



Atlantic
Jewish
Council

2024

5784

SEPT 2023 - SEPT 2024

5784-5785

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Anita Almstedt

Executive Director, Ottawa & Atlantic Canada
Registered Representative

613.792.1142

Anita.Almstedt@israelbonds.ca

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Friday Night Candle Lighting Times

			Halifax	Sydney	Moncton	Fredericton	Saint John	Charlottetown	St. John's
2023	SEPTEMBER	01-Sep	7:33	7:22	7:40	7:47	7:44	7:33	7:23
		08-Sep	7:21	7:08	7:26	7:34	7:30	7:20	7:09
		15-Sep	7:07	6:55	7:13	7:20	7:17	7:06	6:55
		22-Sep	6:54	6:41	6:59	7:06	7:04	6:52	6:41
		29-Sep	6:41	6:27	6:45	6:53	6:50	6:38	6:26
	OCTOBER	06-Oct	6:28	6:14	6:32	6:39	6:37	6:25	6:12
		13-Oct	6:16	6:01	6:18	6:26	6:24	6:12	5:59
		20-Oct	6:04	5:48	6:06	6:14	6:12	5:59	5:46
		27-Oct	5:53	5:36	5:54	6:02	6:01	5:47	5:33
	NOVEMBER	03-Nov	5:43	5:26	5:44	5:52	5:51	5:37	5:22
		10-Nov	4:34	4:17	4:35	4:42	4:42	4:28	4:12
		17-Nov	4:27	4:09	4:27	4:35	4:34	4:20	4:04
		24-Nov	4:21	4:03	4:21	4:29	4:29	4:14	3:58
	DECEMBER	01-Dec	4:17	3:59	4:17	4:25	4:25	4:10	3:53
		08-Dec	4:16	3:57	4:15	4:23	4:23	4:08	3:51
		15-Dec	4:16	3:57	4:15	4:24	4:24	4:08	3:51
		22-Dec	4:19	4:00	4:18	4:26	4:26	4:11	3:54
		29-Dec	4:24	4:05	4:23	4:31	4:31	4:16	3:59
2024	JANUARY	05-Jan	4:30	4:11	4:29	4:37	4:37	4:22	4:05
		12-Jan	4:38	4:19	4:37	4:45	4:45	4:30	4:14
		19-Jan	4:47	4:28	4:46	4:54	4:54	4:39	4:23
		26-Jan	4:56	4:38	4:56	5:04	5:04	4:49	4:34
	FEBRUARY	02-Feb	5:06	4:49	5:07	5:15	5:14	5:00	4:44
		09-Feb	5:16	4:59	5:17	5:25	5:24	5:10	4:56
		16-Feb	5:26	5:10	5:28	5:35	5:34	5:21	5:07
		23-Feb	5:35	5:20	5:38	5:45	5:44	5:31	5:17
	MARCH	01-Mar	5:45	5:30	5:48	5:55	5:54	5:41	5:28
		08-Mar	5:54	5:40	5:58	6:05	6:03	5:51	5:38
		15-Mar	7:03	6:49	7:07	7:15	7:12	7:01	6:49
		22-Mar	7:12	6:59	7:17	7:24	7:22	7:10	6:59
	APRIL	29-Mar	7:21	7:08	7:26	7:33	7:31	7:19	7:09
		05-Apr	7:29	7:17	7:35	7:43	7:40	7:29	7:19
		12-Apr	7:38	7:26	7:45	7:52	7:48	7:38	7:28
		19-Apr	7:47	7:36	7:54	8:01	7:57	7:47	7:38
	MAY	26-Apr	7:56	7:45	8:03	8:10	8:06	7:57	7:48
		03-May	8:04	7:54	8:12	8:19	8:15	8:06	7:58
		10-May	8:13	8:03	8:21	8:28	8:24	8:15	8:07
		17-May	8:21	8:11	8:30	8:37	8:32	8:23	8:16
	JUNE	24-May	8:28	8:19	8:37	8:44	8:38	8:31	8:24
		31-May	8:34	8:26	8:44	8:51	8:46	8:38	8:32
		07-Jun	8:40	8:31	8:50	8:56	8:51	8:43	8:37
		14-Jun	8:43	8:35	8:54	9:00	8:55	8:47	8:42
	JULY	21-Jun	8:45	8:37	8:56	9:03	8:57	8:50	8:44
		28-Jun	8:46	8:38	8:56	9:03	8:58	8:50	8:44
		05-Jul	8:44	8:36	8:54	9:01	8:56	8:48	8:42
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	AUGUST	19-Jul	8:35	8:26	8:45	8:52	8:47	8:38	8:32
		26-Jul	8:28	8:19	8:37	8:44	8:40	8:31	8:24
		02-Aug	8:20	8:10	8:28	8:35	8:31	8:22	8:14
		09-Aug	8:10	8:00	8:18	8:25	8:21	8:12	8:04
	SEPTEMBER	16-Aug	8:00	7:49	8:07	8:14	8:10	8:01	7:52
		23-Aug	7:48	7:36	7:42	8:02	7:58	7:48	7:39
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Shabbat Ending Times

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		14-Oct	7:15	7:01	7:20	7:27	7:25	7:13	7:01
		21-Oct	7:04	6:49	7:08	7:15	7:13	7:01	6:49
		28-Oct	5:53	6:39	6:57	7:05	7:03	6:50	6:37
	NOVEMBER	04-Nov	6:44	6:29	6:47	6:55	6:54	6:40	6:27
		11-Nov	5:37	5:21	5:39	5:47	5:46	5:32	5:18
		18-Nov	5:31	5:14	5:33	5:40	5:39	5:26	5:11
		25-Nov	5:26	5:09	5:28	5:36	5:35	5:21	5:06
	DECEMBER	02-Dec	5:23	5:06	5:25	5:33	5:32	5:18	5:03
		09-Dec	5:23	5:05	5:24	5:32	5:31	5:17	5:02
		16-Dec	5:24	5:06	5:25	5:33	5:32	5:18	5:03
		23-Dec	5:27	5:09	5:28	5:36	5:35	5:21	5:06
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		20-Jan	5:53	5:37	5:55	6:03	6:02	5:48	5:33
		27-Jan	6:02	5:46	6:04	6:12	6:11	5:57	5:43
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		10-Feb	6:20	6:06	6:23	6:31	6:29	6:16	6:03
		17-Feb	6:29	6:14	6:33	6:41	6:39	6:26	6:13
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		11-May	9:22	9:15	9:34	9:40	9:35	9:27	9:22
		18-May	9:32	9:25	9:44	9:50	9:45	9:38	9:33
	JUNE	25-May	9:40	9:35	9:53	9:59	9:54	9:47	9:43
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		08-Jun	9:54	9:49	10:07	10:14	10:07	10:01	9:58
		15-Jun	9:58	9:53	10:12	10:18	10:12	10:06	10:03
	JULY	22-Jun	10:00	9:55	10:14	10:20	10:14	10:08	10:05
		29-Jun	10:00	9:54	10:13	10:20	10:13	10:07	10:04
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		13-Jul	9:52	9:46	10:05	10:11	10:05	9:59	9:55
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		10-Aug	9:15	9:07	9:25	9:32	9:27	9:19	9:12
	SEPTEMBER	17-Aug	9:03	8:54	9:12	9:19	9:115	9:06	8:59
		24-Aug	8:50	8:40	8:59	9:06	9:02	8:52	8:45
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A Message from Mark, Yoram, and the AJC Board of Directors

We are very proud and excited to present the AJC 2023 -2024 New Year Calendar showcasing the unique project designed and created over the past few months by a wonderful and dedicated team at the AJC.

