

## SCHEDULE OF SERVICES AND EVENTS

Friday, February 24	8:15pm	Shabbat Eve service And Oneg Shabbat
Saturday, Feb 25	p.m.	Bar mitzvah of Jonah, son of Allison and David Freedman
Saturday, March 4	11:15am	Bar mitzvah of Evan, son of Leslie and Eric Green
Sunday, March 5	10:00am	Purim service and celebration
Sunday, March 12	10:00am	Breakfast Club: Kevin Currier, <i>The Art of Film Criticism</i>
Friday, March 31	8:15pm	Shabbat Eve service And Oneg Shabbat

## PRESIDENT'S UPDATE

We are pleased to announce the return of Avrum Rosensweig to Congregation Habonim as our Associate Religious Leader. Avrum will be working alongside Eli, our Religious Leader, leading Shabbat and b'nai mitzvot services throughout the year

and teaming with Eli to lead the High Holidays. We are very excited about the dynamic duo of Eli and Avrum and look forward to an exciting year at our synagogue.

## BREAKFAST CLUB

On Sunday, March 12 the Breakfast Club will present Kevin Currier, well known writer, broadcaster and film critic for the CBC. His topic will be *The Art of Film Criticism*, discussing why film criticism is an endangered art form.

How often were you disappointed after having gone to see a film on the recommendation of a film critic? Perhaps Kevin Currier can shed some light on how to read a critic, understand what his or her bias may be, or how to find the film that will appeal to your own taste. Come to hear an experienced voice on the subject and at the same time have a tasty breakfast with friends.

## SPECIAL PROGRAMS AT HABONIM

### EXPLORING JEWISH MEDITATION

4 Week Series beginning Thursday, Feb.2 7:30-9:00pm at Beth Habonim Congregation, facilitated by Chashi Skobac. \$40 for the series, \$12 per individual session - half price for Beth Habonim members.

For information and to register call (416) 787-9529 - Chashi Skobac has been practicing Jewish meditation since 1980, when she studied with the late Rabbi Aryeh Kaplan. She has spoken on the topic and given workshops in the United States and Canada.

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## NIA COMES TO HABONIM:

This practice embraces the gifts of yoga, dance and martial arts; explores the joy of the body's sensations while building awareness of the connection between body, mind and spirit. Benefits include cardiovascular conditioning, flexibility, balance, strength and relaxation. Join the classes at Habonim every Tuesday from 7:30 to 8:30pm starting January 31st. Your first class is free! For further information, please contact instructor Robyn Tousson to register: [tearsofjoy@rogers.com](mailto:tearsofjoy@rogers.com) 647-295-0084

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## CONGRATULATIONS

to Habonim member Dr. Stanley Zlotkin on receiving the first H. J. Heinz Company Humanitarian Award.

Dr. Zlotkin, a professor of pediatrics and nutritional sciences at U of T and chief of gastroenterology and nutrition at the Hospital for Sick Children, is the creator of Supplefer Sprinkles, a powdered form of iron and other essential micronutrients that can be sprinkled on a child's meal without altering its taste.

The honor recognizes Dr. Zlotkin's research in iron supplements for infants, particularly in the developing world. Dr. Zlotkin, a native of Toronto, is a recognized leader in childhood nutrition and the developer of Supplefer Sprinkles, an inexpensive iron supplement in the form of tasteless powder granules that can be sprinkled on any food.

A study published in the American Journal of Clinical Nutrition by Dr. Zlotkin has shown that adding iron and vitamin C "Supplefer Sprinkles" to children's meals can help reduce the rate of anemia, a global health epidemic. Most recently, Sprinkles was used for large-scale distribution in the world wide Tsunami Relief effort last year.

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## A BIG THANK YOU

To Ron Ross of Magstar Inc. for the many hours spent servicing and updating the programs on the synagogue's computers.

Thank you to Roger DeFreitas for being available to assist Ron.  
Habonim Board

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## FROM SURVIVAL TO GROWTH JUDAISM

By Avrum Rosensweig

I am so delighted to be back at Habonim. Welcome to me. Welcome to you. My first Shabbat on the bima with Eli, standing together with the Friday night congregation, surrounded by my old friends – Samantha, Esther, Larry, Elizabeth and all those in attendance, made me feel as though I had arrived home. Thank you for the warm welcome. It's great to be back.

Recently, I have been considering the community which we live in, and the pillars that it stands upon – i.e. those things that are more often than not the topics or issues for our community programs. I believe they are: a) fighting anti-Semitism; b) Holocaust remembrance and c) securing the State of Israel.

These are lofty motivators which have developed organically over the last sixty years, and have one thing in common - they are rooted in the age-old need of the Jew to survive.

Holocaust remembrance is something that never leaves the minds of our community. It is always in our consciousness and plays a huge role in our decision-making. Generally the message of Holocaust remembrance programs is to remind us we were persecuted not so long ago, are a vulnerable people and therefore must be aware of survival tools for our personal and collective safety.

Programs on fighting anti-Semitism are crucial to the sustainability of the Jewish community, giving us insight on its existence and causing us to consider ways and means of seeing it and the ability to battle it when called upon. Once again, the huge investment we make into fighting anti-Semitism is grounded in survivability.

Finally, our focus on Israel is frequently directed at the terror our brothers and sisters are regularly faced with and the significance of ensuring Diaspora Jewry plays a part in Israel's physical wellbeing. Israel based programs are generally built around defining the dangers Israelis live with every day, and determining the best and most efficient ways of surviving.

Years of persecution have shown us that being proficient at developing and using survival tools is smart. When you live in a

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neighbourhood that is build out of wood, one makes sure that a fire extinguisher is affixed to a wall in every room.

