

# KEREN OR

THE NEWSLETTER OF OR SHALOM

Or Shalom Jewish Spiritual Community, Vancouver BC December/January 2004/05 Kislev/Tevet /Shevat 5765

The Reb Site *Light, light, light, and light.* by R ' Laura Duhan Kaplan

Dramatic changes of season have always moved me.

The times of the equinox, when summer gives way to fall and winter gives way to spring, are especially vivid. The smells of the air change from fragrant to crisp, and then back again. Plants change from deep green decorated with bursts of colour to a dormant and sometimes leafless brown. The species of birds that has called to us all summer move on, and other species fly in. Human interactions are infused with a sense of excitement, as if the changes in the environment might bring spectacular changes in our lives as well.

The times of the solstice, however, are not times when weather, plants, and animals display their cycles openly. Yet the dead of winter and the heat of summer conceal within themselves a shift of cosmic proportions. At the solstice, the earth and sun change their relative positions so that the amount of sunlight on the planet begins to gradually wax or wane. At the winter solstice, the shortest day and longest night of the year give way, bit by bit, to longer days and shorter nights. The winter solstice marks the re-entry of abundant sunlight into our world.

At the simplest level, Hanukah is the Jewish celebration of the winter solstice, at the time of the year when the solstice occurs in Eretz Yisrael. Our central religious ritual symbolically enacts the solstice. We light one candle the first night, two candles the second night, and increase the number of candles one per day until, on the eighth night, our menorahs blaze with the powerful light of eight candles. The candles are lit with the help of the shamash, or helper candle. The letters of the Hebrew word "shamash" also spell the Hebrew word "shemesh," which means sun.



At Hanukah, however, more comes to light than just the change of season. We also celebrate light in many of its metaphorical senses. According to the first two Books of Maccabees, Hanukah commemorates the military victory of a small guerilla army of Jews against the Hellenistic Syrians in 165 B.C.E., and the institution of the Hasmonean dynasty of priests and kings. According to the Talmud, the holiday marks not the military victory but its associated miracle of the oil. After the war was won, and the Jews prepared to rededicate the Temple, they found among the ruins only enough oil to light the Temple for one day – and no merchant could deliver the oil in less than eight! But due to divine intervention, the Temple lights burned continuously for eight days until the oil reserves were replenished. At Hanukah, then, we celebrate not just the light of nature, but also the light of freedom and the light of God's presence in our lives.

The word "Hanukah" carries within it additional ideas about the kinds of light we are welcoming into our lives. "Hanukah," which means "dedication," originally referred to the rededication of the Temple. As the holiday occurs at the turn of the secular year, it also offers us the opportunity to rededicate ourselves, as we think about what we would like to bring into the light next year. And the festivity of the holiday encourages us to rededicate cherished relationships as we set aside time to spend with friends and family, bringing the light of love more fully into our lives.

***May we all have a Hanukah filled with light, light, light, and light.***



**Presenting  
The Or Shalom Board of Directors  
2004-2005**



**Lorne Greenberg  
Co—Chair**



**Susan Shamash  
Co— Chair**



**John Fuerst  
Treasurer**



**Heidi Mannis  
Communications  
Secretary**



**Myrna Rabinowitz  
Recording Secretary**



**Mary Adlersberg**



**Carol Konkin  
Fishman**



**Nancy Neuman**



**Bat Ami Segal**



**Tilly Schalkwyk**



**Hal Siden**



**Hana Wosk**



**Helen Waldstein**

### Hebrew School Students Experience History

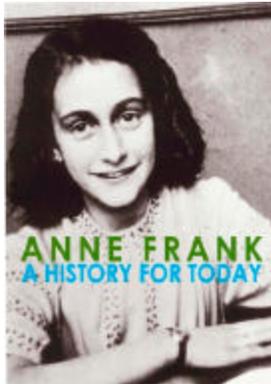
by Naomi Rozenberg

On November 3, Or Shalom Hebrew School and a number of Or Shalom youths and parents toured the exhibit "Anne Frank: A History for Today" at the Vancouver Holocaust Education Centre.