Amazing chefs in our Atlantic Canadian Jewish communities were approached to submit their best recipes for the Calendar. Their response was swift and cheerful, and their cooperation with the AJC was outstanding. Our team worked with them to develop this extraordinary recipe calendar featuring exceptional dishes that reflect their varied backgrounds and wide-ranging culinary experiences.

We hope you will like it and put it to good use!

The Calendar would not have been possible without incredible efforts from Aviva, who directed the whole project from the very beginning; Edna, who helped with beautiful ideas and input; Debora, our graphic designer, who transmitted our thoughts into reality; and Adi, our exceptional summer student, who helped with marketing and publicity outreach.

The team did its best to check and double-check every minor detail from candle lighting times, Jewish holidays, and Yizkors. If you find any errors or omissions, we apologize in advance and ask that you please let us know so we can correct them for next year's Calendar.

The Calendar also highlights some essential points of our Annual Impact Report allowing you to see AJC activities from the past year.

The 2023 Annual Campaign will commence right after Rosh Hashanah. Your generous financial support and active involvement are vital to the operations of the AJC and our ability to deliver outstanding programs, and will be deeply appreciated.

We have accomplished so much thanks to your support. Your commitments and contributions are what make all this possible, and to fostering the continued growth and vitality of our community.

We wish you a Shanna Tova – a happy, healthy, successful, and meaningful 2023 -2024 (5784).

שנה טובה



Mark David
President, AJC



Yoram Abisror
Executive Director, AJC

Jewish Holidays

The holiday starts at sunset on the first date and ends at sunset on the second date.

	2023 - 2024 (5784)	2024 - 2025 (5785)
Rosh Hashanah	September 15 - 17	October 2 - 4
Yom Kippur	September 24 - 25	October 11 - 12
Sukkot	Sept 29 - Oct 6	October 16 - 23
Shemini Atzeret	October 6 - 7	October 23 - 24
Simchat Torah	October 7 - 8	October 24 - 25
Chanukah	December 7 - 15	Dec 25 - Jan 2
Purim	March 23 - 24	March 13 - 14
Passover	April 22 - 30	April 12 - 20
Shavuot	June 11 - 13	June 1 - 3

THE AJC'S BOARD OF DIRECTORS

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Past President: Arik Drucker

Vice President: Adam Conter

Treasurer/ Corporate

Secretary: Roni Omessi

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Naomi Levine

Howard Conter

Victoria Volkanova

Marilyn Kaufman

PEI: Joseph Glass

Moncton: Dr. Francis Weil

Fredericton: Ayten Kranat

Saint John: Edward Van Dam

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Atlantic Jewish Foundation Chair: Mark Rosen

Atlantic Jewish Foundation

Vice Chair: Victor Goldberg

EX-OFFICIO BOARD MEMBERS

Executive Director

Emeritus: Jon Goldberg





September 2023

Elul (5783) – Tishrei (5784)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Fighting Anti-Semitism in Atlantic Canada		1 Elul 15	2 Elul 16
3 Elul 17	4 Elul 18 Labour Day	5 Elul 19	6 Elul 20	7 Elul 21	8 Elul 22	9 Elul 23 Leil Selichot
10 Elul 24	11 Elul 25 Golda (Lucia) Shilmeister z”l	12 Elul 26	13 Elul 27	14 Elul 28	15 Elul 29 Erev Rosh Hashanah Ya’acov Suissa z”l	16 Tishrei 1 Rosh Hashanah
17 Tishrei 2 Rosh Hashanah	18 Tishrei 3 Dr. Anne Hammerling z”l	19 Tishrei 4	20 Tishrei 5	21 Tishrei 6	22 Tishrei 7 Lillian Chippin z”l Max Smith z”l	23 Tishrei 8
24 Tishrei 9 Erev Yom Kippur	25 Tishrei 10 Yom Kippur	26 Tishrei 11 June Ruth Mercer z”l Harold J. Rosem z”l	27 Tishrei 12 Louis Attis z”l Eliezer Ben Yehuda Leib z”l	28 Tishrei 13 Max Pascal z”l Lawrence Ferguson z”l Samuel S. Jacobson z”l	29 Tishrei 14 Erev Sukkot Mark Neil Offman z”l Robert Leonard Wolman z”l	30 Tishrei 15 Sukkot David H. Cohen z”l



Simple Israeli Pita

Aviya Kohn

Ingredients

- 1 kg flour
- 2 tablespoons dry yeast
- 1/2 cup olive oil
- 3 tablespoons sugar
- 600 ml water
- Salt to taste

Instructions

1. Preheat oven to 410°F (210°C).
2. Mix flour, yeast, olive oil, sugar, water, and salt. Let it rise until it doubles in volume (~1 hour).
3. Divide dough into 80-gram balls (yields 12-14).
4. Flatten balls with a rolling pin and place them on a baking tray.
5. Bake for 8-10 minutes until they puff up and brown.
6. Remove and wrap in a towel to keep warm.



Image by Freepik



Aviya Kohn

Meet Aviya Kohn from Moncton NB, a seasoned food industry professional with over 10 years of experience. As a director of food services, personal chef, and

culinary enthusiast, Aviya has worked in various settings, from home care to catering to events. She has a passion for creating delicious and nutritious dishes and is skilled in managing employees, menu costing, supplies, food safety, and customer satisfaction. She is always eager to learn new skills and share her knowledge with others through her LinkedIn posts. When not cooking up a storm, Aviya enjoys traveling, dancing, and spending time with her family.



Fluffy Focaccia with Herbs

Aviya Kohn

Ingredients

- 1 kg flour
- 50 g of yeast
- 100 g of sugar
- 100 ml olive oil
- 800 ml water
- 1 heaping spoonful of salt
- Bunch of coriander and parsley
- 2 cloves garlic
- Lemon juice
- Coarse salt and black pepper

Instructions

1. Mix flour, yeast, sugar, olive oil, water, and salt. Let it rest for 1 hour.
2. Spread dough into a baking tray, drizzle more olive oil on top.
3. Mix herbs, garlic, lemon juice, salt and pepper with olive oil and spread on dough.
4. Make small holes in the dough with your fingers.
5. Let rise for another 30 minutes and bake at 420°F (215°C) for 20 minutes until golden brown.
6. Cool on a rack before slicing.