Let us always remember however, that we are a creative and passionate people with successes that span the spectrum of technology, medicine, the arts and philosophy. We are the people of the book, intelligent and driven to 'know'. This was made clear on the High Holidays when a number of our members stood before the congregation and spoke eloquent, inspiring and well-thought out words of Torah.

With this in mind, I feel it is important the Jewish people do not only concentrate on those things, which remind us how to 'stay alive'. It may be time as well to encourage the aggressive proliferation of Jewish theatre once again in Toronto and Jewish publications whose mandate is highlighting Jewish poetry and prose.

Imagine if we were able to spend an evening with our fellow shul-mates, at a Jewish venue, watching a performance of a Sholom Aleichem plays, or a reading from an Amos Oz book.

When we speak about Israel, let us celebrate the magnificence of its growth in such a short time. When we remember the Holocaust, let us also study, read, and re-read the wonderful writings that survived those terrible times – giving us insight into not only the dismal demise of our brothers and sisters, but similarly the gigantic lives that so many of them lived.

I commend Habonim for taking the lead in this area. There have been many wonderful programs within the walls of the shuls, which represent our need to develop survival tactics but also celebrate the inherent growth that has not only sustained our people but in fact, pushed us to higher levels in every generation.

Being aware of danger is imperative if one is too survive. We must also take advantage of the relatively peaceful times we live in and a country that allows us the ability to take any health path we choose – to grow like a flower after a rain shower.

Once again, I'm so happy to be back at Congregation Habonim and appreciate the chance to share our spirituality, exchange in ideas and be part of a place that oozes Jewish warmth and love. I look forward to the coming days when we gather to understand all aspects of our people – both the need to survive as well as the drive to grow.

Avrum

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## DONATIONS

**Aliyah:** Vivian Shapiro, A. Shanoff

### **In Memoriam:**

In loving memory of Evelyn Dennis - Joan and Clifford Lax

In loving memory of Walter Levy - Toby Levy

In loving memory of Isaac Wilinofsky - Beverly and Ronald Ross

In loving memory of Harry Ross - Beverly and Ronald Ross

In loving memory of Edith Rogers - Lisa and David Rogers

In loving memory of Julius and Elsa Leinung - Ursula Leinung

In loving memory of Marie Ader - Ursula Leinung

In loving memory of John Leinung - Ursula Leinung

In loving memory of Judy Morton – Erica and Jerry Small and family

In loving memory of our Mother, Rose Kopelman - Felicia and Sam Cukier

In loving memory of a beloved Father and Grandfather, Bernie Slomen – Karen and Bernie Katchen

In loving memory of Jack Cole - Gwen and David Cole

Remembering with love my dear husband, Charles Mint - Phyllis Mint

In loving memory of Nathan Burrows - Laura Crangle

In memory of Edward Isadore Harris - Neil Harris

In loving memory of my dear parents, Sophie and Bernard Sion - Rhoda Sion

In loving memory of Samuel Perisko - Sylvia Van Der Hout

In loving memory of Rebecca Van Der Hout - Sylvia Van Der Hout

In loving memory of Annie Lams – Toby Levy

### **Greetings:**

To Tina Patton in honour of another great - grandchild, a little boy. May he be healthy and bring much joy to the whole family - Gerda Gottlieb

## ONEG SHABBAT SPONSORS

**Albert Morton.** In honour of Eli Rubenstein for his outstanding efforts and accomplishments.

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**OUR E-MAIL ADDRESS:**

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**QUESTIONS OR NOTICES RE JAHRZEITEN?**

Call Linda Brager at 416-488-0282

**INFORMATION ON BREAKFAST MEETINGS?**

Call Steve Erdos 416-787 0527

## JAHRZEITEN

To be read at the service on March 31, 2006:

Leon Kofman	Nisan	3	April 1
Moe Koffman	Nisan	4	April 2
Renee Goodis	Nisan	6	April 4
Hettie Goldberg	Nisan	8	April 6
Oskar Hastofsky	Nisan	8	April 6
H. Bob Medline	Nisan	9	April 7
Dr. Joseph Spitzer	Nisan	11	April 9
Julius Jekel	Nisan	11	April 9
Maurice Goodman	Nisan	12	April 10
Michael Herstatt	Nisan	12	April 10
Maria Paula Clavir	Nisan	13	April 11
Morris Buium	Nisan	14	April 12
Nathan Ostrow	Nisan	14	April 12
Elvira Weiss	Nisan	14	April 12
Olga Spitzer	Nisan	15	April 13
Tommy Gottlieb	Nisan	15	April 13
Lucia Gottlieb	Nisan	15	April 13
Fillip Gottlieb	Nisan	15	April 13
Joan Blidner	Nisan	16	April 14
Helene Joy Grossman	Nisan	17	April 15
Hyman Ormsby	Nisan	17	April 15
Jerry Zweig	Nisan	17	April 15
Leon & Marie Urstein	Nisan	17	April 15
Evelyn Wilchesky	Nisan	18	April 16
Sarah Bell	Nisan	18	April 16
Gertrude Schneider	Nisan	18	April 16
Annie Hastofsky	Nisan	18	April 16
Leonard Vyner	Nisan	19	April 17
Samuel Shatz	Nisan	22	April 20
Morris Lams	Nisan	23	April 21
Fritz Heichelheim	Nisan	24	April 22
Earl Greenberg	Nisan	28	April 26

**In mourning:** Arthur Steuermann, Millie Lindsay,  
Harry Silver, Herbert Haber, Sandra Ema

Information and contributions to THE BULLETIN?  
call Erika Erdos at 416-787-0527, fax 416-787-9640  
e-mail eri.steve@rogers.com

Deadline for contributions to the next Bulletin:  
*Wednesday, March 15, 2006*

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