All participants attended the 45-minute tour led by Naomi Rozenberg. A frequent volunteer at the VHEC, Naomi provided a brief history of the Holocaust in relation to the life of Anne Frank. This was followed by a workshop developed by the VHEC to illustrate the different experiences of hidden children, and the varying testimonies from child survivors. At the end of the tour, each student received a copy of The Diary of Anne Frank, as part of the VHEC's mandate of 'A Book in Every Hand.'

The exhibit runs until December 15,

2004.



### **Rabbi's Benevolent Funds Needs a Refill! Says Maurice Bloch**

The Rabbi's Benevolent Fund (RBF) was established by the Board to provide crisis support for individuals or families. This fund is intended to provide short term, one-time support for emergency needs such as medical or medication expenses, dental expenses, food or rent money, clothing, shelter or emergency transportation. These funds are usually allocated confidentially at the discretion of the Rabbi.

I have been administering the RBF during the period we have been without a Rabbi and have been called upon on a number of occasions to dispense funds. I have also called upon individuals in the membership who have generously helped to replenish the fund. In a month, R' Laura Duhan Kaplan will be joining us. The RBF is at present significantly depleted. It would be a great mitzvah to make a contribution before Reb Laura joins us in January. If everyone sent in at least \$18 by the year end Reb Laura would have a nice balance to support those in need. Your donation would also get a 2004 tax receipt.

### **Please Consider Donating by Cheque Adds John Fuerst**

**By paying for all your donations by cheque rather than credit card, you're saving Or Shalom the transaction fee, thereby maximizing your thoughtful contribution.**

**Thank you!  
the Finance Committee**

# Hanukah Happenings

Come join Or Shalom in celebrating Hanukah!  
Friday, December 10—6 p.m.



Please bring: your Hanukkiah with 5 candles & a vegetarian potluck dish for 4-5 people to share. There will be a short Kaballat Shabbat service, followed by candle-lighting, a vegetarian potluck dinner and lots of activities for kids!

RSVP Naomi Rozenberg 604-872-1614 extension 1

Or Shalom's Annual *Lost Tribe*

# Chanukah

REGGAE party

5765

Wednesday, Dec 15, 2004

CANDLE LIGHTING  
LIVE MUSIC  
DANCING  
DRUMS  
FOOD  
&  
LOTS OF  
HAPPY PEOPLE

One Heart, One mind.  
Give thanks and  
praise to the Lord  
and we'll be all right.  
Let's get together  
and feel all right.  
One Love.  
Reb Marley

Featuring  
reggae rythms by  
**DUBFREQUE**

@bar none in yaletown  
1222 hamilton st  
7pm till late  
**\$15@ door**

*\$15min donation.  
This event is a fundraiser.*

A vertical poster with a green, yellow, and red background. It features silhouettes of reggae dancers. The text is arranged in a structured layout, including the event title, date, activities, and location.

# One in A Minyan

## What Does Rambam Say. . ?.

When I was about six we lived in Chicago. I once asked my grandfather, Rabbi David Almond, an Orthodox rabbi and cantor, a simple childish question. Perhaps it was, "Grandpa, why is my friend so mean to me?"

Grandpa looked very solemn and thoughtful. He stood up, towering above me to his full six feet two inches reaching to lift a heavy volume from the top shelf of his considerable library.

"Let's see," he said, "What does the Rambam have to say about this?"

From him I learned the value of consulting the great teachers. I learned that no question was too small or insignificant that we can't consider it through the minds of the great philosophers.

In the years before we left Chicago I can remember a special closeness with my grandmother, Lisa. I can remember the sound of her sweet, quiet voice as she taught me the Shema, when I was all tucked up in bed, at night after stories.

Bawbie, my father's mother, spoke very little English and so was a little harder to fathom. From her I felt complete, unconditional love for me and my siblings. Zadie, a skilled carpenter, had been killed when my father was 21, and Bawbie had been left to raise my father and his three sisters on her own in Cicero, Illinois, the home of Al Capone, a tough, street-mean suburb of Chicago.

Following World War II my family, my parents, myself and three younger siblings relocated to Tuscaloosa, Alabama, where my father was a professor in the political science department of the university. Tuscaloosa would later be a hot spot, the focus of early attempts at integrating black college students.