Image by chandervids on Freepik



October 2023

Tishrei – Cheshvan (5784)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Sukkot Tishrei 16 Gorodon Chippin z”l	2 Sukkot Tishrei 17 Lawerence Green z”l Lily Rutte z”l	3 Sukkot Tishrei 18 Ethel Tafler Stein z”l	4 Sukkot Tishrei 19	5 Sukkot Tishrei 20 Joan Pink z”l Ruth Pink z”l Simon Spatz z”l	6 Sukkot (Hoshana Raba) Erev Shemini Azteret Tishrei 21 Jana Wieder z”l Myer Jacobson z”l	7 Shemini Azteret Erev Simchat Torah Tishrei 22 Betty Arron z”l
8 Simchat Torah Tishrei 23 Hyman W. Cohen z”l	9 Thanksgiving Tishrei 24 Harry Rutte z”l	10 Tishrei 25	11 Tishrei 26	12 Tishrei 27 Bram Lloyd Schwartz z”l	13 Tishrei 28 Jacob Attis z”l	14 Tishrei 29
15 Tishrei 30 Louis Wolfson z”l	16 Cheshvan 1 Joseph Gordon Naylor - (Brandwein) z”l Jennie F. David z”l	17 Cheshvan 2	18 Cheshvan 3 Helena Jockel z”l	19 Cheshvan 4	20 Cheshvan 5	21 Cheshvan 6 Perla Arditti z”l Rabbi Dr. Lipa Medjuck z”l
22 Cheshvan 7	23 Cheshvan 8	24 Cheshvan 9	25 Cheshvan 10 Ester Brown z”l	26 Cheshvan 11	27 Cheshvan 12	28 Cheshvan 13 Sonia Greenspoon z”l
29 Cheshvan 14 Izah Suissa z”l	30 Cheshvan 15 Frances Singer z”l	31 Halloween Cheshvan 16 Vladimir Shimeister z”l				Volunteer programs that the AJC partners with: Spencer House (Special Christmas Lunch), The North Grove (cooking and preparing meals for the homeless).





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November 2023

Cheshvan – Kislev (5784)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<i>Dialogues with Dignitaries in Atlantic Canada</i>	1 20th annual Holocaust Education Week Cheshvan 17	2 Cheshvan 18 Faina Reznikov z”l Dave Elman z”l	3 Cheshvan 19 Florence Ornstein z”l	4 Cheshvan 20
5 Cheshvan 21 Bernice Jacobson Chatt z”l	6 Cheshvan 22 Harold Schwartz z”l Leib Wortzman z”l	7 Cheshvan 23 David Miller z”l	8 Cheshvan 24 Rose Argand z”l Jennie Jacobson z”l	9 Cheshvan 25	10 Cheshvan 26	11 Remembrance Day Cheshvan 27 Riva Spatz z”l
12 Cheshvan 28 Honey (Koven) Smith z”l Evy Carnat z”l	13 Cheshvan 29	14 Kislev 1	15 10th Annual Atlantic Jewish Film Festival Kislev 2 Gerald Alpert Stein z”l	16 Kislev 3	17 Kislev 4	18 Kislev 5
19 Kislev 6 Jack Monas z”l	20 Kislev 7 Adam Greenspoon z”l Carmela Miranda z”l	21 Kislev 8 Jerry Forshner z”l Morris David z”l	22 Kislev 9 Lucy Rachel (Agulnik) Glass z”l Martin Parsons z”l D.Edward Ornstein z”l	23 Kislev 10 Ann Greenblatt z”l	24 Kislev 11 Borace Jacobson z”l Abraham (Abie) Goldman z”l Isaac (Ike) David z”l	25 Kislev 12 David Meretsky z”l
26 Kislev 13 Florence Lampert z”l Norman Rubin z”l	27 Kislev 14	28 Kislev 15 Pauline Shapiro z”l Yaakov Vaxman z”l Reuben David z”l	29 Kislev 16 Dorothy Sheffman z”l	30 Kislev 17		



Chocolate Marquis

Michal Levi-Balas

Ingredients

100 g sugar
245 g butter
16 g honey
25 g sifted cocoa
125 g chocolate spread
Rice Krispies Cereal/toasted nut mix

For coating:

145 g dark chocolate
50 g cream
15 ml Amaretto liqueur



Instructions

1. In a pot, on the stove, boil sugar, butter and honey.
2. After boiling, remove from the stove and add the cocoa powder and chocolate spread and mix well.
3. Add Rice Krispies cereal/toasted nut mix and mix well until combined.
4. Don't let it cool, spread it inside a 25 cm x 10 cm tray lined with baking paper and press well.
5. Cool in the fridge for 30 minutes.
6. Coating: Boil cream, after it boils take it off the stove and add dark chocolate and mix until it melts, Add Amaretto liqueur and mix until smooth.
7. Pour over the cold marquis, and return to the refrigerator until the coating completely hardens.



Double Chocolate Chip Cookies

Michal Levi-Balas

Ingredients

225 g chocolate
60 g butter
80 g flour
1/2 tsp. baking powder
1/2 tsp. of salt
2 eggs
140 g brown sugar
1/2 tsp. vanilla extract
300 g chocolate chips

Instructions

1. Preheat oven to 340°F
2. In a double boiler, melt 225 g of chocolate and butter, then remove from the heat.
3. At the same time - in the bowl of the mixer, beat the eggs and sugar with the whisk until light foamy.
4. Add the melted chocolate to the whipped eggs.
5. Sift the flour and baking powder and add to the egg mixture together with the salt, fold gently.
6. Add the chocolate chips and vanilla extract to the mixture, mix gently and with a piping bag, pipe onto a tray with baking paper.
7. Bake for about 12 minutes. (The cookies will still be soft when they come out of the oven, you have to wait for them to cool)



December 2023

Kislev – Tevet (5784)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Partnership and collaboration with the Harold Grinspoon Foundation: • PJ Library • RSJ – Russian Speaking Jewish Programing • Youth and Young family holiday events				1 Kislev 18 Joyce Attis z”l Mary Nozick z”l Shirley Arron z”l	2 Kislev 19
	3 Kislev 20 Rhonda (Simon) Goldberg z”l Irving Medjuck z”l	4 Kislev 21	5 Kislev 22 Etta Lipkus z”l	6 Kislev 23	7 Chanukah (Candle 1) Kislev 24 Ethel Morgenthau Shepherd z”l	8 Chanukah (Candle 2) Kislev 25 Minnie Attis z”l
10 Chanukah (Candle 4) Kislev 27 Ether Lang z”l	11 Chanukah (Candle 5) Kislev 28 Ester Wortzman z”l	12 Chanukah (Candle 6) Kislev 29 Harry Lampert z”l Eva (Rabinovitch) Senman z”l Archie Blackman z”l	13 Chanukah (Candle 7) Tevet 1	14 Chanukah (Candle 8) Tevet 2 Saul Bernick z”l	15 Chanukah Tevet 3 Dr. James Solomon Hammerling z”l Israel Falk z”l	16 Tevet 4 Frank Budovitch z”l
17 Tevet 5	18 Tevet 6 lorence Zwerling z”l David Nathan Jacobson z”l	19 Tevet 7 Ha’Rav Ha’Gaon I.M. Kowalsky z”l	20 Tevet 8 Pearl Task z”l	21 Tevet 9	22 Tevet 10 Minsta Wortzman z”l Mitchell Budovitch z”l Allan Rayson z”l Martin Wexler z”l	23 Tevet 11
24 Tevet 12 Harry Chipin z”l	25 Christmas Day Tevet 13 Paul Goldman z”l Isadore Louis Shore z”l	26 Boxing Day Tevet 14	27 Tevet 15 Bess Medjuck z”l	28 Tevet 16 Dr. Irving Howard Jacob Glass z”l Barbara (Feldman) Goldman z”l Eliezer Arditti z”l	29 Tevet 17	30 Tevet 18
31 Tevet 19 New Year’s Eve Dale Zilbert z”l						

