. The results of the ongoing terror have created crises for many families. Several Israeli agencies and organizations are responding ... by dealing with trauma, psychological counselling, coping with bereavement and helping where there is family breakdown due to stress.

We in the DIASPORA are helping too! Because, a portion of your contribution to our UJA/CJA campaign will go to JAFI, the JDC and directly to a several agencies in Israel, to help ensure that our brothers are truly able to enjoy freedom ... freedom from persecution, freedom from hostility and freedom to practice Judaism in whatever way they wish. So, when we all sit down to the first seder this year, may we be mindful of those who we are helping and hope and pray that they may celebrate their Pesach in freedom as well.



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