Unaware of the coming integration storm, we found ourselves, "Yankees from up North," in the very heart of the Bible Belt of the southern US. You would think that this would be a likely spot for anti-Semitism, but this was not what we experienced. In fact, it was quite the opposite; our friends were concerned for the destiny of our souls. I can remember my best friend saying to me tearfully:



## By Martha Barker (seen here fending off Keren Or Paparazzi)

"But, Martha, my preacher says I'll never see you after we die 'cause you're going straight to hell."

When we first arrived in Tuscaloosa, my younger sister, confused as to her identity, came home from pre-school one day, puzzled. "Mommy, my teacher told me to sit up like a good little Christian girl, but how can I when I'm half Yankee and half Jewish?"

I think that my real Jewish education began after I married, and we moved as a family to Christchurch, New Zealand, where we lived for nine plus years.

The Canterbury Hebrew community was small, but it had a beautiful old stone building. This had been built around 1850, the same time as the town's nearby cathedral. The first rabbi to come to Christchurch after the Second World War was from a small Polish Shtetl. When he reported proudly to the folks at home that he was the rabbi of Christchurch, the whole village sat shiva for him, as they mistakenly thought that he meant he was the rabbi of "Christ Church."

It was here that I gained my "Jewish legs," helping with the Hebrew school, staying just ahead of the pupils while teaching the Aleph Bet. But the community was divided as to level of observance, over such issues as how Orthodox shall we be? Would women be required to sit only in the balcony?

For me, it was simply important that I remain connected. It was here I learned much about how to be part of a Jewish community. I have taken that feeling of community with me as we moved about from small community to small community for the next few years after relocating to Canada. Short stays of two and three years followed in Thunder Bay, Ontario, and Victoria.

We moved to North Vancouver in 1983. After a few years at the North Shore's Har El, we tried Or Shalom. Possibly because Or Shalom has elements of a small community within itself it has been a remarkable fit. Here, I feel that I can not only contribute at the community level but can continue to learn in the way that I began in Chicago all those years ago when my grandfather taught me to consult the great philosophers.

*(Th-th-th-th-th-that's all for now, folks)*

## Or Shalom in the Community



### Chance of Chants with Lorne Mallin

Chanting is taking on an ever-increasing presence in my life and I'd like to share it more with you. In November, I began offering a Jewish Chanting Evening on the last Sunday of the month at the Sourcepoint Shiatsu Centre at 3263 Heather St. near West 16th. These monthly evenings will be held again December 26 and January 30 at the same location from 7:30 to 9:30 p.m. Admission is \$5.

Ever since my first spiritual studies three decades ago, chanting has been the most direct route for me to a connection with the Divine. The practice of chanting, with its repetitious vocalizing of words or sounds, serves to focus the mind on the sacred and can deepen the spiritual experience. When I began occasionally leading services at Or Shalom in the mid-1990s, I included chants. I learned at the Kallah from Rabbi Shefa Gold, who is known internationally for her work in composing, teaching and leading chant. This past summer, I began a two-year training for chant leaders called Kol Zimra with Reb Shefa, her husband Rachmiel and Rabbi Phyllis Berman at Elat Chayyim, the Jewish spiritual retreat centre in upstate New York. The chanting, often in two or three parts, is very musical and quite transformative. This fall, I have begun introducing these new chants at services, melave melke (after Shabbat celebrations) gatherings and other occasions. The Jewish Chanting Evenings are an opportunity to go deeper into the chants with focused group energy. The 36 of us in the Kol Zimra training will be coming together again for a week at Elat Chayyim in mid-January and I am excited to bring more of this work back to Vancouver.

By the way, this fall I became bi-congregational with memberships in Or Shalom and Ahavat Olam. I was encouraged by how both communities worked together in coordinating the shiva meals for us after my father died. It was very moving and I am very, very grateful.

For more information, contact me c/o 604-872-1614 or [orshalom@telus.net](mailto:orshalom@telus.net). There are music files to listen to at [www.rabbishefagold.com](http://www.rabbishefagold.com).



Team Dodie up and running for a cure—October 3, 2004

We have written when words were a rope  
to our drowning selves,  
when the shark circling our bodies smiled  
and spoke our names.  
We have written when we were beyond saving  
or even hanging on.

