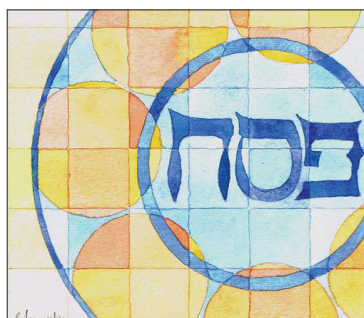




Tevye Reads Shalom Toronto

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Israeli Art For Pesach

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Passionate About Good Food

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Israeli Journalist Arrested for Leaking Top Secret Documents

ELAD BENARI

The Israeli internet scene has been seething with rumors which have begun to reveal preliminary information on a serious security issue involving a young reporter from the Israeli news website *Walla*. The website Seventh Eye, which deals with criticism of the Israeli media, published a report on March 9 on the departure of reporter Anat Kam. The statement said that Kam, who has been a media writer for *Walla*, "has gone on unpaid leave and will stop writing for the site effective tomorrow, March 10, 2010, and until further notice."

It was also reported that Kam, who was born in 1987, started out in journalism as a teenager in her hometown of Jerusalem. She wrote for a local newspaper entitled *Jerusalem* (which was later renamed *Yedioth Jerusalem*) for over a year, and at the same time wrote for several months

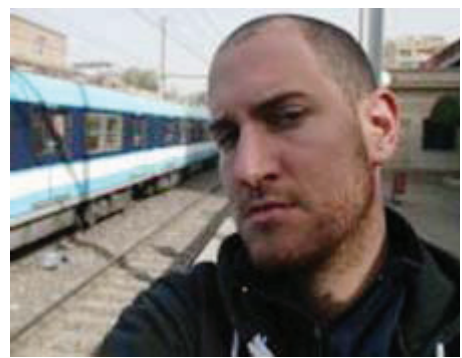
in *Walla's* youth section called ZONE. In August 2007 she replaced Lior Librovsky as a media reporter for the entertainment section of the site, and has served in that capacity ever since. *Walla* belongs to Bezeq and Ha'aretz. Walla confirmed that Kam is out on unpaid leave.

Yoav Yitzhak of Israeli website *News1*, published a brief profile of Anat Kam a month ago. "Anat Kam is a relatively young journalist. For the past two years she has been writing on *Walla*. Previously she served as a soldier in a sensitive capacity. Now she's writing in the media section, which focuses mainly on what goes on in the media: journalists, editors and publishers. Anat is considered very opinionated and has a clear ideology. Extreme left wing. Is competent but manipulative. This is evident in her writings about journalists. Extreme values



Anat Kam, Photo: Ido Keinan (Source: Wikipedia)

Continued on page 38



Israeli Journalist Stands Military Trial in Egypt

Yotam Feldman, 30 (the son of attorney Avigdor Feldman), was arrested by Egyptian security forces as he tried to infiltrate Israel through the Sinai Peninsula along with an immigrant from Ghana.

Egyptian sources said that Feldman was conducting a research report for Channel 10 News on the infiltration of immigrants into Israel from Egypt.

The sources added: "A gang of smugglers transferred a group of infiltrators through the African border, among them the Israeli jour-

nalist, but when they approached the border - they were seized by Egyptian authorities. Some of the African infiltrators fled, but the Israeli journalist and another immigrant from Ghana remained in place."

Today it was reported that Feldman was being questioned by a military prosecutor, and that once the interrogation is over, he will be transferred to the Israeli embassy in Cairo and from there will be returned to Israel.

Meanwhile, the National Association of Israeli Journalists called on the Egyptian authorities to release Feldman. In a letter delivered to

the Israeli Embassy of Egypt, they stressed that Feldman was preparing a news story and thus should be treated as having resided in the area as part of a journalist's mission.

Following the news of Feldman's arrest, Channel 10 told *Walla News*: "Yotam Feldman went to Egypt 10 days ago in order to conduct research on the phenomenon of infiltration of Palestinian refugees to Israel for a report on Channel 10. Channel 10 News is working in cooperation with the army and Foreign Ministry officials to return him safely to Israel."

ELAD BENARI

An Israeli journalist arrested Sunday in Egypt has been taken for questioning by a military prosecutor.

