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KOSHER FOOD
BASKETS



Eddie’s Food Truck rolls out in YEG

By Regan Treewater-Lipes

On June 26, just as the countdown to the end of the school year was in its final moments, a new culinary innovation on the Edmonton food scene was rolled out – quite literally! Eddie Yedgarov is definitely not a newcomer to the world of tantalizing treats, traditional favourites, or large-scale fine dining, but his most recent project promises to make his kosher creations a staple for not only the Jewish community, but all West End gastro-goody enthusiasts. Eddie has officially opened Alberta’s first kosher food truck, Veggie Delights, parked daily (with the exception of Shabbat) in front of Beth Israel Synagogue.

“With Menorah Academy closed and Café Levi closed, Edmonton lost some major parts of its Jewish character, I felt like there was something missing. We have an amazing bakery in town, but I wanted to add something new,” explained Eddie in a recent interview over a savory teriyaki salmon bowl topped with fresh veggies. “I wanted to have something on wheels, something that we could actually move around with. We could go to different places and have presence and visibility throughout the city, and Jewish people from out of town might just happen to see us and notice what we have going on here.”

Indeed, a mobile kosher establishment has the potential to engage a wider customer base. “I’m not specifically advertising as being a ‘kosher’ food truck. I always wanted it to be kosher of course because I don’t eat non-kosher food, so I thought, why not go vegetarian!” elaborated Eddie. In an innovative decision he has created an eatery on wheels that appeals to popular palates and demographics with specific dietary considerations. His menu is entirely kosher, completely vegetarian, and offers a variety of vegan dishes with options for soy-based meat alternatives.

“I’m using good products, healthy ingredients, and everything is fresh,” said Eddie. “I have a bigger menu at the moment. I want to offer a bit of everything, but I also need to see what sells. I tried to bring together foods from different cultures: I have some Asian inspired dishes, the Mediterranean of course, I have sandwiches and dips – I wanted to give people many different options,” he concluded.

As Eddie said, there is definitely something for every eater on his extensive menu. The moment Veggie Delights opened its kiosk for its grand debut on June 26, people had already begun to gather, all five members of the Lipes family included. Eddie’s first customer was none other than Rabbi Zolly Claman, who certified the truck as kosher. As excited as the adults reading the menu were to see some of their favourite Israeli dishes on offer, little ones were enticed by chicken strips and fries, hummus and fresh pita, and other kid-friendly classics.

My husband and I decided not to mention to our 11-year-old that the chicken strips were a plant-based meat substitute - we thought we would wait and see. But, Eddie’s famous flare for fusing flavors proved so

masterful, that even our picky Benji gobbled up every last morsel. Our 2-year-old commandeered all pitas for his own consumption, punctuated by intermittent declarations of “yummy!” Even our 8-month-old happily chewed on a piece of fresh baguette that accompanied my husband’s shakshuka.

My husband and I decided to go with the classics; he ordered shakshuka in honour of his childhood memories of Eilat, and I selected the falafel plate. Everything is made to order. “How would you like your eggs,” could be heard on repeat as customer after customer asked for shakshuka just the way they like it. The sauce was utterly delectable, and my husband used what remained of his baguette to mop up every last dollop of the tangy tomato goodness.

My falafel, adorned with an ample serving of fresh veggies was magnificently mouth-wateringly flavourful, slathered in Eddie’s signature hummus and homemade harif. But what meal of shakshuka and falafel would be complete without baba ghanoush? A definite must try item from Eddie’s menu, his baba ghanoush balances smoky roasted satisfaction with creamy spreadable awesomeness that demand to be devoured.

Customers can seat themselves at modest tables behind the truck or take their orders to go. The containers used for serving are resealable, microwavable, and recyclable. This makes Veggie Delights an incredible alternative when a West End business lunch calls for something more imaginative, or when cooking a healthy wholesome dinner between a busy workday and shuttling kids just can’t be achieved.

Eddie may eventually venture to different hot spots around town, but for now, being in the heart of the Edmonton Jewish community is very important to the man whose name everyone



The Lipes family enjoying Eddie’s new kosher food truck - Veggie Delights - located in front of Beth Israel Synagogue.

knows and his chipper team of chefs. But what is more frustrating than reading about delicious food while you’re hungry? Veggie Delight’s is parked right in front of Beth Israel Synagogue from 11am to 6.30pm – go taste for yourself - you’ll be glad you did!

Regan Treewater-Lipes is a Local Journalism Initiative Reporter.



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.....*Inspirational Women*.....

Leadership by women ignites ripple effects

By Nomi Yeshua

The power of leadership in philanthropy cannot be overestimated and what was once a field dominated by men deciding how to give, and men managing funds that were given, is now emerging as an empowering area for women's engagement. Many family foundations and local organizations are now managed by women. More and more women are stepping into leadership roles in philanthropic decision-making for their families and more and more women are taking the professional lead in strategic giving.

The ability to bring about positive change and make a contribution to society is an obvious value for women but today it is clear that women are the leaders in creating partnerships and philanthropic opportunities to impact society and their communities.

There are many women in Alberta making a difference both locally and globally - leaders in philanthropic roles and also in business and community. Carol Ryder, as Board Chair of the Alberta University of the Arts, is able to bring quality arts education to the next generation of artists and professional designers. She also serves on the Executive of the Jerusalem Foundation of Canada and is able to help support arts and culture and a shared society in Jerusalem.

As Carol says, "As women we believe in the ripple effect of philanthropic and community endeavours which empowers us all by leadership and example that many voices and hands can make change and add value for the good of all."

A great example of this is the Muslala project which was launched in Calgary in 2016. Carol Ryder and David Lyons led this initiative as part of the JNF Negev Gala with the Calgary Philharmonic Orchestra and the Jerusalem Foundation and many other donors in Calgary joined in this effort. The Muslala Carol and Larry z'l Ryder Terrace was created thanks to the contributions of many people together. And the ripple effect of this effort is still being felt in Calgary and Jerusalem.

The Muslala project is about creating public art within and between Jerusalem's many borders. Thanks to the creation of the Terrace and rooftop center in the Clal building in the center of Jerusalem, the Muslala Group has grown and flourished and today they are the initiators and organizers of a Rooftop festival (Gag Eden) that sweeps across the entire city – including roofs in both east and west Jerusalem.

The Muslala Group operates on the premise that the power of art and creativity can alter ways of thinking and the conduct of both society and the individuals that constitute it. Art is the only multi-cultural and international language, and thus must be made accessible; it is a communicative and key tool in establishing effective dialogue between people, groups, communities, and nations. The Muslala Group offers a platform for artists from various fields to work and create in Jerusalem. The emphasis is on the creation



Jerusalem Foundation (Canada) board member Carol Ryder, a past JNF Calgary Negev Dinner Honouree, launched the Muslala project in 2016. The amazing ripple effects of this initiative are still being felt in Calgary and in Jerusalem.

of art in the public domain and on maintaining an open dialogue with local communities.

As Carol Ryder also notes, "A critical part of any community is arts and culture. Art can break down barriers and build ties that define a city. Art builds bridges of understanding and allows us to create a world of wonder and possibilities."

Women's philanthropy in particular engages with the ripple effect. Women understand that ideally we all want to be part of a multi-generational and cooperative effort to bring about change and the ripple effect is how one donation can lead to many more. It is also about how the launch of one rooftop terrace, led to a movement across Jerusalem.

Nomi Yeshua is Executive Director of The Jerusalem Foundation of Canada.



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.....*Inspirational Women*.....

CHW S.O.S Campaign empowers victims of domestic violence

By Rebecca Bowslaugh and Simon Williams

Canadian Hadassah-WIZO (CHW) is preparing to launch the second annual S.O.S – Starting Over Safely summer campaign, with proceeds helping to empower victims of domestic violence in Canada and Israel.

The drastic increase in intimate partner and domestic abuse has been coined the “Shadow Pandemic” by the United Nations. The situation has been no different across Canada, including Alberta.