We have written of the knock on the door  
the rock through the window  
the bomb in the bedroom  
the reluctant flight of the pushed  
the broken puzzle of a body on the pavement.  
We have written it all.

We have written when our veins turned to water  
and the ink to blood.  
We have written when fear manacled our wrists  
to the table,  
when guilt pressed us with suffocating weight  
to the bottom of our lives,  
when anger burned the paper  
before words could imprint.

We have written holding our broken ribs  
in Saturday night emergency clinics,  
we have written hiding in the bathroom  
from the one who thinks he loves us.  
At the crumbling end of our lives,  
we have written our almost forgotten words  
while sharing a tin of food  
with the cat.

We have written in food queues,  
in bomb shelters, in death trains.  
We have written on the lives of our children  
on the skin of our burnt bodies  
on the plastic of our refugee tents  
on the soil of our bombed out countries.  
We have written till our very souls  
have been scored and scratched  
by the persistence of the nib

With our grandfathers in wheelbarrows  
we have written,

with our children dancing on bridges  
we have written,  
with chemicals fouling the toxic air  
we have reached for pen or pencil  
chalk or charcoal, coal or lipstick  
and written our words on the backs of envelopes,  
the cuff of a shirt, the remains of a wall,  
the side of a truck, the sole of a shoe.

Our words have dissolved in rivers,  
been scribbled across the sky,  
been held secret in the eyes of a single person.  
Our words have been whispered into phones,  
remembered in rooms of torture, mouthed  
by the almost-dead, carried over borders,  
copied into stranger's tongues, repeated  
and repeated  
wherever hope has not died.

We have written because these are our stories  
and not to write the unspeakable  
is to suffer the death  
of the untold.

We have written to reach out to each other  
to comfort and to hold.  
And we have kept writing because,  
like breathing,  
we still can.



Marc Chagall

Help the Phone Tree Branch Out

by Myrna Rabinowitz

I am finalizing and updating the Or Shalom Phone Tree which will be used for emergencies only. Please note – urgent messages will be sent to the Or Shalom Email List. If you are not on the Or Shalom email list, you will not be contacted by email. If you would like to join the list, email orshko@telus.net

Please contact me at c/o 604-872-1614 or orshlom@telus.net if:

- 1. you no longer have TELUS voicemail
- 2. you have new contact information since last year
- 3. you are new to the Or Shalom Membership list



The deadline for updates is January 13, 2005.

Now Available at Or Shalom

by Naomi Rozenberg

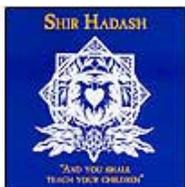
When Rabbi Daniel Siegel spoke at the Beit Midrash series earlier in the year, he referenced a book titled "Not in Heaven: The Nature and Function of Halakha" by Eliezer Berkovits. This book is out of print, and he has kindly provided us with a copy that we've been told we can make available. If you would like a copy, please contact Naomi Rozenberg, Program Director, at the office. There will be a charge to cover costs. The book will also be placed in the library.

Musical Hanukah Gifts

Tapes and CD's by SHIR HADASH and TZIMMES are now available from Myrna Rabinowitz: orshalom@telus.net or 604-872-1614.

SHIR HADASH features Myrna Rabinowitz, Harley Rothstein and Hanna Tiferet Siegel singing niggunim often sung at Or Shalom – Eitz Hayim Hi, Oseh Shalom, Sim Shalom, Modim, Lulei Hemanti, Blessing For My Daughter and many more.

"OR SHALOM – SONGS OF THE HEART" and "AND YOU SHALL TEACH YOUR CHILDREN"  
Tapes \$12 CD's \$18 CD & Tape Combo \$23



Ben-Gurion University, in Israel's Negev, is one of the leading centres for medical research. In addition it provides medical services for the entire Negev area including the Bedouin people. There are numerous reasons for Canada and other countries to pay attention to the ground breaking technologies from Ben Gurion.

In the medical field, their researchers have developed both advanced medical procedures and equipment. For example, this is where the first ingestible video camera was developed. This tiny device is planted in a pill that a patient swallows. It allows diagnosticians an accurate look at the small intestine.