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Who Does the Israeli Media Serve?

YOAV YITZHAK
TRANSLATION ELAD BENARI

The Israeli media has once again tongue-lashed Prime Minister Benjamin Netanyahu. As usual, due to extraneous considerations. This time on account of Israel's interests in the capital - Jerusalem. No less. The media presents the permit that was given to build 1600 housing units in Ramat Shlomo (Tuesday, March 9, 2010), as a lawless, disturbed and illegitimate move - designed, ostensibly, to thwart the proximity talks with the Palestinians.

This means that the big media outlets - television channels (Channel 2 and 10), and the newspapers *Yediot Aharonot*, *Maariv* and *Haaretz*, give a seal of approval to stop construction in Jerusalem. These media outlets not only denied through their publications this week Israel's right to make decisions during a seemingly volatile time, but also Israel's right to build in controversial areas such as Ramat Shlomo; and also the public's right to receive what was promised to it by the chosen government. Thus the media serves the Palestinian interest. Netanyahu's unnecessary apology - rather than standing erect and saying: This is the elected government's policy - as he was startled by the criticism and pulled into it as if possessed by a demon, "played" even more to the Palestinian side.

A stranger might come to think mistakenly, that he is watching broadcasts and reading newspapers by the Palestinian Authority in Hebrew, and not Israeli-Jewish media. A stranger from a distant land might get confused and think that the regional committee in Jerusalem was supposed to get a permit from Ramallah before approving the construction of housing units in Ramat Shlomo, even though it is land wholly owned by the Israel Lands Administration.

Most commentators have enlisted to blast Netanyahu and present him as an empty display, and the arms of government as conducting themselves in a wanton way, in order to thwart the visit/mission of U.S. Vice President Joe Biden in Israel. The media refrained from

giving appropriate expression to the simple facts and thus failed in their role. Those facts are:

A) The government decided four months ago, after public confrontations with the U.S. government, on a construction freeze in Judea and Samaria alone;

B) In that decision the government stated: Construction in Jerusalem will continue. This is in the interest of the State of Israel and there is no point in hiding it;

C) Both decisions were coordinated, following many conversations with the U.S. government, including conversations with President Barack Obama and Secretary of State Hillary, both of whom grumbled but accepted the decisions with understanding and in silence;

D) Jerusalem is at the heart of the consensus in Israel;

E) All the government factions are supporting the continuing construction in and around Jerusalem;

F) The Jerusalem District Committee meetings are held every two weeks, on Tuesday, so there is no point in complaining about the timing and the discussion as if they were intended to embarrass Vice President Biden;

G) At almost every meeting the committee discusses decisions about large projects in Jerusalem, which are in dispute with the Palestinians;

H) The building plans in Ramat Shlomo have been discussed by the committee for many years (at least eight years):

* The Local Committee approved the plans four years ago;

* The District Committee has been engaged in these programs for three years;

* No objections were presented to the District Committee - neither from the Israelis nor the Palestinians;

* The committee's decision on Tuesday was just another step. Actual construction will start at the earliest in about three years;

* The project is planned to be built to the south-east (in the direction of the Ramot and French Hill neighbourhoods), and not in the Arab village of Shuafat, so there is no point in complaining as if these are stolen lands that should be given to the Palestinians.



Caricature in Maariv depicting PM Netanyahu sweating in boiling pot cooked by President Obama

Attention editors and owners of the media:

It is an open secret that many governments, including the U.S. government, are influenced by what is called "public opinion", which is designed and/or made known through the media. When Israeli media keeps hammering at the government of Israel and Netanyahu in particular, and presents them as committed to building illegitimately - and it is not just the question of timing that can definitely be argued about - it is "playing" into the hands of Israel's opponents, headed by the

Palestinian Authority and Hamas. It also gives a seal of approval to the American administration and the Quartet to act to prevent decision-making regarding construction in Jerusalem. Not now and not in the future.

Secretary of State Hillary Clinton put it well when she rebuked Netanyahu during a phone call: As for the construction permits in Ramat Shlomo - the administration opposes not only the timing of the resolution but also its contents. Clinton also added that the decision affects American interests. Yes-yes,

Americans. Not Israelis.