In Canada, one woman is killed in a violent act every three days. In Israel, the situation is just as critical: in the first year of the COVID-19 pandemic, 20,140 domestic violence complaints were lodged with police, an increase of 12% from the previous year. In fact, 12 women have been murdered in the first six months of this year.

In Alberta, the age profiles of victims and accused are reportedly very similar to cases in the 18-54 age group based on findings from The Canadian Centre for Justice Statistics (CCJS). The CCJS report highlights that over 90 per cent of domestic violence episodes occur in the victim’s own residence.

Legal Aid Alberta (LAA) reported a rise of 17 per cent since 2018 for emergency protection orders (EPO) that protect people facing domestic violence and remove the abuser from the family home.

“True to its mission, CHW is leading the way to empower women by stepping up emergency support and services at this critical time,” said Elayna Latsky, National President.

S.O.S – Starting Over Safely 2022 has three campaign priorities, including Franny’s Fund in Canada and WIZO Programs and the Michal Sela Forum in Israel. The following campaign goals will empower at-risk women and children to break the cycle of violence in Canada and Israel:

- Provide financial help for parents and families in need of an urgent response.
- Provide access to critical resources such as legal counsel and counselling services.
- Provide women and their children with the bare essentials to start over safely.
- Empower women and their children by providing financial help, social and personal support, employment support, and a network of other women in similar circumstances.
- Provide women and their children with specially trained canine protection.
- Fund respite summer camp experiences for at-risk youth.

CHW CEO, Lisa Colt-Kotler said, “CHW strongly believes that every human deserves the right to achieve their full potential while living in safety and

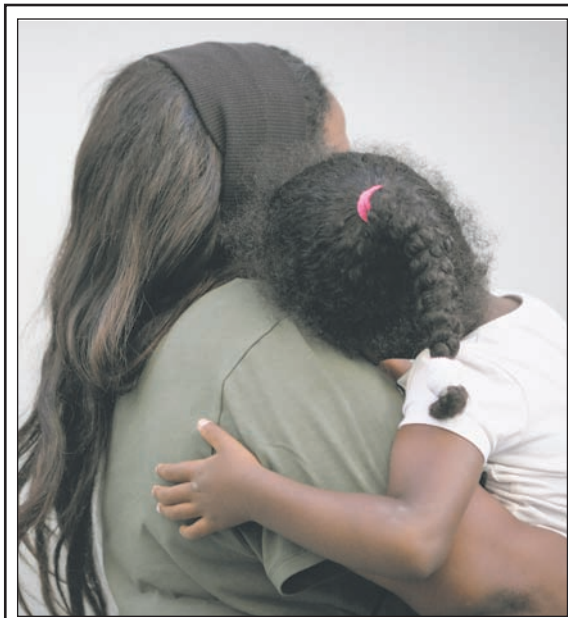


Photo by Mickey Noam-Alon

security. You have the power to empower.”

All funds donated will be matched three more times by a community of dedicated donors recognized as “Matching Heroes” during the 27-hour campaign, which kicks off at 12 PM ET on Tuesday, August 23, 2022. During the crowdfunding period, each gift donated is quadrupled.

To donate or learn more, visit www.chwsos.ca.



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Canadian Hadassah-WIZO (CHW) empowers women and children by supporting education, healthcare, and social services across Israel and Canada.

Inspirational Women

The leadership team at JFED

By Jenna Soroka

This month Alberta Jewish News is highlighting strong resourceful women in our community and there is no better place to look than the leadership team at the Jewish Federation of Edmonton (JFED). Stacey Leavitt-Wright, Susan Schiffman, Tamara Vineberg, and Jennifer Magalnick are the four women who are contributing to the vibrant Edmonton Jewish community through their professional leadership positions at JFED.

Stacey Leavitt-Wright, CEO, moved to Edmonton with her family in 2007 and quickly became involved with many aspects of the community, starting with the Talmud Torah Society, then Beth Shalom Synagogue, the Aviv Israeli Folk Dance Association (AIFDA), and JFED. As the saying goes, grass doesn't grow under her feet.

Stacey grew up in Montréal and at an early age she felt a need to give back to the community. She signed up for a social action club during her high school years and grew her leadership skills from there.

In January 2021, in the midst of the COVID pandemic, Stacey began her tenure as CEO of JFED. Facing health restrictions related to the pandemic, Stacey wanted an opportunity to stay connected with the Edmonton community which sparked the formation of a JFED weekly message, found in their weekly e-newsletter, *The Bridge*. You can receive weekly messages of reflection and encouragement from Stacey when you sign up to receive *The Bridge*.

With her mantra of collaboration and relationships as a guide, Stacey leads with the idea that we all have the ability to create the community we want. "Our next move as a community is to strengthen the leadership capacity of the emerging generation," she says. Stacey encourages people with ideas to come forward, even those new to Edmonton, as they can help contribute to a thriving environment.

Susan Schiffman, Director of Development, runs the United Jewish Appeal (UJA) campaign and the Jewish Film Festival. Susan describes her path as "non-linear," having had multiple careers before her current position. She worked in various fundraising capacities for approximately 20 years and, specifically, Jewish fundraising capacities for around 10 years

When asked to describe her current role at JFED Edmonton, Susan said she's "a coordinator, a cheerleader, and a shoulder to cry on." She is responsible for facilitating a team of volunteers and helping them achieve various objectives, such as donor outreach for sponsorship opportunities for the



Jenn Magalnick



Stacey Leavitt-Wright



Tamara Vineberg



Susan Schiffman

annual UJA Campaign.

Another aspect of Susan's job involves cultural programming, which includes planning meaningful programs and looking for ways to connect different organizations. She says that one of her mentors taught her "to draw in different people from different parts of the community, with different kinds of expertise, and turn that into great programs." Susan is currently working on an event for the Fall which she is excited for people to attend. "It combines recognizing community leaders, fundraising, and cultural programming."

Susan has built lifelong skills from both her professional and volunteer experiences. She advises young people to volunteer. Don't be deterred when there is no current job opening or an immediate pay-off, she added. "Get to know people who do the kinds of things you want to do because network connections come in unexpected places."

Tamara Vineberg is the Associate Director of Marketing and Communications at JFED. She is a strong proponent of the power of storytelling and mentorship. Her career began as a journalist in small towns. Coming from a vibrant Jewish community in Montréal, her time in small communities with a lack of Jewish resources, strengthened her commitment to Jewish identity.

Along the way, "mentorship became an important part of my career," said Tamara. "Being mentored by others and then learning how to mentor others in return."

In September of 2021, Tamara stepped into her current role at JFED. She now leads JFED's communications and marketing strategy. Her position captures a variety of roles, such as branding, storytelling, project development, and mentoring. Tamara excitedly shared how she is currently mentoring University of Victoria sociology student Cas Allen for the summer through a Canada Summer Jobs grant.

In addition to her professional experience, Tamara has also shone as a volunteer. For those looking to explore leadership opportunities, Tamara encourages others to step out of their comfort zone to make those important connections. She also recommends exploring through reading, shadowing people, volunteering, networking, and getting a mentor.

She wrapped up our interview with the message: "if you want our Jewish community to thrive, get involved."

The fourth member of the JFED professional leadership team is Jennifer Magalnick. As the Associate Director of Holocaust Education and Community Engagement, Jennifer brings knowledge and experience from her career as an early childhood educator to her position.

Jennifer grew up in Edmonton and got her first job at the Jewish Community Centre (JCC) and was involved in the Jewish community through Temple Beth Ora. She held chapter and regional leadership positions in BBYO and scribed BBYO as being an "impactful connection" to the Jewish community for her at that time.

"I went into Jewish education professionally pretty much from my mid-twenties," she said. Her formal education includes earning a BA in Hebrew Language and Literature at the University of Alberta. She went on to graduate from Brandeis University in 1997 with an MA in Jewish communal service with a focus on education. She had leadership roles within the JCC system in Chicago and Seattle. She eventually moved back to Edmonton, and her position at JFED. Jennifer laughed and commented, "some magnetic force brought me back to work with the Federation."

