



**Adath Shalom Congregation**  
31 Nadolny Sachs Drive Private, Ottawa, ON, K2A 1R9  
[www.adath-shalom.ca](http://www.adath-shalom.ca)

# Bulletin

March 1 to May 31 2025  
1 Adar to 4 Sivan 5785

## PUBLIC EDITION OF ADATH SHALOM BULLETIN

What you are about to read now is a redacted version of the full Adath Shalom Bulletin that has been distributed to the Adath Shalom Congregation membership. For privacy reasons, all email addresses and phone numbers have been removed.

Also some other material identifying shul members has been removed.

If you are a member of Adath Shalom looking for a replacement copy of the Bulletin, please contact me, Peter Wolfe, the Bulletin Editor (at [bulletin@adath-shalom.ca](mailto:bulletin@adath-shalom.ca)) and I will email you the full version.

If you are interested in learning more about Adath Shalom, feel free to browse the shul website. Specific information about the shul is found at <http://www.adath-shalom.ca/brochure.htm>

Thanks,

Peter Wolfe

Adath Shalom Bulletin Editor



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## PRESIDENT'S MESSAGE

Dear Friends,

This Bulletin is coming to you as March begins and spring is on the horizon. Nevertheless, I am writing this message in early February; we have had a couple of weeks of sub-zero weather and right now I am looking out the window at freezing rain. Some of you have probably enjoyed skating, possibly on the canal, or getting out on the trails with your skis or snowshoes; others may have been fortunate enough to go to warmer climes for a few days. Many, however, may find the winter weather restricting and look forward to opportunities to join others in indoor activities. Tu B'Shvat, the "new year of the trees" occurs on February 13 this year and allows us to dream of spring. I am sure that we are all eager to put away our boots and heavy coats once spring finally does arrive.

One way to brighten the dark days of winter is to get together with our friends at Adath Shalom, whether at special events or at Shabbat and holiday services. The Adath Shalom Chanukah party provided a great beginning to the winter. Candlelight, songs, stories and of course plenty of food brightened the long December night. Many thanks to the organizers and to the Shers who opened their home for the festivities.

Next up is Purim on March 14, with Megillah reading, costumes, and hamantaschen!

Since coming to Adath Shalom, both Nancy and I have been impressed by the culture of

## UPCOMING EVENTS

*All events will occur on the Zoom platform.  
Zoom link will be sent a few days before each event.*

- March 2:** *Adath Shalom Poetry Group*  
7:00pm *Kenneth Koch* <see page 7 for details>
- March 23:** *Eliaz Reuben Dandeker (Qesher)*  
11:00am *Bene Israel of India* <see page 3 for details>
- April 6** *Iris Beer (Jewish Family Services)*  
11:00am *Exploring Housing and Care Options for Seniors in Ottawa* <see page 3 for details>
- April 27:** *Adath Shalom Poetry Group*  
7:00pm *Leonard Cohen* <see page 7 for details>
- May 4:** *David Brooks*  
11:00am *The Book of Amos* <see page 4 for details>
- May 25:** *Ayala Sher and Bill Rowat*  
11:00am *On Jewish Music – an Endless Trail of Golden Notes* <see page 4 for details>
- June 8:** *Adath Shalom Poetry Group*  
7:00pm *Night of the Murdered Poets* <see page 7 for details>

## UPCOMING BOARD MEETINGS

<VIRTUAL>

March 23, 2025

May 4, 2025

(10:00am to 12:00pm)

congeniality that characterizes this congregation. There is a sense of caring and a willingness to help each other, the synagogue, and the community that has been nurtured since the beginning. This culture is to be treasured and strengthened even more as the Jewish people encounter new and renewed challenges.

Adath Shalom is like a family whose members support and work for each other. We must always remember that many people work very hard as volunteers to keep the synagogue strong. Like a family, we may not always agree with everything that is done, but we should always be temperate in our behaviour and sensitive to the feelings of others. I believe that this is the “Adath Shalom way”, and it distinguishes our synagogue from many others.