Editors and media owners in Israel should internalize this, if they want to stick to reality and to the facts, and do service to the State of Israel and its citizens.

.....
Yoav Yitzhak is the publisher and editor of News1, one of the largest news websites in Israel. The article first appeared in Hebrew in News1 on March 13, 2010 and is being reprinted in English in Shalom Toronto with his permission.

"Top Secret"

Continued from front page

and one-sided. Anat has recently lowered her profile. Busy, probably with more burning issues."

Yitzhak did not explain what he meant by the phrase "burning issues". *Indymedia*, a website in which radical left factors (including anarchists) are active, published a story about the affair in an attempt to circumvent the censorship order in the case. The website said: "More than a year ago, in November of 2008, Uri Blau published an article in *Haaretz* entitled 'IDF Secret

Documents: IDF's Chief of Staff and elite members confirmed the assassinations of wanted men as well as innocent people.'

The article, which caused bewilderment within the army and among other top security officials, was based on a leak (one or many) by anonymous sources... according to unofficial sources... Anat Kam is the source of those embarrassing documents published in *Ha'aretz*. Anat Kam is not out on unpaid leave, but is under house arrest without permission to continue her work as a journalist. The reason we have not heard about it... is an imposed gag order on the arrest

of Anat Kam and then a gag order imposed on the gag order."

The article by Uri Blau, dated November 28, 2008, included a copy of two documents classified as "Top Secret", which showed, according to Blau, that the IDF chief of staff confirmed the assassination of wanted men as well as innocent people, in violation of the court in this matter. One of the documents was written (likely in March 2007) in the Special Operations unit of Central Command, and sent to the Judea and Samaria (the West Bank) Division, the Menashe brigade (area of Jenin), and Central Command. The other document, dated April 16, 2007, was written in the bureau of

the chief of staff, and summarizes a general staff meeting.

In an article published on this matter on November 30 by the Jerusalem Center for Public Affairs (and which also appeared in *Shalom Toronto*), entitled "A mole in the bureau of the chief of Central Command", the documents were analyzed and the conclusion was that the "Deep Throat" that provided documents to Uri Blau served in Command Center's headquarters and had access to very sensitive documents (either by permission or illegally) within the folders of Central Command Major General Gadi Shamni. The article also estimated that the "Deep Throat" would

like, through these documents, to thwart the defense forces' activities against left-wing parties, and arouse widespread public criticism, both in Israel and abroad, against the IDF's policy regarding targeted killing of terrorists.

Internet forums belonging to the Israeli left have expressed support for the leak by Anat Kam, and have called it "a moral act" and "a civil duty". One of the messages stated: "We must fight for Israeli democracy even if Anat Kam cannot or will not do it herself, and even if the Israeli press cannot or does not want to do it itself."

Israel Saves Lives In Haiti



Dr. Ofer Merin

DORIS STRUB EPSTEIN

It is a story of harrowing heroism, brilliant ingenuity and heart rending emotions. Last Tuesday, the audience at Shaare Shomayim sat enthralled, proud and moved beyond words as Dr. Ofer Merin, Chief of the IDF Field Hospital described how Israel responded in the aftermath of the Haiti earthquake. Hundreds of lives were saved because of their swift professionalism and expertise. A CNN reporter, her voice trembling with emotion said, "It's like another world (the IDF hospital) compared to the others."

Only hours after the quake struck,

the medical team prepared itself. Three doctors were sent ahead to reconnaissance a site and found a soccer field. So as not to waste time, the entire operation was planned while still in the air, a 14 hour flight from Israel – Merin with some 230 people, including IDF nurses, physicians and medics, one of the largest medical units in Haiti at this time. Later, Israeli volunteers flew out to help them. Zaka came so that they could bury the dead with dignity. Israeli clowns came for the children.

They landed in Port-au-Prince on the afternoon of Jan. 15 but had to wait for a separate cargo

plane loaded with medical equipment, which arrived at four in the morning. "By 10 a.m. the next day we were ready to start treating patients," Merin said.

Less than 80 hours after the quake, the hospital was set up and fully operational. "We were the only group to set up a real hospital, complete with a surgical wing." He attributes Israel's quick response and extraordinary organization to their training in emergency preparedness. "We drill year after year so we have the mentality to be alert."