Tahini Bread (gluten free)

Kosher for Passover (for leguminous eaters)
Evgenia (Jenny) Grande

Ingredients

6 Tbsp. Tahini	Additives:
2 Tbsp. Silan*, honey or maple syrup	1/2 Tbsp. Sunflower seeds
4 Eggs	1/2 Tbsp. Pumpkin seeds
1 tsp. Baking powder	3 Tbsp. Flax seeds
1 tsp. salt	3 Tbsp. Sesame seeds

Instructions

1. Mix all the additives with salt.
 2. Knead the dough of tahini, eggs, silane, or honey, and add baking powder before putting it in the oven. Add almost all the seeds.
 3. Pour into an oiled baking dish, sprinkle liberally with the remaining additives, and place in a preheated oven at 180 °C for 30 minutes.
- *Silan (date honey) gives a slightly sweet flavor, you can reduce the quantity if desired.*



Evgenia Grande

I am from the Kamchatka Peninsula (Russia) where the weather and the landscape have many similarities with Nova Scotia. In my teens I moved to Israel where I spent 18 years, studying, working, and building a family. I fell in love with an amazing Israeli cuisine, which in my mind is a colorful mosaic of the world's best food. Israeli cuisine is rich in spices,

colors, and the combination of the recipes and traditions from different countries that Jewish people bring to Israel from all over the world. I keep learning and discovering new flavors and techniques and enjoy cooking and baking for families. To me, the magical smell of challah on Friday night is a symbol of home and family. I believe food brings people together and makes them happy.

The kitchen is my happy place where I gain strength and create the atmosphere of comfort. I cook at my home and taking orders, my Instagram @jgbakery_. As well I'm a member of the team of M&B catering.

JANNA FERTSMAN

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Multi-award winner





January 2024

Tevet – Shevat (5784)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Tevet 20 New Year's Day Bronislava Zveibel z"l	2 Tevet 21 Harry Coleman z"l	3 Tevet 22 Rose Mosher z"l	4 Tevet 23 Clara (Zion) Zwerling z"l	5 Tevet 24 Anne Wolfson z"l Joyce Rosen z"l	6 Tevet 25 Max Chippin z"l
7 Tevet 26 Daisy Baig z"l	8 Tevet 27 David Mark z"l Jenta Zabrowski z"l	9 Tevet 28	10 Tevet 29 Bess Cooper z"l	11 Shevat 1	12 Shevat 2 Reva Jacobson Meretsky z"l	13 Shevat 3
14 Shevat 4	15 Shevat 5 Ralph Conter z"l Joseph Newman z"l	16 Shevat 6	17 Shevat 7 Igor Larin z"l	18 Shevat 8 Brendon Yazer z"l Tema Conter z"l	19 Shevat 9 David Shimon Walt z"l Gilbert Weil z"l Margaret Parsons z"l	20 Shevat 10 Stephanie Lee Monas Altman z"l
21 Shevat 11	22 Shevat 12	23 Shevat 13	24 Shevat 14 Erev Tu Bishvat	25 Shevat 15 Tu Bishvat	26 Shevat 16	27 Shevat 17 International Holocaust Remembrance Day Moshe Raviv z"l Rhoda Gaum z"l
28 Shevat 18 Zelda (Gillman) Yazer z"l	29 Shevat 19 Margaret Rivkin z"l	30 Shevat 20 Fira Machulski z"l	31 Shevat 21 Louis Jacobson z"l	 Summer Students assisting in all aspects of the office to set the stage for programs offered during the year		



Babaganoush

Evgenia (Jenny) Grande

Ingredients

- 2-3 pcs. Eggplant
- 2-3 cloves Garlic
- 2-3 Tbsp. Olive oil (+ splash eggplants before baking)
- 1 tsp. Smoked paprika
- 2 Tbsp. Tahini paste or mayo
- Parsley (or dill, cilantro) to taste
- Salt and pepper to taste

Instructions

1. Wash the eggplant well and dry with a paper towel. Place the eggplant in a baking tray or mold and prick with a toothpick or fork all over. Drizzle with olive oil and bake in the oven at 230°C-240°C for 20-30 minutes. The surface of the eggplant should be nicely browned.
2. Allow to cool slightly, then use a spoon to scoop out the eggplant flesh into a bowl.
3. Add garlic, salt and pepper, olive oil, tahini paste or mayo, and paprika. Chop the mixture well.
5. Chop the parsley, dill, or cilantro greens. Add to the babaganoush. When serving, drizzle with olive oil and lightly sprinkle with paprika. Serve chilled with pita, pita bread, crackers, or Tahini bread.



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Kugel Classic

Evgenia (Jenny) Grande

Ingredients

- | | |
|--------------------------------|-------------------------------|
| 400g of egg noodles | For the caramel: |
| 60g butter or margarine | 1/2 Tbsp. sugar(100gm) |
| 1 Tbsp. salt | 1/2 Tbsp. vegetable oil(100g) |
| 1 tsp. black pepper | |
| 1/2-3/4 Tbsp. sugar (100-150g) | |
| 4 eggs | |

Instructions

1. Boil the vermicelli in salted water for 5 minutes (or according to the instructions on the package). It is important not to overboil it.
2. Drain and mix with the previously prepared mixture of oil, salt, pepper and sugar. Cover with a lid to keep warm.
3. Melt the sugar in the vegetable oil without stirring until the sugar melts and begins to darken, then stir. Make sure the sugar doesn't burn or it will be too bitter.
4. Pour the caramel into the vermicelli mixture, stir immediately and when slightly cool, stir in the eggs lightly beaten with a fork. Grease a mold, optionally lined with baking paper.
5. Bake for 60 minutes at 180°C, covered with foil. Toward the end, remove the foil and place the mold on a higher rack to brown the crust.



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Montreal Style Bagel

Udi Baida

Ingredients

Sponge:

- 300 g water
- pinch yeast
- 450 g flour

Ingredients for final dough:

- 760 g water
- 6 g yeast
- 1,430 g all purpose flour
- 30 g maple
- 40 g salt



Image by Pixabay

Instructions

Procedure:

1. Mix sponge ingredients by hand, (some dry flour will remain)
2. Let rest for 12 hours, up to 24 hours

Final Dough:

1. In a mixer, mix sponge plus all the final dough ingredients for 8-10 minutes, transfer to a lightly floured surface and knead by hand for 30 seconds, place dough seam side down in a lightly greased bowl and cover.
2. Let rest in a warm area until it doubles in volume (1 and 1/2 - 2 hours)
3. Divide dough into 24 pieces and shape into balls.
4. Let rise until the balls double in volume (approximately 2 hours).
5. Preheat oven to 465°F.
6. When bagels are doubled in volume, boil 5 litres of water in a pan, add 1 heaping teaspoon of baking soda and 75 g of honey.
7. Make a hole with your thumb in the middle of the bagel and cook in the boiling water mixture for 20-30 seconds on each side.
8. Egg wash the bagels and sprinkle toppings (sesame, poppy, everything...)
9. Place bagels on a tray in the middle rack of an oven and bake for 10 minutes. Lower the temperature in the oven to 445°F and finish baking until golden brown (6-8 minutes).
10. Let cool and enjoy