This year she received her MEd in Neuroscience and Applications for Teaching and Learning which helped prepare her for the Holocaust education position. While working at JFED Jennifer chose to do her research paper on Holocaust education in Alberta. "It's such a precious opportunity to teach about the Holocaust," Jennifer stated. Currently, she is involved in an upcoming art exhibit, *They Didn't Know We Were Seeds* by Carol Wylie, in honour of National Day for Truth and Reconciliation.

Jennifer is also involved with PJ Library and Shalom Baby programs in Edmonton. "My approach for the Jewish community is that it should feel inclusive," she said. She hopes to "create a setting that makes it possible for somebody to jump in when they are ready. It is about helping people engage with the Jewish community in whatever stage of life they are in."

When it comes to volunteering, Jennifer wants to remind people that there are many different roles to fill. You don't always have to be the most visible person because there is "a lot of behind-the-scenes work that happens too."

This dedicated group of women work collaboratively to strengthen the Edmonton Jewish community with passion, authenticity, and Jewish pride. They encourage everyone to get involved. For more information visit jewishedmonton.org.

Jenna Soroka is a Local Journalism Initiative Reporter.

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Inspirational Women

Women – Working together, we are unstoppable

By Tanya Eklund

“And one day she discovered that she was fierce, strong and full of fire and not even she could hold herself back because her passion burned brighter than her fears.”

This quote by Mark Anthony perfectly sums up how unstoppable women are when they acknowledge their inner strength. When women come together they have the ability to be the most powerful creatures in the world. We build community, stand up for what we believe in, protect our young, empower our men and build better futures.

As women, we bring a soft, creative, nurturing and humanistic side to what are oftentimes difficult situations. When I was younger, I used to feel anxious about being surrounded by a group of women, I was intimidated and felt less than. It wasn't until I was a bit older that I realized that women can be my biggest ally and not my worst enemy. Girls often compete whereas women empower, and this was the pivotal

mindset shift that guided my journey into womanhood.

W.E.B Dubois said it so well, “there is no force equal to a woman determined to rise.” Having an all women team was never the plan and I would be lying if I said it doesn't come with its challenges, however; I wouldn't change it for the world. It has assisted my growth in becoming a stronger leader as I genuinely want to see the women on my team grow. Not only in their careers but also in their mental, emotional and physical well- being.

It continuously reminds me that through supporting each other and creating a healthy, authentic and passionate work environment we can truly accomplish anything, together. We laugh, we cry, we celebrate the good times and support one another through the challenges. Through proper stewardship and mentorship, we can all work to support one another. My team is my tribe and as women we rise.

For more information contact Tanya Eklund at the Tanya Eklund Group, tanya@tanyaeklundgroup.ca

Shem Tov Kathie Wainer



CJP President's Award Recipient Kathie Wainer with CEO Adam Silver (Photo: CJP)

Sharon Fraiman: CMDA saves lives

By AJNews staff

Sharon Fraiman is an inspirational woman who is a shining example of Jewish professional leadership in Alberta. She is Western Region Director of Canadian Magen David Adom (CMDA) and her dedication and work ethic is unmistakable. Central to Sharon's commitment to her job is her belief “that there is nothing more important than saving lives in Israel and around the world.”

Sharon appreciates and respects the people she works with.

“My job is so gratifying to me,” she said. “We are

maintaining great relationships and wonderful friendships. Behind every donor, volunteer and supporter there is a story worth hearing and a world of experience and knowledge.”

Magen David Adom is Israel's only EMS and blood services organization, made up of paramedics, nurses, technicians, and thousands upon thousands of volunteers, playing a vital role in ensuring the continuity and prosperity of the country. Since 1976, CMDA has been the sole authorized fund-raising organization in Canada dedicated to supplying ambulances, medical equipment, supplies and blood testing kits to support the lifesaving efforts of MDA in Israel.

Sharon was born and raised in Israel. She came to Canada 7 years ago and has two children - ages 27 and 25. She was a special education teacher in Israel for 25 years; she also worked for the Ministry of Education and won a National award for her work. Sharon has three MAs in education, sociology,



Sharon Fraiman and Fanny Wedro

and special needs education. She also has a BA in executive management.

Today, Sharon is a proud Calgarian and Rotarian. As

Continued on page 8



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Inspirational Women

H2T exhibit *Cont. from page 1*

Pride was very much in evidence when students in grades 6-9 at The Calgary Jewish Academy toured the exhibit.

“They didn’t get a regular school tour. We concentrated on the images of many of their great-grandparents, and when they stood in front of those photos and read the tag lines and shared what they knew about their families, they were all jumping up and down with excitement and pride,” Dahlia Libin recalled.

According to Libin, CJA Principal Brenda English said that some students who are descendants of survivors committed themselves to learning more about their families’ Shoah experiences.

“We finished that tour in the front gallery where we all recited Kaddish,” recalled Bondar. “It was powerful.”

Great care was taken to provide historical and cultural context for students from other Calgary and area schools.

“In many cases, it was eye opening to us how little some of these students knew about the Holocaust,”



Nicholas Bell, Marnie Bondar, Dahlia Libin, Fanny Wedro, Calgary Mayor Jyoti Gondek, Jared Shore.

reflected Libin, further noting that some were not familiar with the term antisemitism.

“It was great to see how engaged the students were, overall.”

Students from High River High School toured *Here to Tell*. Sadly, during the following week, graffiti including Jew hate and swastikas was discovered on picnic tables outside the school.

of Holocaust survivors to their descendants.

“There is nothing more powerful than hearing the personal testimony of Holocaust survivors,” notes Bondar. “But we think we are building something extraordinarily meaningful with the participation of descendants, some of whom have very personal stories to share about their family members.”

Survivors and descendants who had not previously participated in the project now want to become a part of *Here to Tell*. Photo shoots and interviews will be conducted late in 2022 so as to add additional survivors to the digital collection.

“The other thing we are very excited about is our new program, *Here to Tell* in the Classroom,” Libin said. “We have created two 90 minute presentations that can be targeted to students and teachers where we bring *Here to Tell* directly to the schools.”

The presentations begin with a historical overview of antisemitism. Presenters will also delve into what Jew hatred, racism and xenophobia look like today.

“We want to give teachers the tools to recognize the warning signs and help them empower students to respond as responsible citizens,” Bondar said.

Calgary Jewish Federation CEO Adam Silver said, “Marnie and Dahlia have set a high bar for Holocaust remembrance and education.”

He told *AJNews* that Calgary Jewish Federation was proud to host community leaders with whom the organization has long-standing relationships, including members of the Calgary Police Service and the RCMP serving on diversity, anti-racism and local and provincial hate crime units.

Libin and Bondar acknowledge that *Here to Tell* has now taken on a life of its own, becoming a lightning rod for talented young leaders who are dedicated to promoting Holocaust remembrance and Jewish pride going forward.

“We take huge comfort in knowing that Holocaust education will remain robust in Calgary for many years to come,” Bondar said.

Here to Tell features survivor portraits by Marnie Burkhart (Jazhart Studios), behind-the-scenes photography by Adam Brener, and a documentary film directed and edited by Fedele Arcuri (Punch Rum Media). *AJNews* reporter Maxine Fischbein was the project’s lead writer and senior editor.

To find out more about *Here to Tell* or to order your copy of the book, go to heretotell.com. For more information visit jewishcalgary.org.



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Email Danielle at dbraitman@jewishcalgary.org for event inquiries and volunteer opportunities.

Email Amy at aglassmanboiko@jewishcalgary.org for fundraising and sponsorship inquiries.

CMDA *Cont. from page 7*

Western Region Director for CMDA, she provides leadership and support to the chapters in Calgary, Edmonton and Winnipeg. She arranges humanitarian action for relief efforts all over the world and raises funds for medical equipment for MDA. She is also responsible for the 7 minutes program around the Western Region.

Sharon is proud of her achievements especially during these past few years. “The Western Region has been one of the most challenging,” said Fraiman. “The economic situation and the recession hasn’t helped and we faced so many challenges with hard work, great commitment and clear vision. It’s all about innovation and change in the philanthropy world.”