They were shocked and overwhelmed by what they saw. Countless hundreds were lying wounded in the streets. Haiti, with nine million people, is the poorest country in the Western hemisphere. Three million were affected by the quake. One million were left homeless. Over 300,000 were wounded. "Patients were brought in on doors, in wheelbarrows, carried in peoples' arms," he said.

They thought of everything. "We were the only ones able to do X-rays," he said. "We had a small lab, ultrasound equipment, incubators. Even a shul. Everything we had was donated to Haiti after we left."

Using 12 laptops, they devised a barcode like in supermarkets and were able to identify each person. They also took a picture of each one. "We had exact knowledge of the patients," he said.

But in this desperate situation, they had to be flexible, come up

with creative solutions and think outside the box.

There were no beds for the babies, so they used large plastic bowls from the kitchen. "Most of the surgeries were limb surgeries," he said. "But in such a poor country amputees have no money for prostheses so we had to do our best to salvage limbs. Special nails brought from Israel for this purpose were gone in four days. So Reuben, the head nurse took pins to the blacksmith and showed him how to make the nails. They worked just the same as the original."

They drove around looking for casts, which were gone in a couple of days and which nobody had. Somehow they discovered that the Moroccan embassy had 3,000

"A small, not rich country, we were the only ones to send a medical delegation within the first week". Dr. Ofer Merin

of them.

A baby was bleeding for lack of Vitamin K which was unobtainable. One of the Israeli doctors gave his blood and the baby was saved.

He spoke of the agony of choosing who should be treated. "Thousands were lying on the streets with no medical care. We had only 80 beds. By the end of the first day we were full. Normally you treat the worst patients first. We had to choose those that had the best chance of

survival." Not that they always stuck to that.

To cope with the emotional stresses which were exacerbated by lack of sleep, heat and the crisis environment, decisions were made in a group. And every morning for a half an hour, they got together to speak about their emotions.

Within a few days, the Haitians were beginning to recognise the blue and white Israeli flag, and every time a car passed them with that flag, the Haitians applauded.

Dr. Jeff Saltzman from Toronto was in Haiti volunteering in a hospital from Miami. "It was chaotic, no labs, not computerized - writing on scraps of paper. The Israelis were incredible."

Merin, a cardiac surgeon, was Chief of the Israel Defense Forces Field Hospital in Haiti and Deputy Director General and Trauma Surgeon at Shaare Zedek Medical Centre in Jerusalem. He trained for two years at Sunnybrook hospital and lived here with his wife and four children. Many of his friends and colleagues came to hear him speak. Dr. Bernard Goldman, who was just awarded the Order of Canada, introduced him to the audience.

His presentation was sponsored by the Canadian Shaare Zedek Hospital Foundation and community partners Shaarei Shomayim Congregation and The Speakers Action Group and UJA Federation of Greater Toronto.

Putting a Stop to Israeli Brain Drain

Government to use money and resources to lure scientists back home

DAN VERBIN

The Israeli government has announced a plan it says will reverse the long-term trend of the country's best scientific minds being lured overseas due to more lucrative job offers.

To curtail the brain drain Israel has faced for years, the government issued a statement on Sunday saying it plans to use measures, such as incentives for scientists who do not leave the country as

well as funds for new research facilities, to convince scientists not to go abroad.

Approximately \$250 million USD has been allocated for the undertaking, with the aim of encouraging research scientists and technicians to return or stay in Israel instead of pursuing what have in the past been more rewarding avenues outside of the country.

AP reported that Israeli Prime Minister Benjamin Netanyahu said that science is "an important core of know-how for

growth and advancement in Israel."

Israel has long been known for its pioneering advances in science, including in the areas of medical technology, agriculture and solar energy. Israeli chemist Ada Yonath of the Weizmann Institute of Science won the Nobel Prize for chemistry in 2009. The country is ranked fourth in the world in terms of scientific activity, measured by the number of scientific publications per capita.