Among the hardest workers for the synagogue are the gabbaim who every week keep our services running in a timely and efficient manner. They put considerable effort into researching page numbers for the Torah reading, allocating aliyahs, and, above all, ensuring that as many people as possible have a chance to participate actively in the service. It has long been acknowledged that the proper functioning of the service depends on our deferral to the gabbai's judgement.

All this is to say that we have a beautiful congregation, and we should strive to maintain the spirit of cooperation and goodwill that has been cherished since the synagogue was founded.

Nancy joins me in wishing you a *chag Purim sameach*.

**Ivan Cohen**  
**President**

## **ADATH SHALOM ADULT EDUCATION PROGRAMS – MARCH - MAY 2025**

**March 23 – 11:00am Eliaz Reuben-Dandeker  
(Qesher) – Bene-Israel of India**

The Bene-Israel is the largest historical Jewish community from the Indian sub-continent, surpassing in numbers the Cochin and Baghdadi communities.

According to their oral tradition, they arrived in India sometime in the first or second century BCE when their ancestors were shipwrecked while on a trading voyage to the far east. In the Middle Ages, Maimonides mentioned a Jewish community living in India that possibly were the Bene Israel. We will explore their history, culture and heritage. How did it all begin? What part did they take in the history of today's India and Pakistan? What was their role under British colonial rule, and in the creation of the Bollywood film industry?

Explore their journey to Israel, where they confronted the political establishment in their struggle for equality. Of some 100,000 Bene Israel at the turn of the 21st century, less than 4,000 remain in India. The great majority have

immigrated to Israel, thus realizing their motto: Mother India, Father Israel.

Eliaz Reuben-Dandeker is a 4th generation Israeli, descendant of the leaders of the Bene-Israel community from the 18th century, the Kammodan Mocadem Divekars. He is an author, archivist, documentary maker, lecturer, artist and publisher. Eliaz is the founder and owner of "Kammodan Mocadem Publishing House" and has published five books, taking part in several more. He is also a co-founder of the "Next generation group" of Jewish-Indian activists in Israel.

**April 6 – 11:00am Iris Beer (Jewish Family  
Services) - Exploring Housing and Care  
Options for Seniors in Ottawa**

- Ontario Health at Home
- Long Term Care vs Retirement Homes
- Community (Jewish and non-Jewish) resources to support Seniors to remain at home.

## **May 4 11:00am David Brooks - The Book of Amos**

The Book of Amos is only nine chapters long, and it appears in any full copy of the Hebrew Bible as well as in any copy of The 12 Prophets. The real issue is what makes Amos one of the most widely quoted prophets of all, and the one most often regarded as a socio-economic activist. He is also regarded as one of the harshest prophets, but that impression is based on a misinterpretation of his work. As Dr Pradhana describes him, he is a minor prophet, but with a “a special and unique character among the other prophets” (personal communication).

## **May 25 11:00am Ayala Sher and Bill Rowat – ON JEWISH MUSIC - An Endless Trail of Golden Notes**

This project is the result of two almost related things-the first, a book about Jewish Rock n Roll Artists of the 50s,60s 70s and beyond (who knew there were so many?) - the second, a conversation with a friend about whether there is such a thing in existence as "authentic Jewish Music."

We set out to prove that there is indeed an endless connection between the earliest available history of Jewish Music and the music made and performed by Jewish artists today. We have divided this presentation into 3 parts:

### ***Part 1 From the Semitic Sound Basin to the Masorites***

An introduction to the development of the "Jewish" sound via the wide variety of cantillation tropes that occurred

## **HISTORY OF THE DREIDEL**

*<EDITOR'S NOTE: FERN HAS KINDLY ALLOWED US TO PUBLISH HER DVAR WHICH SHE PRESENTED TO OUR CHANUKAH PARTY DECEMBER 28, 2024>*

This has been billed as A Brief History of the dreidel, with apologies to Stephen Hawking, But actually, this dvar is about OTHER brief histories and includes many SPINS, from Chris Nolan to Jonathan Haidt to Yuval Harari. From facts to fiction. to shades of in between. And we'll cross some timelines, from past to present to future. Come and spin with me:)