“I built a new curriculum for fund raising, discovering potential donors and creating a huge awareness,” she added. “We had meetings on zoom and faced Covid with a great determination.”

Sharon said that the people around her are all like family to her.

“All my donors, supporters and volunteers mean the world to me,” she concluded. “CMDA in the Western Region is one big family and it works because we truly believe that there is nothing more important than saving lives in Israel and around the world.”

Inspirational Women

She believed and so she did!

By Debbie Lambert

When Chef Amanda Lambert was asked to contribute to this issue of AJN, featuring ‘Empowering Women,’ she jumped on it! Amanda saw an opportunity to share her own personal experiences as an example of a woman’s ability to empower herself in the culinary realm.

Amanda’s interest in food and its preparation began at the age of 3, all thanks to her Grandma Miriam, an expert cook and baker, who could often be found catering upscale intimate dinner parties or large gatherings of 30 or 40. Amanda watched, asked questions, and participated in helping whenever possible.

Starting at age 12, Amanda worked in various restaurants around Calgary. No matter what the job, from fast food outlets and family style restaurants to upscale dining venues, she had a fierce work ethic, was eager to learn, and was always enthusiastic.

Amanda explains, “Even at a young age, I felt that my dedication, commitment, and work ethic needed to be strong for me to excel in an industry where females often aren’t taken seriously and get passed over for promotions or raises.”

Candidly, Amanda admits, “I struggled in the public school system. I knew I was destined to do something in the culinary world, but I wanted and needed to learn and be professionally trained if I was going to have credibility within the industry. I just knew I could do it if I was given a chance.”

She was given the chance! Amanda graduated from the SAIT School of Hospitality Culinary program in 2013, winning two scholarships in the two-year program. It is worth mentioning that for the sixth consecutive year, *CEOWORLD Magazine* recognized

SAIT as the number one hospitality school in Canada on its list of the world’s Best Hospitality and Hotel Management Schools, as well as the nation’s number one culinary school.

Amanda subsequently left Calgary to hone her skills abroad. After a brief internship in the Black Forest in Germany, she travelled to the UK and Scotland. While at the Savoy Hotel in London, she received 2 promotions. It was then on to St. Andrews Golf Course at the Fairmont in Scotland, another promotion was in order – she was made Chef de Partie at the Fairmont.

“I will always be grateful for the opportunities I was given in Germany, London, and St. Andrews. It gave me a complete sense of purpose and boosted my self-esteem and self-worth. I’ve learned that a woman needs to feel that confidence if she wants to empower herself in this business.”

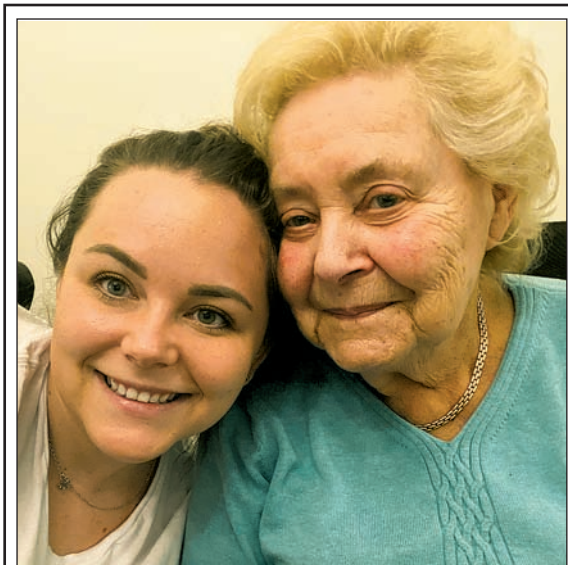
“I had moments where I was apprehensive about venturing into the world on my own as a 21-year-old woman, but I pushed through and just went for it. I’ve learned not to let my fears determine my future and my ultimate goals.”

In 2016, Amanda returned to Canada. Toronto was the first stop where she worked at the upscale North 44 restaurant until it closed. Moving with then mentor Executive Chef Sash Simpson, to Sash Restaurant and Wine Bar, she was promoted to Senior Sous Chef... all before the age of 25.

“I always had an end goal of owning my own restaurant or catering business, but I knew that the more experience I could get working my way up through the ranks, watching and listening, the more successful I would be in my own venture,” said Amanda. “Empowerment is boosted by experience and education. I learned to be confident in my knowledge, but to continue to ask questions and try new things.”

Occasionally, I still hear Amanda asking her 88-year-old grandma questions, especially about traditional Jewish holiday meals and dessert recipes.

While in Toronto, Amanda became one of Canada’s top 10 Finalists in the coveted San Pellegrino Young



Chef Amanda Lambert, pictured above, with her Grandma Miriam.

Chef Aware competition - the youngest and only female chef that year to achieve such an honour.

Amanda returned to Calgary in November 2020. With the pandemic in its second wave and restaurants closed, finding work was practically impossible. Her life partner, Miltos Chiotelis, is also a chef, so the concerns about work were doubled. It was then that Amanda decided to seize the opportunity and open her own business, offering high-end catering and personal chef services.

Meraki Cuisine Ltd was born! (Mah-rah-kee) is a Greek word used to describe doing something with soul, creativity, and love.

Amanda explains that “more than ever, this is a business that requires ‘thinking outside the box’ and staying relevant. At the end of the day, the most important key to success is the food quality and taste, but you need the opportunity to showcase your

Continued on page 14

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.....*Inspirational Women*.....

Find and maintain work-life balance



Dr. Michelle Thal

By Dr. Michelle Thal

The graduating class of 2007, the year I graduated, was a unique year. It marked the first year ever at the University of Toronto, Faculty of Dentistry, where there were equal numbers of male and females in the Dentistry program. Dentistry, like most professions, was primarily a male-dominated profession. I remember feeling very proud. Proud that I got into Dentistry and proud to be a woman.

Sometimes I think I got lucky. I didn't know much about Dentistry when I entered the program. I was

originally pursuing medicine but in speaking with my Uncle who is an Ophthalmologist, he swayed me into Dentistry. He talked about a better work-life balance which I knew nothing about in my young 20s. My Aunt said that Dentistry was as much an art as it was a science and I had always loved art. I owe it to my Aunt and Uncle who unknowingly helped guide me down the perfect career path.

My mom always told me that my job was to work hard in school and to get a good profession. My parents divorced when I was young. My single mom worked hard to send me to a private Jewish day school up until grade 12. She reminded me that we never know what life has to offer. Education was so important to her and she wanted to ensure that I would have a good profession where I could support myself. A job that would provide me with "financial stability" where I would not have to rely on anyone to support me.

But Dentistry is not my only job. I am a wife and mother to three children, including twins. Raising children is my other full-time job, both of which keep me very busy. I can now appreciate and understand the true meaning of finding a work-life balance. Although not easy, Dentistry is the ideal profession

that provides women with the flexibility to try and achieve that perfect balance.

I have a work family too. They are my wonderful group of ladies who I couldn't do my job without. All professions can be stressful but with the right team, open lines of communication and respect and appreciation for one another, we remain strong during some of the most challenging of times. Dr. Steve Baylin, a retired pediatric dentist, friend and mentor who recently passed, used to say, "I'm just the man in the back." And I am just the woman in the back too. My success is attributed to my strong team of very special individuals who happen to all be females.

Many people have reported to me that they are scared of going to the dentist. I often joke that everyone needs a pediatric dentist, not just children. The dental experience is equally as important as the quality of work that you provide. Being honest, caring, empathetic, understanding and gentle are integral qualities of a Dentist. Qualities that are often associated with the term "motherly love" that, in my biased opinion, come so naturally to us women.

A community Mikveh for Edmonton

By Rabbi Gila Caine



Rabbi Gila Caine

Edmonton's Jews need a community mikveh. This is a "women's issue," but also very much a community issue, and it is about time we brought ourselves together to make sure we have one here in the city.

A *Mikveh*, or rather *Mikveh mayim*, is a place where water pools and becomes a well or a lake.