February 2024

Shevat – Adar (5784)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<i>P2G – Partnership Program in Israel's Northern Region: Raising money to help with projects in the Northern Galilee, participating in educational conferences in Israel and Canada</i>			1 Shevat 22 Rebecca Kaplan z”l	2 Shevat 23	3 Shevat 24
4 Shevat 25 Reuben Abramsky z”l	5 Shevat 26 Ben Yomen Simon Prossin z”l Roy Nozick z”l	6 Shevat 27	7 Shevat 28 Morris Strug z”l	8 Shevat 29 May Newman Axelrod z”l	9 Shevat 30 Zofia Mans Schreier z”l	10 Adar I 1 Robert Kaplan z”l
11 Adar I 2 Dr. Rosalie Shein-Kremer z”l	12 Adar I 3	13 Adar I 4	14 Valentine's Day Adar I 5 Leonía Falk z”l Morris Goldberg z”l Dr. Saul Green z”l	15 Adar I 6 David Kaplan z”l Constance R. Glube z”l	16 Adar I 7	17 Adar I 8 Anne Zilbert z”l Newman Dubinsky z”l
18 Adar I 9 Solomon Medjuck z”l	19 Adar I 10	20 Adar I 11	21 Adar I 12	22 Adar I 13 Bella Warman z”l Abraham and Miriam Korn z”l Anne Henrietta Tax z”l	23 Purim Katan Adar I 14 Blanche Medjuck z”l	24 Adar I 15
25 Adar I 16 Rebecca Bernick z”l Kenneth Offman z”l	26 Adar I 17 Faye Wolfson Miller z”l	27 Adar I 18 Uriel Domb z”l Ruthe David z”l	28 Adar I 19 Eva Elman z”l Esther Strug z”l Moshe Vaxman z”l	29 Adar I 20 Sheila Chippin z”l		



ISRAEL'S
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INDEPENDENCE DAY





Inga Giter

Yummy Deli was established in September 2013 with an initial idea to provide the East European communities of the Maritimes with a taste from home. Within a very short period of time Yummy Deli became very popular between the local Canadians who come and enjoy the big variety of unique delicatessens from different East European countries like: Poland, Russia, Moldova, Ukraine, Germany, and even some Kosher Israeli delicatessens.

Yummy Deli stands for Fresh Thinking, Healthy Products, Outstanding Customer Service, Variety, Support of Local Produce and Social Prosperity.

We offer a high quality grocery goods and catering services; ranging from savory caviars to handmade meat pastries, cheeses, desserts and so much more; most of it can be delivered overnight to any province of the Atlantic Canada.

You will also have a wide selection of health and beauty products, many of which are nature-made and eco-friendly.

It is our goal to be our customers' favorite store for delicatessen by always providing you with the choicest goods and fast delivery.



Shaniki

Inga Giter

Ingredients

500 g Cottage cheese (granular)
500 g Margarine (soft)
1 tsp. Salt
1 tsp. Baking soda
3 stacks. Wheat flour / Flour
Sugar



Instructions

1. Grind cottage cheese with margarine, add salt and baking soda.
2. Add flour and knead the dough, not steep. Refrigerate for 1-1.5 hours.
3. Make a sausage out of the dough (I took half of the dough, and the other half was in the refrigerator), cut into pieces and rolled out like dumplings (not thinly).
4. Dip the tortilla with one side in a plate with sugar, fold in half with sugar inside
5. The resulting semicircle is again dipped in sugar and again folded with sugar inside, then dip in sugar again and place sugar upside down on a greased baking sheet.
6. Bake at 180°C until golden brown (about 25-30 minutes).

Megrelian Turkey Cutlets

Inga Giter

Ingredients

500 g Turkey (turkey breast fillet "Indilight") minced
1 Red bell pepper
1 Chili pepper to taste
1 Onion
4 Tbsp. Vegetable oil
5 sprigs Cilantro
2 cloves Garlic
5 twigs Basil (or 1 tbsp dry)
Salt to taste
1/4 tsp ground black pepper
1/2 tsp. Utskho-suneli
1 Tbsp. cornstarch
1/2 tsp. Sweet paprika
1 Egg



Instructions

1. Peel the onions and peppers, removing the seeds. These patties are spicy, so adjust the amount of chili pepper (or hot red pepper, like mine) to taste. Cut the vegetables into pieces using a food processor or blender.
2. Pour 1 Tbsp. vegetable oil in a hot frying pan and add 25g butter.
3. Add the chopped vegetables to the pan and simmer over medium heat for 10 minutes until soft. Remove to cool.
4. Chop cilantro, basil and garlic. If there is no fresh basil, then use dry. Add the herbs, black pepper, utsho-suneli and paprika to the minced turkey, then add the cooled roasted peppers and onions.
5. Add the egg and cornstarch – necessary to bind moisture.
6. Knead the minced meat thoroughly for about 3 minutes. The minced meat should not stick to your hands. If it does, then moisten hands with water when molding cutlets. Form small, round, flat cutlets from minced meat.
7. Pour oil into a hot pan, and add the cutlets. Fry until golden over medium heat, uncovered, for 5 minutes.
8. Carefully turn the cutlets (they are fragile), and fry for another 5 minutes over medium heat. Cover and reduce heat to minimum and cook another another 3 minutes. Clear juice should flow when pressed with a fork whe done. Do not overcook!

March 2024

Adar I – Adar II (5784)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<i>Hillel: Shabbat Dinners, holiday program, book clubs, educational programs through Hillel international, movie nights, BBQ – back to school, outreach Israel table at the Dalhousie Student Union Building, Challah Baking projects: 10 weeks of providing challah's, candles, and prayers to Seniors in the Halifax community, guest speakers, Hillel Board meeting are bi-weekly.</i>			1 Adar I 21 Jacob Mark z"l Esther Goldmam Dubinsky z"l	2 Adar I 22
3 Adar I 23 Leonard Fineberg z"l Istvan (Steve) Gergely z"l	4 Adar I 24 Peter Harold Stone z"l Theresa Jacobson z"l Charles Miller z"l	5 Adar I 25 Lazer Rosenfeld z"l Danny Star z"l	6 Adar I 26 Lev (Liab) Drukker z"l	7 Adar I 27	8 Adar I 28 Bernard S. Bloom z"l Hymie Samuel Tax z"l Isaac Chermim z"l	9 Adar I 29 Leah Goldman z"l Rose Cohen z"l
10 Adar I 30	11 Adar II 1	12 Adar II 2	13 Adar II 3	14 Adar II 4	15 Adar II 5	16 Adar II 6
17 Adar II 7 St. Patrick's Day	18 Adar II 8	19 Adar II 9	20 Adar II 10	21 Adar II 11	22 Adar II 12	23 Adar II 13 Erev Purim
24 Adar II 14 Purim	25 Adar II 15 Easter Monday	26 Adar II 16	27 Adar II 17	28 Adar II 18	29 Adar II 19 Good Friday	30 Adar II 20
31 Adar II 21 Easter						

Turkish Eggplant with Minced Turkey

Inga Giter

Traditionally, this recipe is made with ground beef, but works well with ground turkey. It is very fragrant, juicy, tasty and healthy. The dish belongs to the category of simple and satisfying, it is easy to prepare, and it is eaten quickly. Can be eaten hot or cold.