Researchers have also developed a device called the Sonoprep. It eliminates the need for injections, using instead ultrasound technology. Medications, such as insulin, immunizations, anesthetics and antibiotics can be painlessly introduced through pores in the skin. This a great help, particularly when children need catheterization and intra-venous needles. The Sonoprep has been recently approved for use in the United States.

Ben-Gurion University has also made strides in the field of diabetes management. A wristwatch-like device accurately monitors blood sugar readings and does not require blood samples. This will reduce the need for other more invasive testing methods, such as finger pricks and improve the situation for diabetics of all ages.

In the field of cancer research, researchers have invented the first computerized method for breast cancer diagnosis. This device is unique because it does not use radiation. They are also presently at work to develop a vaccine to protect against cancerous tumours.

Ben-Gurion researchers are also in the forefront in the field of heart disease treatment. This includes the repair of damaged hearts. Destroyed tissue areas are removed from the heart and regenerated with healthy tissue samples. The new tissue is then grafted back into the heart. A new pumping device provides hope for people with congestive heart failure.

The Negev, home to Ben-Gurion University, comprises sixty percent of Israel's land. This former desert has been transformed into a viable agricultural area, due to new discoveries. This includes the development of exotic new fruit species that require little water. Researchers have even discovered ways of watering plants with salt water, such as tomato and cantaloupe. Water can be re-used two or three times, thanks to innovative technologies. The desalination of sea water and treatment of contaminated water are so far the biggest projects. This even includes a method for removal of toxic substances. The agriculture expertise, developed at Ben Gurion, could go far in increasing food production in dry areas. Presently experts are sharing their knowledge in the implementation of a new irrigation system in China.

Ben-Gurion University, with its groundbreaking research, requires the support from other countries, such as Canada. All major Canadian Cities have affiliated chapters and Vancouver is no exception. Our home city is a member of the Canadian Associates of B-GU. Please become a member now. Membership fees are \$50 and will be reduced for low-income people. You do not need to attend meetings as a condition of membership. Memberships and donations are tax deductible. For more information on this worthy project, contact Dr. Judy Shane at 604-739-9417. You can also check out [www.negev.org/Supporting/ben\\_gurion.htm](http://www.negev.org/Supporting/ben_gurion.htm)

## To My Orsh Friends

by Azima Buell

My friends and colleagues have recently introduced me to a company that has made a huge difference in my life in terms of improved health and creating an additional stream of income. This company has just introduced a bulk purchase price for 12 or more people for Essentials (their pharmaceutical grade multi-vitamin/mineral product). If I can interest 12 Or Shalomniks, I can place a bulk order. The cost would be \$45 each and I'll make a donation to Or Shalom. Contact me at [azimabuell@shaw.ca](mailto:azimabuell@shaw.ca) or 604-725-0424, or check out my web site: [www.azimabuell.usana.com](http://www.azimabuell.usana.com)

## In the Community

### Honouring Volunteers in our Community

by Shalom BC

The spirit of giving to community through volunteering burns brighter than ever. Shalom BC—Jewish Information, Welcome Service and Volunteer Centre—has chosen this Hanukkah as the perfect time for the BC Jewish community to recognize their volunteers by lighting a candle on the menorah in their honour.

Shalom BC asks us all to light up a life by donating your time and talents to BC's Jewish community. We encourage you to light a candle as an act of volunteer recognition at your next board meeting, public candle lighting ceremony, and within the privacy of your own home. We all know volunteers! Let Hanukkah be the time for them to shine!

The Shalom BC invites you to volunteer or place volunteers in your organization. We will do our best to ensure volunteer needs are met. We can be reached at 604-257-5111, or in-person at Shalom BC Monday –Friday 9a.m- 4 p.m. We are located at the Jewish Community Centre, 950 West 41<sup>st</sup> Avenue. Information is also available at our website: at [www.shalombc.org](http://www.shalombc.org) Chag Sameach!