A *Mikveh taharah* (purification pool) is a ritual bath. In it we perform ceremonies of purification and transformation, moving ourselves from one state of being to another (be it a bride and groom before their wedding, a person before Yom Kippur, or a woman ending one month's menstrual cycle and entering the next). It isn't a communal bath/shower, but rather a particularly Jewish space in the same way that synagogues and Jewish schools are centres of the Jewish community.

The importance of the Mikveh lies in the natural flowing waters which gather there, how it allows us to come into contact with this fresh water, and in our ability to immerse ourselves into this primal, quenching element. In Rabbinic thought, Torah is like water in that it purifies and is everlasting. When we dip into water, we allow ourselves to return to the

mysterious depths of our being, to the very beginning of our existence. And when we emerge from it, we are renewed. If you have never had an opportunity to immerse in a *mikveh*, you really should try it and experience the many ways in which this ritual can work on your being.

There may be evidence of *mikvaot* (pl.) being used for ritual in *Eretz Yisrael* as far back as the First Temple period, but it's from the Second Temple period (circa 516 BCE–70 CE) that we find archeological evidence of ritual mikveh "pools" around the land. And although Jewish communities around the world and throughout time often used a local river or beach for "*mikveh*" purposes, the presence of an intentionally built mikveh is one of the hallmarks of Jewish settlement from the Second Temple period onward.

Immersion in a mikveh was established as a ritual for both sexes during Temple times, as people needed to purify themselves before entering the sacred grounds of the *Mikdash* (Temple). But after the destruction of the *Mikdash*, only women continued to use immersion as an halachically binding ritual, to cleanse themselves after menstruation or childbirth. Of course, immersion is an obligation part of conversion to Judaism, but ongoing/cyclical immersion was and still is part of adult practice for many Jewish women who have access to a mikveh. And contrary to some popular opinion, the obligation to immerse was not seen by many women as coercion, but rather in many communities over time and around the world the mikveh space was a locus of communal and private ritual by women, for women.

together in one space and as egalitarian Judaism made it possible for everyone to worship and celebrate together. But in a sense, we women were all invited to "join in" the masculine version of our culture and tradition.

This echoes in many ways the overarching process of the past century in the Western world, in our society and homes - mass forgetting of the knowledge and practices that women held and imparted to society. And while I think it was a critical step in the creation of a more inclusive and open society, it was not without its losses, some of which we will need to re-balance and heal in the coming generations.

The egalitarian process which we only lightly touched on here, and which is actually much deeper and more complex than can be outlined in this short essay, is one of the reasons we've arrived at a situation in which our community lacks access to a pillar of Jewish life. The fact that non-Orthodox communities don't have a mikveh arises from the sad truth that for a few generations we didn't regard our matriarchal heritage, culture, tradition, even halacha, in the same way that we regarded our patriarchal tradition. Sadly, we came to understand women's traditions as less central and important, less binding, than those we saw on the men's side of shul and community. And this has been to the detriment of our whole community. We are losing large chunks of our culture and should now make an effort to retrieve it.

A source of inspiration to the creativity we can find in a contemporary mikveh is the Mayyim Hayyim community mikveh in Boston, which describes itself as "an intimate center for spirituality, learning, celebration and community." This unique space offers a place for women observing traditional immersion during their menstrual cycle, and immersion for conversion purposes. But it is also a place for immersion as part of healing from trauma, a place to immerse before life-cycle celebrations, and so on. Go and read. More of these places are being imagined and developed around the Jewish world.

We want our Jewish community grow, flourish and regain its freshness and vitality. For that to happen, we need to replenish its living waters and create a mikveh that is open for all Jews in this city. This is the Torah of our mothers.

Rabbi Gila Caine is the spiritual leader of Temple Beth Ora in Edmonton.

Dr. Michelle Thal

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Inspirational Women

Proud to be a trailblazer

By Gizella Davis

After becoming a Realtor® in the late 70's I have slowly, steadily, seen the rise of women in the industry. According to the Canadian Real Estate Association, in 2019 43% of members were women, and in Alberta, women made up 44% of Realtors®. Today across Canada women are excelling in leadership roles in local and national boards, currently in Calgary 6 of the 10 CREB executives are women, back when I started that was unfathomable.

When I started in Real Estate, finding a career that allowed me to raise my children and support my household was a dream come true. Boy was I in for a shock. Real estate back then was very much a male dominated field; it was hard to break into. I had so many doors closed in my face, phone calls hung up on, fruitless open houses, 60+ hour weeks and a dwindling bank account, nevertheless I was determined to make it work. Then, one day it happened, I got my first sale. After the sale closed, I bought my first Cross pen which I still use to this day to have clients sign contracts with. As they say it only takes a nudge to get the rock rolling and from that first deal it snowballed into more and I was in the Calgary Real Estate Boards Million Dollar Club within my first year. During my first few years, women Realtors® were the exception not the rule. When I was top national agent for Royal LePage it was a big deal; they flew me and my husband to Toronto and presented me with a plaque and set of dinnerware. I remember thinking if I was a man and got the watch it would have been a lot easier to get back home. Since my early years I have enjoyed much success, but it was an arduous task trying to break through into an industry that traditionally favored men.

While real estate can be very rewarding, it does take hard work and long hours. There were many nights I would stay up late cooking some of my traditional Hungarian dishes to serve at my open houses and many missed dinners of my own where I was out presenting offers or preparing a house for a viewing. Now with the multitude of digital tools at our disposal instead of long hours at the office or parked outside a listing you will often find my real estate partner Jemma Stephenson researching a property or sending out an offer from the bleachers at her son's game. I built my business on the philosophy that our clients become like family, and that doesn't end when the transaction is complete. I can't count the baby showers, weddings and other milestones for my clients that I've been invited to be part of. Creating and nurturing that kind of close relationship is something I believe being a woman has made easier.

Despite the challenges of being a woman in real estate, there are some advantages, especially with female clients making most of the homebuying decisions. 61% of first-time and repeat home buyers in Canada were female, according to the 2019 CMHC Mortgage consumer survey. Purchasing a home is a very emotional experience and one I believe women are better able to help clients navigate.

I am honoured to be counted among some of the pioneering women still working in Calgary real estate, I am thrilled to be able to pass my knowledge on to Jemma to continue my legacy and I am excited to see all the women that choose to make this their career. We are seeing women feature more often in the Top Agent positions of all major brokerages and with an emergence of women-led networking groups providing space to inspire one another, learn from each other and empower us all to achieve greatness, I expect to see many more take the lead. There is no better time to recognize the contribution of women in sales and we believe that the future is definitely female.

For more information visit gizelladavis.com.



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Even with the recent BOC rate hikes Calgary still offers great value for Real Estate, while sales have slowed since the chaotic start to the year prices are stable and inventory is still moving. With over 60 years of combined experience Jemma and I have navigated all kinds of market cycles and would be happy to share our knowledge and help you achieve your Real Estate goals.



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.....*Inspirational Women*.....

Car culture – and the women who drive it

By Kathryn Valentine

Perhaps you’ve heard of Valentine Volvo, a pillar in the automotive landscape, and for many years the sole authorized Volvo dealership in Calgary. The Valentine Family has a long history in our city, but in the name of efficiency let’s just touch on the highlights...

In 1945 Bert Valentine and Ted Halford, World War Veterans, returned home to their families in search of new beginnings. In 1946, the friends opened Halford and Valentine, selling the Austin, Austin Healey, MG, and Studebaker lines. The hard-working family men were committed to building the business, and to community building.

In the early years, Halford and Valentine, like any automotive enterprise, was a male dominated bastion. Men sold the cars, worked on the cars, purchased the cars, and drove the cars. The late ‘40s in Canada were a time of great excitement. Urban families seeking modernization were newly willing to pay large sums of money for convenience. At the top of wish lists were washing machines, refrigerators, and automobiles. Canada’s (male driven) love affair with cars had begun.

Alberta’s oil discoveries led to economic prosperity, and Calgary became home to many large companies. By the ‘60s, Calgary was the fastest growing city in Canada, with most of the residential growth taking place in the suburbs. Early sprawl and widespread affluence meant that Calgary was on its way to becoming a city reliant on the automobile.

