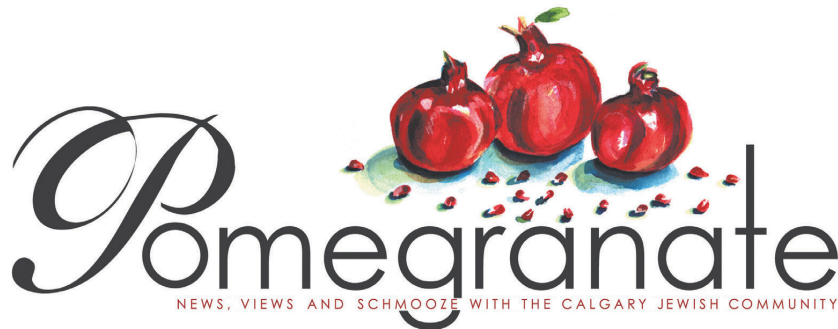


community calendar

Want to know what's going on in Jewish Calgary?
Check out the Community Calendar at jewishcalgary.org

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



jewishcalgary.org



A MESSAGE FROM ADAM SILVER

This month brings *Tu B'Shevat*, the New Year of the Trees, and next month is JDAIM – Jewish Disability Awareness, Acceptance, and Inclusion Month. What an exciting back-to-back two months!

During *Tu B'Shevat*, we celebrate the season during which Israel's early-blooming trees and plants blossom and spring to life. A relatively well known custom is to eat a new fruit on this day (something one hasn't eaten before or for a long time), or to eat from the Seven Species (*shivat haminim*) described in the Bible as being abundant in the land of Israel. The *shivat haminim* (Deuteronomy 8:8) are: wheat, barley, grapes (vines), figs, pomegranates, olives, and dates. This time of year is not only a reset of sorts, but prescribes for us to slow down, mindfully appreciate the incredible bounty found in Israel, as well as introduce ourselves to new fruits. We are encouraged to appreciate some very special fruits, and to take a chance on new ones. It is a *chag* (holiday) of joy, celebration, and recognition – one that I encourage you and your families to explore and experience through the many programs being offered in our community.

As a stretch of an analogy, indulge my connection of *Tu B'Shevat* to JDAIM. Established in 2009 by the

Jewish Special Education International Consortium, JDAIM is observed each February with the mission of uniting Jewish communities worldwide to raise awareness and champion the rights of all Jews to be accepted and included in all aspects of Jewish life like anyone else. JDAIM is not only intended to ensure Jewish communities around the world have one month focused on diverse programming for those with special needs. Rather, the intention, like *Tu B'Shevat's* appreciation of wonderful and unique fruit, is to provide us with an opportunity to refocus our efforts to include and celebrate people of all abilities in our Jewish community.

There are many ways each of us can and should include those with varying abilities in our Jewish community, and JDAIM tasks us with just that directive. We each have the opportunity and responsibility to bring others into our circles, to not only adapt programming and services, but to apply new ways of thinking. If we apply a strengths-based perspective, we view each difference and need as a potential strength as opposed to a liability needing to be addressed. Acknowledging the different abilities and needs of others helps us build unique and innovative programming, and inspires us to apply

different lenses to existing offerings. Doing so not only expands our active Jewish community, but improves it. Please be sure to participate in JDAIM events in the month of February and maintain an inclusive mindset year-round.

This is my first *Pom* message of 2024, so I want to wish everyone reading this a year filled with good health and an abundance of *simcha*. The last three months have been a horrific time for Jews and their allies around the globe and here too, in Calgary. May 2024 bring the safe return of all remaining hostages, the eradication of Hamas, peace and stability to Israel, and safety and sanity to communities around the world that continue to experience antisemitism at its highest level in decades. Our diverse, caring, and strong Jewish community has been strained but not broken - we have continued to stand together and to be proud, be resolute, and be Jewish.

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.

PJ LIBRARY® CALGARY IS PARTNERING WITH OUR FRIENDS TO CELEBRATE TU B'SHEVAT!

TERRARIUM MAKING
Sunday, January 21
1-3PM • Paperny Family JCC
Join PJ Our Way® and Keshet as we create beautiful terrariums! Snacks provided.



PJ OUR WAY. **INCLUSION**
POWERED BY CALGARY JEWISH FEDERATION

A BIRTHDAY PARTY FOR THE TREES
Sunday, January 28
10AM-12PM • HOJMI
Join PJ Library and House of Jacob Mikveh Israel for a birthday party for the trees! We'll enjoy games, crafts – and of course, birthday treats!



PJ Library®



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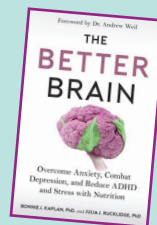
SAVE THE DATES FOR JDAIM AND JOIN CALGARY JEWISH FEDERATION AS WE RECOGNIZE THIS SPECIAL MONTH!

JDAIM
FEBRUARY 2023
Jewish Disability Awareness, Acceptance & Inclusion Month

YOUR BRAIN ON FOOD: CULTIVATING WELLNESS AND A PEACEFUL HOME

Sunday, February 4
3-5PM | Paperny Family JCC

Join us in the exploration of a paradigm-shifting approach to preventing and improving moodiness, stress, behaviour, meltdowns, and more. Learn different ways to harness the transformative power of food and nutrients. Renowned scientist and author **Bonnie Kaplan** will share pioneering research, with an emphasis on practical tools to enrich your mental health and bring peace to your home, one bite at a time. Healthy snacks and childcare provided.



In partnership with

PJ Library®

NORMAL SCHMORMAL!

Sunday, February 25
3-5PM | Paperny Family JCC

Join us for a stand-up comedy event, where **Ashely Blaker** will share the challenges and joys of parenting children with additional needs, and inspire us all and make us all feel "Normal Shmormal". Childcare provided, plus fun activities for the kids – Lego, art, and more! This is a family-friendly experience you won't want to miss!



INCLUSION
POWERED BY CALGARY JEWISH FEDERATION

REGISTER FOR FREE WITH KARINA
KARINAS@JEWISHCALGARY.ORG
403-444-3158

It's Moments Like This

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