Ingredients

400 g Turkey (turkey breast fillet
"Indilight") minced
2 pcs Eggplant (medium-sized)
1 Tomato (ripe, dense)
2 Tbsp. Tomato paste
1-2 Onions
1 clove Garlic
2 Tbsp. Vegetable oil
Chili peppers to taste
1 bunch Parsley (or cilantro)
Pepper to taste
Salt to taste



Image by Freepik

Instructions

1. Peel the onion and garlic, cut into small cubes. Add to pan with vegetable oil and fry over medium heat for 5 minutes or until soft
2. Add the minced turkey. Stir, breaking up any lumps. Fry over medium heat for 10 minutes.
3. Add salt and pepper, and 1 Tbsp. 1 tomato paste. Stir, simmering for 2 minutes. Add chopped cilantro or parsley, mix and remove to cool.
4. Wash the eggplant and peel strips in places with a vegetable peeler. Cut a slit in the middle of the eggplant without cutting all the way through.
5. Fry the eggplant in 1 Tbsp. vegetable oil on all sides until cooked and brown - about 5 minutes each side.
6. Put the eggplants in a baking dish. Add a little salt inside the slit and stuff with filling.
7. Cut the tomato into slices and put on top of each eggplant. Put chili peppers on top of tomatoes, to taste. Combine 1 tbsp. 1 tomato paste and 100 ml of water and pour over the eggplant. Bake in a preheated oven at 190°C for 20 minutes. Sprinkle with herbs and serve.

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April 2024

Adar II – Nisan (5784)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <i>Adar II 22</i>	2 <i>Adar II 23</i>	3 <i>Adar II 24</i>	4 <i>Adar II 25</i>	5 <i>Adar II 26</i>	6 <i>Adar II 27</i>
7 <i>Adar II 28</i>	8 <i>Adar II 29</i>	9 <i>Nisan 1</i> <i>Bracha Vaxman z”l</i>	10 <i>Nisan 2</i> <i>Yetta (Ginger) Sadofsky z”l</i>	11 <i>Nisan 3</i>	12 <i>Nisan 4</i>	13 <i>Nisan 5</i>
14 <i>Nisan 6</i> <i>Arlene Sylvia Zatzman z”l</i> <i>Dorotea Zveiybel z”l</i>	15 <i>Nisan 7</i> <i>Molly Rechnitzer z”l</i>	16 <i>Nisan 8</i> <i>Harry Lipkus z”l</i> <i>Carolyn Budovitch z”l</i>	17 <i>Nisan 9</i>	18 <i>Nisan 10</i> <i>Chava Jacobson z”l</i> <i>Dr. Morris Jacobson z”l</i>	19 <i>Nisan 11</i>	20 <i>Nisan 12</i>
21 <i>Nisan 13</i>	22 <i>Erev Passover (Sedar #1)</i> <i>Nisan 14</i>	23 <i>Passover (Sedar #2)</i> <i>Nisan 15</i>	24 <i>Passover</i> <i>Nisan 16</i> <i>Sophie Sherman z”l</i>	25 <i>Passover</i> <i>Nisan 17</i> <i>David Singer z”l</i>	26 <i>Passover</i> <i>Nisan 18</i> <i>David Kasten z”l</i>	27 <i>Passover</i> <i>Nisan 19</i> <i>Doris-Kay Stone z”l</i>
28 <i>Passover</i> <i>Nisan 20</i> <i>Harvey David z”l</i>	29 <i>Passover</i> <i>Nisan 21</i>	30 <i>Passover</i> <i>Nisan 22</i> <i>Laura Ellen Herschorn z”l</i> <i>Morris Lang z”l</i>			Community Engagement: Art Exhibit, Atlantic Jewish Film Festival, Shalom Magazine, Weekly News Mailer, Holocaust Week, Yom Ha’Zikaron	



Baked Salmon Fillet with Fennel

Gregory Shepshelevich

Ingredients

- 1 large chopped onion
- Butter or olive oil
- 1 Fresh fennel, very finely chopped
- Breadcrumbs

Instructions

1. Soften chopped onion in butter or olive oil, and add chopped fresh fennel.
2. Clean the fish, make some light incisions on the back, and season with salt and pepper.
3. Butter/oil an ovenproof dish, scatter the base with onion and fennel and lay the fish on top. Sprinkle with breadcrumbs and a little olive oil, and bake in a preheated oven at 375°F/ 180°C for about 25 minutes or until cooked.
4. Sprinkle with parsley and lemon juice and serve with fresh garden Caesar salad



Image by Freepik



Gregory Shepshelevich

Born in Dnipro Ukraine, moved in my teens to Israel and after the IDF service pursued education in

Hospitality and Culinary Management. Since 2013 live in Nova Scotia with my wife Olga and kids Jonathan and Michal. I love to create delicious home style meals based on Mediterranean and Jewish European cuisine.

Lamb / Beef Curry

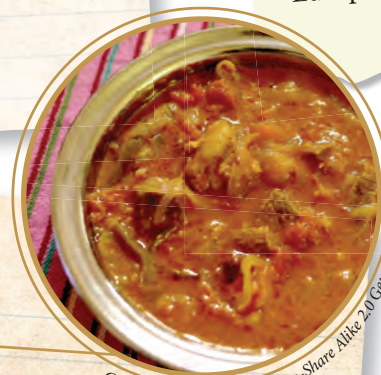
Gregory Shepshelevich

Ingredients

- 1.5 kg (3lb) boned shoulder of lamb/ beef
- 2 tablespoons olive oil
- 2 large onion, chopped
- 4 cloves garlic, chopped
- 1 tablespoon finely chopped fresh ginger
- 2 tablespoons curry powder
- 3 teaspoon salt
- 2 tablespoons lemon juice
- 3 large tomatoes, chopped
- 2 fresh chillies
- 2 tablespoons fresh mint leaves
- Chopped fresh coriander or mint leaves for garnish

Instructions

Cut meat into cubes. Heat olive oil in a saucepan and gently fry onion, garlic, and ginger until soft. Add curry powder, salt and lemon juice. Add meat and cook, stirring constantly, until meat is coated with spice mixture. Add tomato, chillies, and mint. Cover and cook over low heat 1 ¼ hour or until meat is tender. The tomatoes should provide enough liquid for the meat to cook in, if necessary, add coconut milk, approximately half cup, just enough to prevent meat from sticking to pan. Serve with rice or with couscous, sprinkle with fresh coriander or mint leaves.



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Pomegranate Chicken

- 2 teaspoon olive oil
- 2 lb boneless, skinless chicken thighs
- Salt and pepper to taste
- 1 medium onion, chopped
- 2 cloves minced garlic cloves
- 2 teaspoons ground cumin
- 1 teaspoon cinnamon
- 1/2 teaspoon turmeric
- 1 1/4 cup pomegranate juice
- 1 cup chicken broth
- 2 tablespoons chopped fresh parsley

Heat oil in a large skillet, season chicken with salt and pepper to taste, and sear over medium-high heat on both sides. Transfer to a plate. Add onions to the skillet and cook until softened. Add remaining ingredients along with the reserved chicken. Cook uncovered for about 30 minutes, or until chicken is cooked. Serve with mashed potatoes or rice.