In 1967 Halford and Valentine began to sell Volvos, drawn to the brand by its commitment to safety. In 1968 Bert’s son, Ted, took over as company president and worked long hours selling. Soon, Volvos gleamed on broad suburban driveways throughout the city. Cars were the new status symbol, and Calgarians liked status.

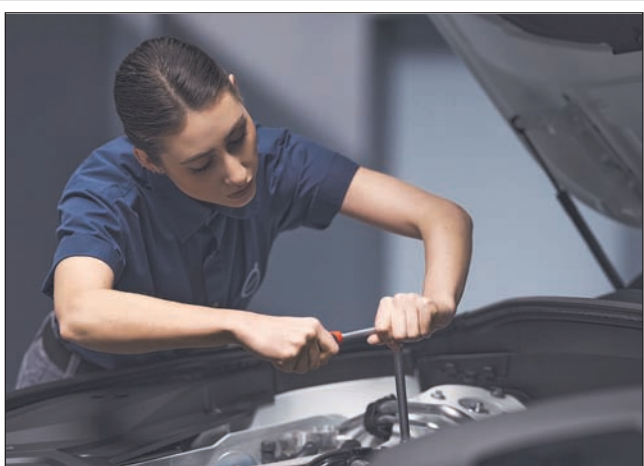
When Ted took the reins of the dealership in ‘68, he had been married to Shirley for a decade. Shirley, like

Ted, was born and raised in Alberta. Like Ted, she was a university graduate. Like Ted, she was committed to family. The couple spent the years between ‘58 and ‘69 growing both business and family. By 1970, Shirley was deftly juggling the needs of six children, and Ted’s business ambitions were being sustained by the many mouths that required feeding. It wasn’t long before Shirley wanted more. No, not more kids ... just, “more”.

You see, throughout her life, wherever Shirley went, she led. She studied in a one room schoolhouse, then became the teacher. A scholarship took her state side to study nursing, then she returned to teach nursing. She volunteered for organizations, and inevitably ran those same organizations. She ran for school board, then became Board Chair. She was a force.

Ted supported her endeavours wholeheartedly. Shirley stood by his side as he accepted national dealer awards, and Ted sat in the front row as Shirley stood at the podium to address any number of varied audiences. They were each other’s complement, at work, at home, and in volunteerism. If there was a power imbalance, it was modest – but skewed in Shirley’s favour. Ted wasn’t afraid to step aside and let a woman take charge. He grew up watching his mother manage the household while her husband fought in WWI and WWII – he knew what women were capable of. Shirley just served as a reminder that women belonged in leadership roles.

Ted’s four eldest children were boys, and one by one they joined their father at work. When it was time, his daughters did too – washing cars, delivering parts, counting inventory, cleaning, managing the lot, reconciling accounts. Everyone got their hands dirty and contributed, taking advantage of the training ground provided. Ted had long known what women were capable of, and that diversity was a good business



Challenging gender stereotypes

strategy. Over time he applied this knowledge to the workplace, spurred on initially by Shirley and now by his daughters, who protested at his insistence that they learn typing and pleaded to work in the wash bay.

Today, The Valentine Group has grown beyond Valentine Volvo (Halford and Valentine) to include Jaguar Royal Oak, Land Rover Royal Oak, and Volvo Cars Royal Oak. In 2021 the Valentine Family marked 75 years of business in Calgary. Today the Valentine name is among the most respected and reputable in the automotive industry in Canada.

People are the company’s greatest asset. Many team members have been with the company more than a decade, some 30 years or more! The Valentine Group is an equal opportunity employer that encourages growth, training, and development through continuous learning. There are many opportunities for advancement within the organization and women are now being promoted at an unprecedented rate.

The automotive industry has changed over the

Continued on page 13

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.....*Inspirational Women*.....

Empower yourself - Feel beautiful

By Anita Prysko

Urban Retreat Body & Skincare Centre is a gem of a business nestled conveniently in the Wolf Willow Shopping Centre in Edmonton's beautiful west end. It is a wonderful place to relax and be pampered and no matter which of the products or services you partake in, you are sure to leave the premises a more beautiful and radiant you.

At Urban Retreat, there are a variety of treatment options available – ranging from Skincare treatments and manicures / pedicures to CoolSculpting.

What is CoolSculpting? It may be an option for you if you want to accent your body's contours or even just feel more comfortable in your clothes. It is specifically designed for those who have targeted areas of stubborn fat – such as abdomen, flanks, upper arm and under the chin. It's not a weight-loss treatment and not designed for everyone.

CoolSculpting is a technology that is safe and non-invasive. It has been on the market for over 10 years. CoolSculpting applies a vacuum applicator to the treatment site, while initiating a controlled cooling causing the cell to undergo apoptosis and kills only those fat cells targeted. In the weeks following, the body

naturally processes and eliminates the dead fat cells. Once the fat cells are gone this is permanent.

It takes 3 months to show the full effect of CoolSculpting, however many start to see results in as little as 2 weeks. CoolSculpting won't change your weight. It works well to decrease superfluous fat (soft squishy tissue) as opposed to visceral fat that you can't grab. Diet and exercise is the only method to decrease this. Although people on average will have a 20% decrease in fat cells per treatment area, more sessions may be required to achieve desired results.

Contact Urban Retreat at urbanretreat.com for a consultation to see if CoolSculpting is an option for you. Our friendly and knowledgeable staff will provide you with a customized treatment plan to meet your needs and expectations. At Urban Retreat, whether you choose CoolSculpting or facials or any of

High tea at the Seniors Centre



Edmonton Jewish Senior Citizens Centre members celebrated a lovely high tea with guest speaker Gillian Wellnes Perry, author of "The Legacy of Anne Frank" and "Please Pass the Scones."

our other treatments, we want women to walk out feeling elated with the service and empowered to be the best they can be.

Anita Prysko is the owner, operator of Urban Retreat Body and Skincare Centre in Edmonton.
For information visit myurbanretreat.com.

Car culture *Cont. from page 12*

years. Cars are no longer an exclusively male domain. In fact, in North America, vehicle buying habits have shifted radically. Today women sustain the automotive industry. More than 60 percent of new car purchases are made by women, and over 65 percent of vehicle service is managed by female clients. More importantly, women influence over 80 percent of vehicle purchases.

It only makes sense then, to have women influencing

every aspect of The Valentine Group's operations, filling positions like Controller, Technician, Service Advisor, Sales Professional, and Delivery Expert. The Valentine Group is proud to have women in leadership roles in Accounting, the Business Office, Customer Service, Fixed Operations, Marketing, and Senior Management.

It is undeniable that since 1946, women have played a critical part in The Valentine Group. It is only recently, however, that women leaders within the organization have been implementing systemic

changes, influencing decisions, and impacting bottom lines. It is now obvious that this is the evolution of the industry. An increasing number of women are finding their way into the sector to meet the needs of the female clientele who have taken ownership of the space. Though it is not possible to attribute the automotive gender inversion to a singular force, within The Valentine Group some believe, it skews slightly in Shirley's favour.

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.....*Inspirational Women*.....

Celebrating women entrepreneurs

By Courtney Bettin

Women entrepreneurs are, luckily, no longer a needle in a haystack. They’re making serious strides, with women-owned businesses contributing over \$150 billion to the Canadian economy. Here in Alberta, standing behind those women is Alberta Women Entrepreneurs (AWE), a non-profit organization that works hard to ensure that women have access to the help they need.

Over the past 27 years, Alberta Women Entrepreneurs has grown and adapted to the ever-evolving needs of women entrepreneurs in Alberta. AWE strives to bring capacity-building solutions so that women can strengthen their skills, improve financial and digital literacy, and find the resources that are needed to adapt and thrive in a fast-evolving world. AWE also provides access to funding through unique lending programs.

The core of everything AWE does, however, is based on creating a sense of community. Financial support can only go so far, and it’s critical that women entrepreneurs have the underlying tools and skills they need to maneuver their professional goals.

Having a network made up of experts, community members, and other entrepreneurs makes for a stronger business.