*Shalom BC is a co-sponsored program of Jewish Federation of Greater Vancouver, Jewish Community Centre of Greater Vancouver, National Council of Jewish Women—Vancouver Section, Jewish Women International Of Canada, BC Chapter, B'nai B'rith Lion's Gate Lodge # 668. .*



**SHALOM BC**  
**JEWISH INFORMATION, REFERRAL & WELCOME SERVICE/  
VOLUNTEER CENTRE**

950 West 41<sup>st</sup> Avenue, Vancouver, BC, V5Z 2N7  
Voice: 257-5111, Fax: 257-5119 E-mail: [info@shalombc.org](mailto:info@shalombc.org)

### Valuing Disabilities in the Jewish Community

from Debbie Havusha

Please come to Connections: Valuing Disabilities in the Jewish Community on January 23<sup>rd</sup> from 1—4 p.m. at the Jewish Community Centre. (950 West 41<sup>st</sup> Avenue) This is a chance to learn about both the Jewish and outside communities. The Jewish Family Service Agency (JFSA) is sponsoring this event in partnership with Advocates for Persons with Special Needs (APSN), Jewish Federation of Greater Vancouver (JFGV) and the Jewish Community Foundation (JCF).

This event will feature information tables, first person stories from people with disabilities and a panel discussion on the topic of inclusiveness within the Jewish Community.

For more information, contact Jewish Family Services at 604-257-5151 or e-mail [dhavusha@jfsa.ca](mailto:dhavusha@jfsa.ca).



# 'Turf the tumour'



## Phoenix Wisebone in Concert Sunday, Dec. 19/04

With Special Guest Moshe Renert of Olam  
7:30 p.m. at Or Shalom, 710 E. 10th Ave.,  
Vancouver • Tickets at the door: \$18/\$10

Phoenix begins radiation for a malignant brain tumour  
on Dec. 22. Let's send her on a *wave* of love.

Benefit for Or Shalom, Brain Tumour Foundation of Canada  
Info: 604-222-3379 • [www.geocities.com/Phoenix\\_Wisebone](http://www.geocities.com/Phoenix_Wisebone)

### Friday, September 24 - Erev Yom Kippur

So, I  
didn't die - didn't  
fly from operating table to  
meet you, O G-d. Stayed

wide asleep, not  
a peep from me 'til ten minutes  
that were actually only five hours  
met me with a  
doctor's face.

So, I'm  
here. And  
Yom Kippur is tonight. I will pray Kol Nidre  
and atone,

my life still in  
Your hands and

my body.

Phoenix Emunah Wisebone 2004

### Joe/Yoseph/Yosel Fainsilber—May His Memory be for a Blessing by David Fainsilber

On Saturday, October 16 2004, my grandfather, Joe/Yoseph/Yosel Fainsilber, passed away in Montreal after a heart attack.

Over the years, going to the malls and for walks with him, I got to see how many people he knew, and how many people knew him. Anyone who was over age 70 years almost automatically knew my zaidie. He had worked in the fruit business for years, in the old Jewish quarter of Montreal and also in Cote-Saint-Luc. All these people had a story about him. "Oh yeah. You're Yosel Faynzilber! Good to see you. How've you been keeping?" He'd say: "Ah, nisht ahin, nisht aheir.", translated as "oh, neither here nor there!" I could tell by the looks in the ladies' eyes that they had once had crushes on him. He was a charmer, and a real looker. "A good catch", I could see them saying.

I feel so privileged to be his grandson. He used to call all eight of his grandchildren "His billions. His interest." You invest a little, and you get billions. My zaidie invested so much, and came out winning.



# Suzie's Collectibles

Buy " Sell " Consign

Susan Larsen  
Res: 604-451-5700  
Fax: 604-451-7922  
email: hubie46@hotmail.com

Village Antiques Mall  
23331 Mavis Street  
Fort Langley, BC  
604-888-3700



JESSICA DISKANT  
REALTOR

5970 East Boulevard  
Vancouver, BC V6M 3V4

Bus: (604) 261-9311 (24 hr. Pager)  
Fax: (604) 604-6648  
Res: (604) 263-0064

Email: jessicadiskant@royallepage.ca

"Professional, courteous service.  
Excellent Negotiating Skills"



Please Note: Items on this page are paid advertisements. For information, contact the editor.

## Multi-Level Care AT THE WEINBERG RESIDENCE

As part of the Dr. Irving and Phyllis Snider Campus, the Weinberg Residence offers MULTI-LEVEL CARE and Assisted Living for Jewish seniors.