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Same Old Refrain

Once again Jerusalem is not quiet. Its familiar sounds are back: The ringing of the church bells is deafened by the sound of the muezzin calling once again for the protection of Jerusalem from the Jews. The "day of rage" declared in Jerusalem this week (March 16) was a repeat of the violence of the "Days of Rage" in 2000, which led to the outbreak of the al-Aqsa Intifada (which has never officially ended). The history of the Israeli-Palestinian conflict is written like a deterministic script. Nothing has changed. The roots of the struggle are unfortunately religious, so the chances of a political compromise that would allow a stable co-existence over a long period of time are considerably smaller.

In September 2000, the Palestinian Authority started the terror war called "The al-Aqsa Intifada: Independence and Return", after it incited the masses to conduct violent riots by claiming that then MK Ariel Sharon "defiled" the al-Aqsa mosque when he visited the Temple Mount. Then (just like now) strident claims about the Jews "defiling" the holy places of Islam on the Temple Mount were sounded. Even now (just like then) these statements

are meant to remove the demon of violence from the masses, while in the background are threats to renew attacks inside Israel and open a third armed intifada.

Arab leadership in Israel is taking a peculiar policy. It warns against a wave of violence, argues that Israel's actions are an implicitly justified cause for violent protests by the Palestinians, and calls on the Israeli government to stop construction in Jerusalem in order to calm the situation. One thing they are saying remains unintelligible. Why not directly call on the Palestinians to stop violence? Even if the rights of any citizen have been trampled by the authorities, this does not justify acts of violence and mass murder. In Israel, like any other country, authorities sometimes expropriate land from its owners for the benefit of the public, for purposes such as road paving, construction of shopping centres and more. There are some citizens who feel, rightly or wrongly, that the state deprived them of their rights, and to that end they retain the right to go to court and a higher court of the judicial system. In the Palestinian context, there is a sharp transition between the sense of deprivation and acts

of violence and terror. The Arab leadership places the responsibility for the violence on the victim, Israel. A strange logic: Hug the Thug, the Palestinian edition.

The crisis between Israel and the U.S. was surprising both by its gravity as well as the massive American pressure on Israel for the most trivial affair. It is quite obvious that the Americans' motive is not the "insult", but rather the administration's attempt to exploit the circumstances to advance political goals at the expense of Israel. The Obama administration feels the Israeli government's weakness and is interested in fully exploiting it by forcing concessions on Israel at the political level. The Americans have a serious problem: Their only trump card in the Palestinian arena is Abu Mazen and the fragile Palestinian Authority. In the background Hamas is threatening to devour the cards also in Judea and Samaria. On the other hand, the government of Israel does not see and/or cannot move substantially on the political level, because it does not trust the Palestinian Authority that has not given up on the vision of the liberation of all of Palestine by the return of refugees, and is not ready to reach



Palestinians wave Palestinian flags during a demonstration on March 16, 2010 in Gaza City to protest the reopening of a 17th century synagogue in Jerusalem, amid growing unrest in the Holy City. Hamas had earlier declared a "day of rage and alarm" over the inauguration of the rebuilt synagogue, which is near the Al-Aqsa Mosque compound, sacred to both Jews and Muslims, and which Palestinians fear is the first step in an Israeli plan to destroy the Old City compound and rebuild a Jewish temple on its ruins. Photo: AFP PHOTO/MAHMUD HAMS/Shalom Life Archive

a real compromise with Israel. The current Israeli policy is therefore perceived in Washington as threatening America's vital interests. The problem does not end there, because as the United States (Israel's main strategic back) distances itself more

and more from Israel, it conveys a message of Israeli weakness and a golden opportunity to put pressure on it. In other words, the temptation for another intifada is greater than even before.

JDL Protest at Palestine House

On Saturday, April 3rd, Palestine House will commemorate the 34th anniversary of "Land Day" with the editor-in-chief of Al-Quds Al-Arabi newspaper, Abdul Bari Atwan, who said last year on ANB Lebanese television, *"If the Iranian missiles strike Israel, by Allah, I will go to Trafalgar Square and dance with delight."*

Join the JDL Demonstration outside Palestine House
3195 Erindale Station Road
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FRI., APRIL 2nd 2010, at 1:00 pm.

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Stand proud with JDL as we urge the Federal Government to withdraw funding for Palestine House, which for years has been the nerve centre for anti-Jewish/anti-Israel activities in Canada and the driving force behind "Israeli Apartheid Week."