***Spin #1:*** an article from [myjewishlearning.com](http://myjewishlearning.com) on a brief origin of the dreidel:

***://[www.myjewishlearning.com/article/the-origin-of-the-dreidel/](http://www.myjewishlearning.com/article/the-origin-of-the-dreidel/)***

The article gives a spin that in England and Ireland there is a game called totum or teetotum that is especially popular at Christmas. In English, this game is first mentioned as “totum” , around 1500-1520. The name comes from the Latin “totum,” which means “all.” By 1720, the game was called T- totum, and by 1801 the four letters already represented four words in English: T = Take all; H = Half; P = Put down; and N = Nothing.

Accordingly, our Eastern European game of dreidel (with letters nun, gimmel, hey, shin) is directly based on the German equivalent of the totum game: N = Nichts = nothing; G = Ganz = all; H =

because of the loss of the Second Temple...and where this sound originated. What is the oldest known Trope? Why do we instantly recognize certain groups of notes as "ours?" During this presentation, we will be exploring the "Holy Grail" of Jewish ethnomusicologists-Suzanne Haik-Ventura's reconstruction of the music of the Second Temple.

### ***Part 2 The Mask of Joy***

How did the Diaspora alter Jewish Music? Much has been made of Klezmer, but we are going to look at the music of Turkish Europe and the Balkans...and Italy. Is this music anchored in Trope? We can ask "Boris the Bulgarian" he knows stuff!

### ***Part 3 The New World***

From Big Band and Tin Pan Alley to Jazz-Hidden identities and the radical Reclamations of Jewish Identity and culture in the world of Tzaddik Records...the Jews who kept their names and their Te'amim. Why do Jews get the Blues?

Throughout, there will be Audio & Video!!! and we hope to discover a final answer to the question: Is there an Authentic Jewish Music.?

We hope to surprise you; make you laugh and mostly demonstrate that our souls are written with the Te'amim and we know our sound wherever we are and whenever we are.

***Paul Adler***

Halb = half; and S = Stell ein = put in. In German, the spinning top was called a “torrel” or “trundl,” and in Yiddish it was called a “dreidel,” a “fargl,” a “varfl” [= something thrown], “shtel ein” [= put in], and “gor, gorin” [= all].

When Hebrew was revived as a spoken language, the dreidel was called, among other names, a sevivon, which is the noun that caught on.

Guess what! nun, gimmel, hey, shin in gematria equals 358, which is also the numerical equivalent of mashiach or Messiah!

So, the dreidel game can be seen to represent an IRONY of Jewish history. To celebrate the holiday of Hanukkah, which celebrates our victory over cultural assimilation, we play dreidels--in itself is an excellent example of cultural assimilation. Go figure.

### ***Spin #2:***

Keeping with brief—Apologies to Stephen Hawking and a quick nod to his bestseller— A Brief History of Time.

Hawking explained Heisenberg’s uncertainty principle – there’s always at least a measure of uncertainty of the position and velocity of a particle in space. This could apply to a spinning dreidel—as we know, it could go here and there—koh va’ cho, landing on one of four possibilities. To add POLITICAL spin— According to an article in HaAretz in 2018, Dr Hawking had a complicated relationship with Israel. He first accepted, then refused to attend an international gathering in Jerusalem to honour Shimon Perez’ 90th birthday. As a supporter of the BDS movement he withdrew his attendance when pressured by BDS. Ironically, his communication microchips were designed by Israelis, and an Israeli scientist’s ideas on black holes formed the basis of Hawking’s revolutionary theories on the subject!

***Spin #3:*** The movie Inception, a sort of horror near-future film by Chris Nolan made in 2010 stars Leonardo de Caprio as Dom Cobb, a corporate espionage agent tasked to infiltrate a target’s dream state, both to extract info and implant new directives. Cobb re-oriented a person’s subconscious, to bequeath assets to Cobb’s own company. As Cobb infiltrates the targets’ minds, his personal weapon of escape is a large spinning top. While it spins, he knows he himself is in a dream state. When the top falls he awakens. Think about the mesmerizing effect of watching a dreidel spin. And, the power implied when OUR minds are seeded with the force of others’ suggestions.