Sometimes you need extra help. Perhaps it's assisting you with daily life, or receiving complete medical and nursing care. Whatever the need, you can find the support you require.

At the Weinberg MULTI-LEVEL CARE Unit, five residency options are available:

- Long Term Stay
- Out of Town Stay
- Respite Care
- Convalescent Care
- Palliative Support

Embrace the care you deserve!



THE HARRY AND JEANETTE  
WEINBERG (OF BALTIMORE)  
RESIDENCE  
5650 Osler Street, Vancouver  
www.weinbergresidence.com

Part of the Dr. Irving and Phyllis Snider Campus for Jewish Seniors, including the Louis Brier Home and Hospital



COME FOR A  
TOUR!

Limited space  
available.

Open 9 am to 5 pm  
weekdays. Phone  
Vanessa Trestler at  
604.261.9622.

## Rankin & Bond

Legal Services Including

- immigration
- criminal
- wills
- estates
- injury claims

Phil Rankin & Ellen Bond

Tel: 604-682-3621

Fax: 604-682-3919

2nd Floor, 157 Alexander St.  
Vancouver, BC V6A B8

# Mazel Tov on your Bar Mitzvah: Jamie Hsui

Sat 19-Jun-2004 30th of Sivan, 5764



*My parsha is called Pashat Korach. You will recall that up to this point, Moses has led the Jewish people out of Egypt*

*I, as a Bar Mitzvah, am entering the community of Jewish adulthood and I feel this very same sense of belonging. Along with this sense of belonging I also gain new responsibilities. I have a responsibility to make sure others belong too. Here at shul, when you see someone new and you can tell that they don't know anyone you should go over and say hi and welcome them into Or Shalom. On a sports team, if someone scores you give them a high five or say good job simply because it makes them feel good. There are also other responsibilities, the responsibility to yourself, your family, your friends, to your neighbours and larger community, especially to others less fortunate than yourself. In my eyes, some of the responsibilities of becoming an adult extend beyond the Jewish community. I believe this responsibility includes anyone who needs help.*

## Notes from the Editor: Pauline Leah Rankin

I am still working on the electronic distribution list, so this will be the last predominately in-print issue. All members are encouraged to receive the newsletter electronically unless you have a specific reason that you cannot—such as no computer, outdated equipment that cannot handle Adobe or a slow dial-up connection. This will help save Or Shalom a lot of money as the main costs for Keren Or are the printing and mailing. The electronic issue can be printed on a home printer. It can be viewed in colour and you can make it as big as you like on your screen. I will be contacting people about the transition over the next month or so. I also encourage people to rejoin our email list. You can do so by emailing me at [orshko@telus.net](mailto:orshko@telus.net). I also say thank you on behalf of the community to Alizah Shatsky who is stepping down as Communications Secretary for her patient work over the last couple of years. We welcome Heidi Mannis who is stepping into her shoes.

***Please come to my Kiddush on December 18, to celebrate my second year as Editor!!***



**Hapless event attendees recoil in horror at the ruthless approach of the Keren Or Paparazzi!**

**Oyyyyy Veyyyy!!!**

# Shul Days



John and Fran thinking'



Lorne and Phoenix groovin'



David's Dread-full Drums drummin'

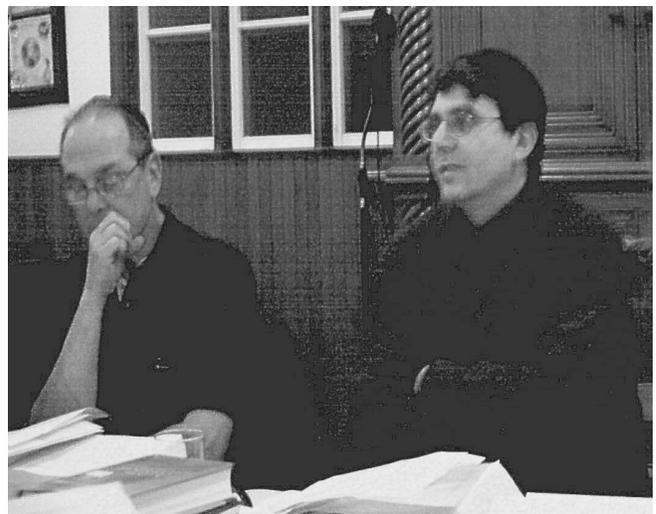


Reb Laura and Leah chattin'