“The impact is always larger when it’s a community effort,” says Nicole Cayan, Financing Specialist for AWE. “It’s impossible to assume that an entrepreneur would know how to run all aspects of their business. That’s where the community comes in and helps fill in those knowledge gaps, supports that woman entrepreneur when they’re going through challenges, and praises them when they experience a great success.”

Part of celebrating that success means highlighting the work of extraordinary women entrepreneurs in the province, something AWE does every year at the AWE Awards Celebration. Shining a spotlight on leaders from across Alberta shows a visible path for those looking to follow in their footsteps.

“I think specifically for women-owned small businesses, they end up encouraging other women who want to start a small business as well, their neighbours, and their daughters,” says Cayan. “That increases the impact on the economy as a whole. It’s a domino effect.”



Those that participate in the programs that AWE has to offer will all realize one thing, and that’s that they’re in it for the long haul. Long after the loan has been dispersed and the courses are finished, Alberta Women Entrepreneurs makes it a point to continue a lasting relationship with their clients.

“There are many specific obstacles that women have to overcome as entrepreneurs,” says Cayan. “They’re often juggling a lot of personal responsibilities along with their business responsibilities, and we just want them to be seen and heard.”

She believed *Cont. from page 9*

creations.”

In March of 2021, with the pandemic still thwarting indoor gatherings and parties, Amanda purchased a food truck and started Meraki-on-the-Go. She describes it as “an upscale, street food vibe menu with a gourmet twist.”

“It was another opportunity to make my own success. If people couldn’t gather indoors, we’d bring the food to them outdoors. Empowerment to me means that sometimes you make life changing decisions and

not second guess yourself. I didn’t want to wait around for somebody else to determine my future.”

Statistics Canada’s latest report on women and paid work found that while almost 60 percent of chefs and cooks were men, more than 70 percent of kitchen helpers, food counter attendants and related support staff (all lower paying jobs) were women. On the other hand, in 2017, for the first time, the Culinary Institute of America reported having more female than male students. (Interesting to note, in its first year, 1946, they had one female student.)

Amanda laughs and offers this advice: “I’ve been yelled and sworn at and had things thrown at me.

There were times where it could have broken me. I was once told that I needed to learn to be that word that starts with ‘b’ and rhymes with ‘witch’ if I ever wanted to make it in the industry. I didn’t believe that then and still don’t, despite what you may see on some TV shows. Being a chef is not for the faint of heart. Being a woman chef is even tougher, but don’t give up if it’s your dream. We’re more powerful than we think. Hold on to your passion, have confidence. Be true to yourself. Speak up for yourself. The glass ceiling has started to crack, but we need to empower ourselves to empower other women to send a message. Equal respect, equal pay, and equal opportunities.”

AWE strives to bring capacity-building solutions to women, offering courses that strengthen skills and improve financial and digital literacy, as well as providing guidance to help find the resources that are needed to adapt and thrive in a fast-evolving world. AWE also provides access to funding through unique lending programs.

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**2022
AWARDS**

Camp is back!

By Maxine Fischbein, LJI Reporter

As the mercury rises, happy campers move from one fun-filled activity to the next. Sounds of splashing, singing, laughter and storytelling are sweet music as day three of the Camp BB Riback season moves into high gear.

Camp Director Stacy Shaikin is speaking with me in front of the new camp office as he keeps one ear on his walkie talkie and one eye on the activity at the newly-lined and very inviting swimming pool.

A typically high-energy guy, Shaikin exudes even more excitement than usual because the camp has fully opened after a three-year hiatus due to COVID.

Prior to the contagion, Camp BB Riback had attracted some 200 kids to first session. On July 10, 125 campers arrived. That is pretty good, considering that all Wonder Week sessions for the youngest campers had been shifted to second session in August.

Shaikin says that a number of families have opted for long-delayed family vacations instead of sending their kids off to Pine Lake. And some veteran campers just “fell out of the habit,” says Shaikin, adding that parents are sometimes reluctant to force the issue.

Amid the speculations, there is one thing Shaikin is sure of. “The buzz created this season will attract more campers in the future.”

Getting back in the groove is a challenge for some campers after “an inordinate amount of time on screens” and all the disruption and isolation caused by COVID, Shaikin says.

But campers are making the leap with the help of some extraordinarily dedicated and qualified staff including camp alumni, some of whom have served the camp in multiple capacities, moving up the ladder to become area specialists, senior counsellors, assistant directors and medic.

More and more, Camp BB Riback is benefiting from the expertise, experience and worldliness of a cadre of



international staff who are carefully screened and interviewed and strategically deployed by Shaikin and his Assistant Directors, capably headed this year by Senior AD Jordyn Wright.

Fully half of the camp’s 60 staff members hail from a “United Nations” of faraway places including Israel, the UK, Wales, Scotland, France, Germany, Spain, Cyprus, Australia and Mexico. Drivers of innovation and change, the international staff have made the camp a more diverse and inclusive experience say Shaikin and Wright. Those staff members who grew up at Camp BB-Riback ensure stability and the transmission of time-honoured camp traditions to a new generation of campers.

“We hit some big-time home runs,” says Shaikin of this year’s complement of international staff. “Three of our co-ordinators are from other countries, and they are incredible.”

Coventry native Mads Fox has returned to the camp for a second season. Last year, in a modified leadership training session for teen campers, Mads piloted a highly successful film program. This year she returns to head fine arts at the camp, overseeing film, performing arts, dance, photography, arts and crafts and aquatics. In addition to studying film and screen writing at Birmingham City University, Mads is also a credentialed lifeguard.

In all his hiring decisions, Shaikin says he is motivated by camper safety and excellence in leadership.

Justifiably proud of locally grown leaders including Senior AD Jordyn Wright and AD Micah Allen - who oversees programming, camper units, coordinators and scheduling - Shaikin says that “the maturity, worldliness and experience of his senior staff also make up and coming camp leaders want to be all they can be.”

Shaikin is dedicated to looking after all his staffers and has incorporated a number of changes toward that end. He has expanded staff training from five to nine days, and has increased time off from one day to three per session.

“Camp is an intensive sprint for staff, many of whom are working their first job,” points out Shaikin, who says that more time off allows for better mental health and renewed energy.

Thanks to the camp’s successful application for a Canada Summer Job Grant, Shaikin has been able to increase staff wages, “some of them considerably.” Counsellors are now receiving the best wages in the camp’s 66-year history.

Shaikin takes me on a walk through the camp, proudly pointing out various improvements and explaining the daily routines and rotations. Along the way, we visit with one of the camp’s treasured

Local twins lead Team Canada



Calgary's Nick and Conaire Taub were Team Canada's flag bearers at the Maccabiah Games in Israel (Photo Maccabi Canada).

neighbours, Bruce Buchanan, who tips his cowboy hat and pauses to share his wisdom about vehicle maintenance with Shaikin.

Shaikin pets a couple of the horses as we head to the ropes course where kids are gearing up for climbing and zip-lining under the careful supervision of a specialist from Mexico.

We circle back at the pool, which looks better than ever thanks to a \$140,000 facelift.

“Smiles are non-stop in the pool,” says Shaikin, crediting the generous financial support of the Switzer family and the professional guidance of Katie Crysdale, of Lakeview Aquatic Consultants Ltd., who trains camp staff in pool maintenance and, most importantly, water safety.

Shaikin leads me from the pool to the lakefront.

Then we are off to Degel, a daily pre-lunch gathering of the camp community around the flagpole where Shaikin and his ADs share tips of the day and a little humour before sending everyone off to lunch in the Chadar.

Good-humoured as the exchange is, it underscores Shaikin’s oft-repeated mantra which, in a nutshell, sums up the baseline from which future leaders sprout and grow at Camp BB Riback: “Be safe, be kind, make good decisions.”

Camp BB Riback has raised \$100,000 (one third of its \$300,000 fundraising goal) toward the refurbishment of camper cabins and will be focussing first on the replacement of cabin floors later this summer with the help of camp alum Adam Girvitz and his Calgary-based company, The Exteriors Group.

For more information visit www.campbb.com.