Speaking of which...

***Spin #4:*** The effect of the internet, social media in particular, on young minds. Dr Jonathan Haidt, a social psychologist, is author of The Anxious Generation —How the Great Rewiring of Childhood is causing an Epidemic of Mental Illness. Dr Haidt says that with our constant, addictive use of cell phones, our brains are essentially being hacked! We have overprotected our kids from physical harm in the real world— we stopped letting kids take physical risks in the street and in the playgrounds. But this is exactly what kids need to do...explore and take chances. Instead, we’ve allowed young children to be programmed by online algorithms. Haidt speaks of his personal experience almost 10 years ago—when his then-six-year-old cried out, daddy, help me get off the screen I can’t stop myself from playing this game! THAT’s how powerful the designers of such amusements are...intentionally drawing us ever more into black holes of compulsive and



addictive activities, for their own monetary gain.

In 2010 kids started having phones—the flip variety for calls only. By 2015 iPhone and “smart devices” and apps have seduced kids to live their lives online. Phones now can fill our complete consciousness. We know that negative mental health has become of crisis proportions. Anxiety, depression, blatant sexuality online, bullying, incitement to suicide and violence ...because the vector of the internet is everywhere. I witnessed the beginning stages 7 years ago, just before leaving the school board and am very grateful that phones in classrooms are now legislated as verboten.

With the algorithms hijacking us and our children’s minds there is a decreasing lack of accountability. Haidt advocates NO PHONES till age 14, no social media till age 16 AND let’s help restore the developmental stages of childhood that we have allowed to be drowned in cyber spaces. How do we regain control of our very agency over our thoughts?

**Spin #5:** Israeli historian Yuval Noah Harari has two books of brief histories— Sapiens, A Brief History of Humankind, and Homo Deus—A Brief History of Tomorrow. He asks how it is that starting some 70,000 years ago humans came to rule the planet, from being as inconsequential as flies, amphibians and primates? Harari’s thesis is ...what distinguishes us from chimps is not the genius of individual humans, but having evolved LANGUAGE, we built a collective capacity to COOPERATE in large numbers.

Chimps can develop social intimacy in relatively small groups of 100-150, while HUMANS form large networks OF COOPERATIVE ACTIVITIES. We invent fictional stories...and that’s why we control the world. Our fictions include corporations, politics, money, religion, human rights, heaven and God? While not everyone believes in G\*d, many do believe in money. And some do believe in G\*d☺ The best storytellers are bankers, says Harari. A chimp would not be persuaded to exchange a loonie for a banana. She’d just help herself to the fruit. But here we are, exchanging currency for goods...and so on.

Humans live in a dual reality:.our fiction (or stories) are superimposed upon our natural world, even as we desecrate and fail to protect the planet from ourselves. The chimps have it relatively easier, living in an immediate, non-verbally constructed framework, and they do far less harm than we do.

Even as we “buy into” collective fabrications of reality, life is shifting under our feet. What we experienced as “reality” only 20 years ago is now being usurped by social media, mis- and dis-information, fake news, AI. To keep hammering this point to boredom...Our own agency and authority are being manipulated by algorithms. Just think how agent Google feeds us personal preferences., along with varied fictions we are free to drink like Kool Aid. Are you getting worried? I am, and as neo-reality writer and artist Doulas Coupland posterred, I miss my pre-internet brain!

Shades of the world’s best dystopian novel==1984. Winston Smith’s only agency was his speck of dust in his diary, but Big Brother manipulated that too.

My apologies to you. I have failed to take lighthearted spins with these thoughts, as I was induced

to do. At the least, maybe I've produced a zoom out state of meditation, to allow your thoughts to go elsewhere. To conclude on a lighter note, I think there are many undiscovered uses for our dreidels. How about toe spacers instead of the drugstore slash Amazon variety? If the handle is replaced with a dowel rod, a drop spindle to spin wool? Maybe, like Maman our gigantesque sculpture at the National Gallery, we can spin a virtual world-wide web of peace around the globe, with fellow Jews, allies and folks of other persuasions?