We cannot allow Palestine House to spread the ideology of genocide. Their meetings must be monitored at all levels.

This is the time for action: the JDL needs your dedication and support. Please join with us to combat the call for genocide against the Jewish People.

Israel's fight is everyone's fight. Those who call for the genocide of the Jewish People also call for the genocide of the West. Our enemies may call Israel the Little Satan but they call Western democracies the Big Satan. Their saying, "First the Saturday people, then the Sunday people," is reminiscent of Hitler, whose first target was the Jewish People but who later went after millions of other people.



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BREAK the LIES Am Israel Chai



TanenbaumCHAT Awarded Ontario Library Association Library Building Award

For the first time, a high school library has been awarded the Ontario Library Association Building Award. The library at TanenbaumCHAT Kimel Family Education Centre was chosen from dozens of submissions from the public sector, and from colleges and universities throughout the province. This award is not only for architectural excellence, but is appraised for the importance of the library to the life of the school. Paul Cravit (CS&P), David Abernethy (Petroff) received the Award together with Deborah Lambert, TanenbaumCHAT Kimel Centre Librarian. Photo: Tom Arban



Keren Dor-Yosef, representative of the Haifa municipality

An Evening of Israel in Canada

Nefesh B'Nefesh holds mega aliyah event in Toronto

ELAD BENARI

About 120 individuals interested in making aliyah to Israel filled the Novotel hotel in North York on Wednesday evening, as the Nefesh B'Nefesh aliyah mega event came to Toronto.

The event was held as part of a series of events being held across North America which provide information to individuals wishing to make aliyah to Israel, about the many services they will have access to upon their return to Israel, as well as services offered by Nefesh B'Nefesh and the Jewish Agency for Israel in order to make the aliyah and absorption process in Israel as smooth as possible.

The evening began with an address by Danny Oberman, Executive Vice President of Israel Operations at Nefesh B'Nefesh, who noted that Nefesh B'Nefesh is expecting about 5,000 Jews from North America to make aliyah to Israel during 2010. Oberman encouraged the participants to make aliyah as soon as possible. He noted that when Nefesh B'Nefesh calls the olim to see how they're doing a year after they have made aliyah, 75 per cent of them say "We're sorry we didn't do this sooner."

Nathan Jacobson, Canadian Chairman of Nefesh B'Nefesh, recalled having dreamt as a child with his friends in Winnipeg about making aliyah to Israel one day. He said that he now lives in Israel close to the same friends, and they still get together. He added that Israel is a great place for children to grow up in and study, noting that he sees that in the wonderful education his daughter is receiving in Israel.

Also addressing the crowd were Liane Sela, JAFI's Aliyah Shlichah for Canada, and Yossi Tanuri of UIA Federations Canada, who also encouraged the participants to make aliyah to Israel. Tanuri added that having been born and raised in Israel he often took it for granted, but in reality Israel is the best place in which to live.

Following the introductions, sessions were held that provided information about anything from planning aliyah, the shipping process, job finding in Israel, tax, mortgages, and much more.

Throughout the entire evening, an expo was simultaneously open, in which representatives from different organizations were on hand in order to provide participants about their institutions and how they can help those making aliyah. Among others, representatives from Maccabi and Meuhedet (health maintenance organizations), Orbit Shipping, mortgage companies, banks, and tax lawyers took part.

As well, representatives from different places in Israel showed participants why their area was the best one to choose to live in. Among the places represented were: Jerusalem, Haifa, Modi'in, Ariel, as well as the Negev and the Galilee.

Nefesh B'Nefesh states the following on its website as its mission statement: "The

"The core mission of NBN is to revitalize Aliyah and to substantially increase the number of future Olim by removing the financial, professional and logistical obstacles that prevent many individuals from actualizing their dreams..."

core mission of NBN is to revitalize Aliyah and to substantially increase the number of future Olim by removing the financial, professional and logistical obstacles that prevent many individuals from actualizing their dreams. In the process of fulfilling our mission, we aim to educate and inspire the Jews of the Diaspora as to the centrality of the Jewish State to the Jewish people and its desirability as a Jewish home. Such enhanced awareness will send an unmistakable signal of Anglo-Israeli Jewish solidarity and of our mutual determination to strengthen the State of Israel and thereby increase the likelihood of an ever expanding Aliyah reality."