May 2024

Nisan – Iyar (5784)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Nisan 23	2 Nisan 24	3 Nisan 25 Marilyn Apple Wedge z”l	4 Nisan 26 Zachary Caplan z”l
5 Nisan 27 Erev Yom HaShoah	6 Nisan 28 Yom HaShoah	7 Nisan 29 Samuel (Sonny) Smith z”l	8 Nisan 30	9 Iyar 1 Leo Task z”l	10 Iyar 2 Leonard Goldberg z”l Daisy Budovitch z”l	11 Iyar 3
12 Iyar 4 Mother’s Day Donald Arron z”l Rose Abramsky z”l	13 Iyar 5 Gordon Zarzmanz”l	14 Iyar 6	15 Iyar 7	16 Iyar 8 Miriam Goldberg z”l	17 Iyar 9	18 Iyar 10
19 Iyar 11 Erev Yom Hazikaron Rose Zalmanovitch Medjuck z”l Nadia Stephanie Queija z”l	20 Iyar 12 Yom Hazikaron Victoria Day	21 Iyar 13 Yom Ha'atzmaut Jack David Stone z”l	22 Iyar 14 David Shepherd z”l	23 Iyar 15	24 Iyar 16	25 Iyar 17 Erev Lag B'Omer
26 Iyar 18 Lag B'Omer	27 Iyar 19	28 Iyar 20 Maurice David Adilman z”l Margaret Hackman z”l	29 Iyar 21 Melida Hernandez De Rivas z”l	30 Iyar 22 Louis Shapiro z”l Joseph Schilmeister z”l	31 Iyar 23	



Peach Cobbler

Marilyn Kaufman

Ingredients

4 cups peeled, fresh peach halves
2 Tbsp flour
1 cup sugar
1 Tbsp lemon juice
1 Tbsp butter

Topping

1 ½ cups sifted all purpose flour
½ tsp salt
3 tsp baking powder
¼ cup sugar
¼ cup melted butter
1 egg with milk

Instructions

In a 9" square pan, arrange peaches until about 2" deep. Mix flour into sugar and sprinkle over peaches. Sprinkle lemon juice. Dot with butter. Bake in 425°F oven until peach juice bubbles (about 20 min). Remove from oven and add dough topping.

Sift together flour, salt, baking powder and sugar. Put egg in a measuring cup and add enough milk to make ½ cup. Then add melted butter and stir. Pour wet ingredients into the dry and stir just until you have a damp dough. Dough should be quite soft. Drop by ½ teaspoons over peaches. Bake at 425°F until golden brown. Cool and refrigerate. May be served with whipped topping or vanilla ice cream. Can be wrapped tightly in plastic wrap when cool and frozen.



Image by Shutterstock

Strudel (Cookie Dough)

Marilyn Kaufman

Ingredients

1/4 cup orange juice
2 eggs
2/3 cup sugar
1 jar plum jam
Shredded sweetened coconut

1/2 cup canola oil
2 tsp baking powder
2 3/4 cup all purpose flour
sultana raisins

Instructions

To make the dough, combine eggs, sugar and oil. Add baking powder and flour. Mix until flour is blended, and dough is sticky. Divide dough into 3 balls.

On a pastry mat, lightly flour and roll out one ball into a rectangle.

Spread about 3-4 Tbsp of jam over dough within 1" from the edge.

Sprinkle with raisins and coconut. Roll up like a jelly roll tucking in the ends. Place on lightly greased cookie sheet. Brush with an egg wash (combine 1 beaten egg with 2 tsp water).

Bake in 350° F oven for 35-45 minutes. Slice with a sharp, non-serrated knife. Store in tight container. Freezes well. I wrap my strudel logs in foil and slice when partially thawed before serving.



Image by Unsplash



Marilyn Kaufman

Marilyn Kaufman (nee Chippin) lives in Fredericton, NB with husband Seymour where she is an active member of the Fredericton Jewish community.

She is a third generation Ashkenazi Jew (Belarus/Minsk area) and her grandchildren, also living in Fredericton, make it five generations. She has a long history of involvement with Canadian Young Judea, Camp Kadimah, the Atlantic Jewish Council and a number of National Jewish organizations. She was the first female president of the Sgoolai Israel Synagogue and the first in her family to graduate university. A retired educator, she will often be found baking goodies for her grandchildren.



Image by Shutterstock

Pickled Salmon

Vinegar

Water

1 Onion

Sugar to taste

Bay leaf

Hot peppers

Diced carrots cooked

until tender

Pickling spice

- Take equal parts of vinegar and water. Boil with 1 cut up onion, sugar to taste, bay leaf, hot peppers, and diced carrots until tender.
- Add salmon and cook until tender (about 15 min).
- Take salmon out of broth and place in a jar with a layer of fresh onion, dash of pickling spice and bay leaves.
- Strain cooking liquid over salmon and refrigerate.



June 2024

Iyar – Sivan (5784)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Scholarships have been award to post secondary students in the HRM, as well as, trips and programs to Israel through the following bursaries: - Abraham Leventhal Memorial Scholarship - The Noa & Sarah Heinish Scholarship - The Miasnik-Rein Scholarship - The Jayson Greenblatt Bursary - the Barbara Newman Fund			1 Iyar 24
2 Iyar 25 Max Baig z”l	3 Iyar 26 Ilya Feldsherovitch z”l	4 Erev Yom Yerushalayim Iyar 27 Barbara Goldberg z”l Arthur Levine z”l	5 Yom Yerushalayim Iyar 28 Ada Riva Kaplan z”l	6 Iyar 29	7 Sivan 1	8 Sivan 2 Ida Kaziner z”l
9 Sivan 3	10 Sivan 4	11 Erev Shavuot Sivan 5	12 Shavuot Sivan 6	13 Shavuot Sivan 7	14 Sivan 8 Ida Simon Pascal z”l Zachary Edward Rubin z”l	15 Sivan 9
16 Father’s Day Sivan 10 Rose M. Caplan z”l Ralph (Raphael) Berg (Ben Shmuel v’Chanah) z”l	17 Sivan 11 Jennie Cherun z”l	18 Sivan 12 Alla Zveibel z”l	19 Sivan 13	20 Sivan 14 San Sherman z”l	21 Sivan 15 Irving Pink z”l	22 Sivan 16
23 Sivan 17	24 Sivan 18	25 Sivan 19	26 Sivan 20 Monnis Mosher z”l	27 Sivan 21 Albert Pink z”l	28 Sivan 22 Hyman Feldman	29 Sivan 23
30 Sivan 24 Ramon Marrero z”l	Reuben Brown z”l					



Falafel

Udi Baida

Ingredients

500 g Dry chickpeas	1 1/2 tsps Baking powder
1 cup Cilantro/parsley	1 1/2 tsps Cumin
1 cup Mint	1 tsp Baharat spice mix
1 Medium white onion	3 tsps Salt
4 Garlic cloves	

Instructions

1. Soak dry chickpeas in cold water (at least 3:1 ratio of water to chickpeas) overnight.
2. Strain the soaked chickpeas and discard the water.
3. In a meat grinder, grind all the ingredients together (if using a mixer, pulse for 5-6 seconds at a time until texture resembles wet sand)
4. Shape falafel balls and fry.