I also think I missed an opportunity with this dvar. This week in Miketz we learned that Joseph interpreted dreams for Pharaoh. Rabbi Marc Angel wrote that G\*d implants in us all our abilities to think and do in the world. We do have agency on how we use the gifts we are given. It's good to remember that the spins of the world do not have to unbalance nor influence us.

Unlike Harari who thinks our faith and religion will fail to help us navigate life in the future, leaving it all in the non-animate "hands" of the algorithms, I advocate we continue to turn to Torah and our community to stay grounded in our humanity. Let's keep all that close, k'mo kedem.. our days past, in the way it's been throughout our collective history.

And for us all, a Bracha. May the spinning dreidel induce gentler, greener kinder spins for you and your loved ones. May our dreidels create waves of good energy that propel us to spaces and times where we envision, we WANT to be, closer to our loved ones and to our Creator.

Chag sa' mayach v'shavuah tov 😊

**Fern Goldman**

## **ZOOM POETRY READING GROUP**

Our enthusiastic group of poetry lovers met on Zoom in December to read the works of Canadian poet F.R.Scott, introduced by Steve Acker. In January we read poetry by American poet Maxine Kumin, with Carol Steinberg giving us a short biography. We will be meeting next on March 2, to read another American poet Kenneth Koch; Steve will again be doing the introduction.

As promised, on Sunday, April 27 we will be returning to read from the work of Canada's own Leonard Cohen, both his poetry and song lyrics. David Steinberg gave us an overview of Leonard Cohen's life when we initially read his poetry last November, and he will be summarizing his talk for us before we read more of Cohen's work.

On Sunday June 8, Murray Citron will tell us about the Soviet Jewish poets murdered in Moscow in 1952 on the Night of the Murdered Poets, including Itzik Fefer, David Hofshetyn, Izi Kharik, Leib Kvitko, Peretz Markish, followed by reading of some of their poems.

All our readings are on Zoom, at 7 pm on Sunday evenings. Everyone is welcome to join us, either to read aloud or to just listen and enjoy. We don't analyze poetry, but we do talk a little about each poem, what it says to us, and why we liked it, or didn't.

Links are sent out several weeks in advance of poems available on the internet that have been written by the poet whom we will be reading. Those who wish to read aloud are asked to send me your selections at least a few days before the reading, so that a document of the poems to be read can be prepared which are projected on the screen while each poem is being read.

If you are interested in attending and are not yet on the email list to receive these poetry links, please send me an email to add you to the list.

A reminder and Zoom link are sent out the week before the event.

**Ellen Caplan**

## **SOCIAL ACTION - WE REQUEST YOUR INPUT**

Every year the Social Action Committee recommends to the Board of Adath Shalom at our Annual General Meeting that two charitable organizations be the recipients of our Social Action Funds. One charitable organization receives donations to the Social Action Fund. The other organization receives 2% of the membership dues received.

We are asking for your recommendations for worthy recipients of the Social Action Funds for 2025-26. In the past, at least one of the recipients has usually been a Jewish organization.

Please send your suggestions including the name of the organization and the rationale for your nomination to us, by April 15, 2025.

Thank you,

***Toby Yan and Paul Adler***

## **PURIM IS UPON US ON THURSDAY MARCH 13**

Tradition reminds us of four mitzvot on Purim: hearing Megillat Esther, exchanging gifts of mishloach manot, sharing in tzedakah, enjoying a joyful feast.

When you join in on Erev Purim, prepare a gift bag of kosher items, bring an offering for our tzedakah box (cheques should be made to KBI if you want a receipt), put on a fun costume, engage in reading with our team and all you'll be missing is the festive meal, although one could say that hamantashen accompanied by ice cream with sprinkles and fresh fruit indeed constitutes a feast.

Looking forward to your presence and participation...

***Danielle***