A long list of Jewish Emmy nominees

By Andrew Lapin

(JTA) – Jewish TV shows and performers are well represented on the list of 2022 Emmy nominations, with actors including Seth Rogen, Julia Garner, Andrew Garfield and Henry Winkler making the cut.

It was a particularly good year for Jews in comedy, as several of this year’s nominated comedies have Jewish connections.

Amazon Prime’s “The Marvelous Mrs. Maisel” and HBO’s “Curb Your Enthusiasm,” both shows centering around Jewish comedians, picked up best comedy nods for their fourth and 11th seasons, respectively. “Maisel” picked up additional acting nominations for Rachel Brosnahan, Alex Borstein and Tony Shalhoub, with 12 nominations in all, and “Curb” scored another one for guest actor (Bill Hader). “Curb” co-star J.B. Smoove, who is not Jewish but has impersonated an Ethiopian Jew on the show before, co-hosted the Emmys nomination announcements.

HBO Max’s “Hacks,” a show about a Las Vegas comic with heavy parallels to the life of Jewish comedian Joan Rivers and executive-produced by Jewish TV comedy hitmaker Michael Schur (“The Office,” “Parks and Recreation”), was also nominated for its second season, along with its Jewish supporting actress, Hannah Einbinder.

Other comedies produced by Jews, including FX’s “What We Do In The Shadows” (executive-produced by Taika Waititi, among others) and Hulu’s “Only Murders In The Building” (executive-produced by Dan

Fogelman, among others), also scored nominations. The Belnord building, the real-life Upper West Side apartment that serves as the setting for “Only Murders,” has a long Jewish history.

On the drama side, HBO teen soap “Euphoria,” adapted from an Israeli series and made by executive producer Sam Levinson, scored 16 nominations including best drama. And “Severance,” Apple TV+’s dystopian workplace drama directed by Ben Stiller, picked up 14 nominations including best drama and best director for Stiller.

“Dopesick,” a Hulu limited series about the opioid epidemic, draws from the real-life role the Jewish Sackler family played in the overmedication of addictive painkillers. It picked up 14 nominations, including for limited series and acting nods for Michael Stuhlbarg and Mare Winningham.

Several Jewish performers scored nominations, too. Garner was recognized for playing outlandish scammer Anna Delvey on Netflix’s “Inventing Anna,” Garfield for playing a Mormon investigator on FX’s “Under The Banner Of Heaven,” Rogen for playing a sex-tape leaker on Hulu’s tabloid biography “Pam & Tommy,” Winkler for playing an acting coach on HBO’s dark hitman comedy “Barry,” Brett Goldstein for playing a soccer team captain on Apple TV+’s sports comedy “Ted Lasso,” and Adrien Brody for playing a Jewish investor on HBO’s “Succession.”

Some non-Jewish actors playing Jewish roles made the cut as well. In addition to Brosnahan and Shalhoub for “Maisel,” Oscar Isaac was nominated for his turn as an ex-Orthodox husband going through a

bitter divorce on HBO’s “Scenes From A Marriage” (created by Israeli Hagai Levi).

Apple TV+’s “The Problem With Jon Stewart” and Disney+’s “The World According To Jeff Goldblum” are nominated in the nonfiction series category. Mark Cuban was also nominated as reality-TV host for his ABC business competition series “Shark Tank.”

The leading show across all categories was “Succession,” with 25 nominations total, followed by “Ted Lasso,” “The White Lotus,” “Only Murders In The Building” and “Hacks.” The Emmys will be presented on September 12.



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Check out the Community Calendar at jewishcalgary.org

Have an event?
Click on "Suggest an Event" to add it to the calendar



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A MESSAGE FROM ADAM SILVER

The summer is well underway, and I hope you and yours are enjoying the warm weather and the slightly slower pace. Many of us have remained quite busy, winding down activities from the previous months, attending Stampede events and gatherings, and planning for the fall. Even still, with the long days, bright sunshine, open skies, and summer activities, we are still finding time to reconnect with our families, one another, and ourselves. There are also many children in our community who are enjoying an opportunity to make new friends and try new things at summer camp – day or overnight. Some of us may also take this opportunity to find a bit of respite from our work and volunteer commitments, replenishing our energy and clearing our minds for when things become busy again in September.

However, just because the summer is here doesn't mean we aren't still thoughtful about our Jewish lives, our self-improvement, and our kindness toward others. Some Jews follow a custom of studying *Pirkei Avot* (Ethics of Our Fathers) each *Shabbat* throughout the summer months from the *Shabbat* after *Pesach* right through *Rosh HaShanah*. There are variations to

study for at least one cycle, if not more. *Pirkei Avot* contains learnings and thoughts connected to ethics and interpersonal relationships.

We recently reviewed Chapter Six as part of the summer schedule, and I would like to focus on one particular piece, notably:

One who learns from his fellow a single chapter, or a single law, or a single verse, or a single word, or even a single letter, he must treat him with respect.

– *Pirkei Avot*, 6:3

That is, one who learns from another person, from a whole chapter to a single letter, should appreciate the wisdom that is shared and the time that is given.

While this chapter is centrally focused on the Torah, I would like us to apply some leeway and to consider any time, wisdom, and care shared by another person with us as extremely valuable. It is not uncommon for us to dismiss small learnings as simple, or to consider short engagements with another person as less than meaningful. However, as teacher or student, one might never know the true value of a small insight or a short and focused moment with someone else. As such, we should always be willing to listen and

Jewish Calgary continues to benefit from the wisdom, care, and generosity of the matriarchs and patriarchs who have built our community. It continues to be vibrant and strong thanks to the efforts of many others who continue to nurture and steward it. We are a community of growth, learning, dedication, pride, and compassion. Most importantly, we are a community of individuals who lift up one another, recognizing we are so much better and greater than the sum of our parts.

This summer, let's all continue to be filled, and rejuvenate for the year to come. Let's power one another through the sharing of our wisdom and time, and let's all continue to aspire to a Jewish Calgary that can reach even greater heights!

Wishing everyone a safe and enjoyable August!

B'Shalom,

Adam Silver
CEO, Calgary Jewish Federation

Building an inclusive community is a priority. Contact us and we will make every effort to meet your needs.

Heartland Tour

SUNDAY, AUGUST 14

Leaving from the Paperny Family JCC at 1:00PM

Join Keshet for a tour of the Highwood Museum

Plus, enjoy High River's murals, Maggie's Café, and more!

For more information contact Karina Szulc at karinas@jewishcalgary.org or 403-444-3158.

KESHER JEWISH ADULTS WITH DISABILITIES

SPUDS & SUDS

On July 8 – for the first time in two years – elected officials, staffers, and community builders came together for the annual Spuds & Suds event in celebration of The Calgary Stampede. Guests schmoozed, noshed on great food and drink, and built meaningful connections with one another and our community. This event was made possible in partnership with Calgary Jewish Federation, CIJA (Centre for Jewish and Israel Affairs), CJPAC (Canadian Jewish Political Affairs Committee), and The Jewish Federation of Edmonton. Sincere thanks to our partners and the attendees who made this event possible.

TOGETHER WE ARE A COMMUNITY

All activities on this page are made possible by your gifts to Federation's annual UJA Campaign.

From May 27 to July 17, *Here to Tell: Faces of Holocaust Survivors* ran for free at Glenbow at The Edison. This educational and commemorative photography exhibit featured 39 images of living survivors and 122 images of deceased survivors, held up in the hands of their descendants – all with a connection to Calgary. *Yasher Koach* to the many talented volunteers and professionals, and courageous Holocaust survivors who brought this exhibit to life. Special acknowledgement to Calgary Jewish Federation's Holocaust and Human Rights: Remembrance and Education Co-Chairs, Marnie Bondar and Dahlia Libin, who were the creators and executive producers behind the project. For those who missed the exhibit, you can still purchase the book at heretotell.com. Pre-purchased books will be available for pickup in November at The Edison.

If you are a survivor or descendant who would like yourself or your loved one featured in the upcoming *Here to Tell* digital gallery, submit your information at heretotell.com or email holocaustedu@jewishcalgary.org for more information.