**On January 1st, 2004  
20th of Tevet, 5765**

**Or Shalom welcomes  
Reb Laura Duhan Kaplan  
as our Rabbi!**

**Happy Hanukah!**



Reb Hillel and Jack learnin'

## Donations

### Community Fund

- ♥ In honour of Jacob Kalmakoff's Bar Mitzvah
- ♥ In honour of Hana Wosk
- ♥ In honour of Julia Miller's Bat Mitzvah
- ♥ In honour of the birth of Fran Ritch's grandchildren
- ♥ In honour of Lisa Shatsky and Sam Greenspoon
- ♥ In honour of Myrna & Barry Rabinowitz
- ♥ In memory of Joe Fainsilber z'L
- ♥ In honour of Barry Rabinowitz coming of age

### Gemilut Chesed Fund

- ♥ In memory of Paul Stein z'L

### Rabbi's Fund

- ♥ In honour of Aarona Mary Shamash's Yahrzeit
- ♥ In honour of Fran Ritch's 'double Bubbe-hood'
- ♥ In memory of Joe Fainsilber z'L
- ♥ In honour of Lorne Greenberg's photographic brilliance

### Book & Torah Fund

- ♥ In honour of Hillel Goelman
- ♥ In memory of Hyman Mallin z'L
- ♥ In memory of Jack Clement z'L
- ♥ In memory of Louie Mintz

### Building Fund

- ♥ In honour of Claudie Azoulai Snarch
- ♥ In honour of Hillel Goelman

To donate in someone's memory or honour and for the complete list of Or Shalom's funds, contact Richard—  
orshalom@telus.net or 604-872-1614.

## Keren Or – A Beam of Light

Published six times a year  
by the Or Shalom Jewish Spiritual  
Community, 710 East 10<sup>th</sup> Ave.  
Vancouver, B.C., Canada V5T 2A7.  
604-872-1614. Fax: 604-872-4406  
orshalom@telus.net  
web: www.orshalom.ca

To join our email list:  
Or-Shalom-subscribe@yahoo.com



## Credits

Keren Or is available on our website, www.orshalom.ca, or it can be sent by email by contacting the editor at orshko@telus.net . It is available both as a word document or as a PDF file.

Editing and Layout: Pauline (Leah) Rankin: *Editor-in -cheese*  
604-430-4969 Fax: 604-322-4960 orshko@telus.net

Proofreading and copyediting: Evelyn (Anny) Rankin

Calendar and Proofing: Naomi Rozenberg

Board Liaison: Heidi Mannis ©The Authors, 2004

## Contributors

Richard Abrams	Myrna Rabinowitz
Martha Barker	Leah Rankin
Maurice Bloch	Rory Richards
Azima Buell	Naomi Rozenberg
David Fainsilber	Shalom BC
John Fuerst	Judy Shane
Lorne Greenberg	Nicola Aimé (Solomons)
Debbie Havusha	Phoenix Wisebone
Jamie Hsui	Hana Wosk
Laura Duhan Kaplan	
Lorne Mallin	

### Submission Guidelines.

*Submission must be submitted electronically by email or on disk. Contact me if you have any problems with this and we will problem solve. Articles should be 500 words maximum and will be edited for brevity, clarity and readability. Items can be submitted as attachments if they are word documents or written into the body of the email. Send to orshko@telus.net*

Here is a check list of my expectations:

- Have I put "Keren Or" in the subject of my email?
- Is there a phone number and /or address as well as an email address if I am naming a contact person?
- Have I provided explanations for any Hebrew/Yiddish words, rituals, etc?
- If I am using an acronym, have I used the full name at least once?
- If I name an agency, or organization, have I included contact information for it?
- Have I included my phone number ?
- Have I included complete details of any event? (time, place, date, costs, supplies needed etc)
- Have I put 604 in my telephone numbers?

*Thank you for your cooperation.*

Next Deadline  
January 17, 2005  
11:59pm