Image by Pixabay



Udi Baida

I was born in 1973 and raised in Israel. After my military service I studied classic French cuisine in New York at the French Culinary Institute and specialized in modern Israeli cuisine. At the age of 38, I moved to Canada with my family.

Since arriving to Canada, I've been working in a professional kitchen in Halifax. Seeing the reaction of people trying my food is what helps me wake up with a smile every morning.

Vegan Lentil Burger

Udi Baida

Ingredients

400 g green lentils, cooked
200 g black lentils, cooked
50 g green onions, chopped
50 g red onions, diced small
40 g Panko bread crumbs
100 g soy sauce
60 g Fennel bulb roasted, finely chopped
1 whole fresh red chilies, finely chopped
180 g basmati rice, cooked

Instructions

1. Mix all ingredients
2. Shape the patties and let rest for at least 2 hours
3. Sear the patties in a pan on both sides and finish cooking in a 450°F oven for 5-7 minutes
4. Serve and enjoy.



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July 2024

Sivan – Tammuz – Av (5784)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Sivan 25 Canada Day	2 Sivan 26 Myron (Mickey) Attis z”l	3 Sivan 27	4 Sivan 28 Delores R. (Tucker) Bloom z”l Miriam Jacobson z”l	5 Sivan 29	6 Sivan 30
7 Tammuz 1	8 Tammuz 2	9 Tammuz 3	10 Tammuz 4	11 Tammuz 5	12 Tammuz 6	13 Tammuz 7
14 Tammuz 8	15 Tammuz 9 Gertrude LeVine z”l	16 Tammuz 10 Jeanne Lamon z”l	17 Tammuz 11 Charles Aaron z”l	18 Tammuz 12 Sander Zilbert z”l	19 Tammuz 13 Jeryy Koven z”l Ruby Jacobson z”l Ralph Sadofsky z”l	20 Tammuz 14
21 Tammuz 15	22 Tammuz 16	23 Tammuz 17 Fae Leith z”l	24 Tammuz 18 Anne Smith z”l	25 Tammuz 19	26 Tammuz 20 Aron Drucker z”l	27 Tammuz 21
28 Tammuz 22 Hyman (Hy) Hymes z”l	29 Tammuz 23	30 Tammuz 24 Sam Zabrowski z”l	31 Tammuz 25			



Michal Levi-Balas

My name is Michal Levi-Balas. I am a pastry chef for 27 years. I served in the Navy as a pastry chef and I had my own sweets catering in Israel for 10 years. Today, after 7 years as a pastry chef in a well-known waterfront restaurant, I decided to retire and run a slightly different business, but I will always have a warm place in my heart for desserts and sweets.



Rugelach

Michal Levi-Balas

Ingredients

For the dough:

1 kg flour	2 eggs
50 g yeast	1 tablespoon salt
125 g sugar	400 ml water
70 g oil	1/2 teaspoon vanilla

To fold the dough:

300 g very soft butter
Chocolate spread
1-2 eggs for spreading

Simple Syrup:

1/2 cup water
3 tablespoons sugar
Boil until the sugar dissolves



Instructions

1. Bloom the yeast by combining yeast, one tablespoon of the sugar, 2 tablespoons of the flour and 100 ml of the water in a mixing bowl. Cover with plastic wrap and let bloom for 20 minutes.
2. After 20 minutes, combine the yeast mixture, flour, sugar, vanilla, salt, eggs, oil and water, in the bowl of a mixer and knead with the dough hook on low speed for about 10 minutes. Cover with plastic wrap and let rise in the refrigerator for about an hour until the dough doubles in size.
3. Roll the dough into a rectangle and spread the butter on half, then fold the half without the butter over the half with the butter. Rotate the dough on the work surface and roll it into a rectangle again, this time fold it into 3. Divide the dough into 3 equal parts (don't cut!! Just make a mark that will help fold the dough evenly). Wrap with plastic wrap and let rest for about 30 minutes.
4. After resting, roll again into a rectangle, spread chocolate on half, then fold the half without the chocolate over the half with the chocolate. Rotate the dough and roll it into a rectangle again (one last time!!). Cut into long strips and from the long strips cut into triangles and roll into a Rugelach shape. Place the rugelach on a parchment lined baking sheet, spread a thin layer of egg and allow to rise for an hour.
5. Preheat the oven to 350°F
6. Bake for about 12-15 minutes (depending on the oven) or until the bottoms are golden brown.
7. After baking, apply sugar syrup with a brush, wait briefly for it to cool and attack!!!

CIJA

**Wishing you
a sweet and happy
Rosh Hashanah and
Gemar Chatimah Tova!**



August 2024

Tammuz – Av (5785)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Other Programs: • Kachol Lavan • B'nai Mitzvah • Yom Ha'atzmaut 75th Independence Day Gala		1 Tammuz 26	2 Tammuz 27	3 Tammuz 28
4 Tammuz 29 Jacob Simon Jacobson z"l	5 Av 1 Natal Day	6 Av 2	7 Av 3	8 Av 4	9 Av 5 Francine Goldsmith z"l Edward Albert Saleh z"l	10 Av 6 Jacob Wortzman z"l
11 Av 7 Florence (Nathanson) Zusman z"l	12 Av 8 Erev Tish'a B'Av	13 Av 9 Tish'a B'Av	14 Av 10	15 Av 11	16 Av 12 Morton (Morty) Attis z"l	17 Av 13 Clifford Ames z"l
18 Av 14	19 Av 15 Michael Falk z"l Dorothy Mark z"l	20 Av 16	21 Av 17 Ben Attis z"l Sam (Srul) Kohler z"l	22 Av 18 Meyer Leon Goldberg z"l	23 Av 19	24 Av 20 Jack Yazer z"l
25 Av 21	26 Av 22 Lillian Schelew z"l	27 Av 23	28 Av 24	29 Av 25 David Scherier z"l William Warman z"l	30 Av 26	31 Av 27





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September 2024

Av (5784) – Elul (5785)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Av 28 Sara Gergely z”l Emil Jockel z”l	2 Av 29 Labour Day Louis Allen z”l Marianna Ferguson z”l	3 Av 30 David Rubin z”l Rebecca Arron z”l	4 Elul 1	5 Elul 2 Sheldon Hershl Rubin z”l	6 Elul 3 Adelle Rubin z”l	7 Elul 4
8 Elul 5	9 Elul 6	10 Elul 7	11 Elul 8	12 Elul 9	13 Elul 10	14 Elul 11
15 Elul 12	16 Elul 13	17 Elul 14 Ruth Feldman z”l	18 Elul 15	19 Elul 16	20 Elul 17	21 Elul 18
22 Elul 19	23 Elul 20	24 Elul 21	25 Elul 22	26 Elul 23	27 Elul 24	28 Elul 25 Leil Selichot Golda (Lucia) Shilmeister z”l
29 Elul 26	30 Elul 27					
						
						



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