Undoubtedly, on Wednesday evening the dream of aliyah became one step closer to reality to the many participants who attended the event and received all the information on how indeed, Israel is the best place in the world to live.

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Two Israeli Artists, Two Worlds of Art

(Part 5 in a Series)

MOSHE MIKANOVSKY

The Israeli Artists Group of Greater Toronto brings together Israeli artists in different disciplines of visual arts, to work, socialize and enhance the Israeli and Jewish culture in Toronto. In this series of articles, we will open a window to some of our artists who live and work in our midst.

With the smells of spring in the air, and the hectic preparations we see all around us for the coming Pesach holiday, I wanted to introduce to you couple of artists that create Judaica artwork in new and contemporary styles, including Passover art. The first is potter Dorit Shelef.

Dorit immigrated to Canada eight years ago with her family. Being a potter artist in Israel was natural and directly connected with her formal education in the arts. But when she moved to Toronto, Dorit almost gave up on her art and passion. Being a stranger in a new place, dealing with everything new – language, friends, kids' schools, even the unfamiliarity with the local art scene – Dorit took some time off to expand her growing family. Once the baby grew up a bit, and with the many encouragements she received from her new friends, Dorit decided to rebuild her artistic career.

She opened "Out of Clay", out of her basement studio in Thornhill, and started making one of a kind hand crafted practical, yet highly decorative, Judaica items. The pomegranate is a repeating motif in her work, representing one of the fruits of the land of Israel, a Rosh Hashana symbol and seasonal fruit, full with seeds symbolizing fertility and abundance of good-deeds. Another beautiful feature of her unique designs is intricate lace-like patterns, delicately glazed to mimic the feel and texture of the real thing.

For the upcoming holiday, Dorit created a series of Seder Plate designs. Through these, and the other artifacts she creates and sells throughout the Jewish yearly cycle, Dorit feels her deep connection to

her roots, to her beloved Israel, and the extended family and friends, the community in which she dwells. She participates in many arts and crafts fairs, such as Artzy, the art and music event organized by Hillel of Toronto last week.

The second artist I would like to introduce this week is.... myself. Yes, I am not used to writing about myself, but I am also one of the Israeli Artists Group of Toronto, and I would love to share with you some of my background and passion for the arts, and personal insights into the group and its activity in Toronto.

I was born and raised in Israel, and moved to Canada in 2002, after spending six years in Detroit, Michigan. My day job is in computer sciences, mainly software development management, in which I try to utilize my creative side. But my passion, the one I breathe during the day and dream about at night, is in the arts. Since I was a kid, I always loved painting. My artistic productivity had ups and downs, based on how busy I was with daily life, but I never stopped dreaming.

A few years ago, after seeing some of my artwork, a good friend suggested I contact KetubahKetubah, a local company who sells Ketubahs online to clients all over the world. Since then, I have designed for KetubahKetubah about 10 unique Ketubahs, which are sold as Giclee prints. One of the latest designs is a first of its kind in the world of Ketubahs – in the Zodiac Ketubah, the couple can choose their Zodiac signs and embed them into the artwork, all done electronically and customized especially for them. In the past year, I have licensed my art to the UJA of Greater Toronto for their Holiday Tribute Cards, as well as opened an online store on Zazzle on which I sell many products featuring my artwork. For example, this Passover season, you can find Passover aprons, customizable binders for Passover Recipes or Haggadas, and even Kosher for Passover stickers.

My love for art doesn't stop at painting. I love learning and

trying new mediums, and putting them together in interesting ways. For example, I love working with stained glass, etching, linocut prints, acrylics and more. I also love writing about art and artists, as you have seen, and hopefully enjoyed, in this series of articles. Through the membership with the Israeli Artists Group, I have met many special people, who help each other in many ways. Our mutual love for Israel, the Jewish and Israeli community, and the art process, we share between us all art and non-art events, calls for action, opportunities, tips, word-of-mouth – like any

social group with similar values, yet diverse membership, does.

Dorit's pottery can be viewed on her website at www.outofclay.com. Dorit appears in many art shows throughout the year and also sells from her home office. Her annual Home Boutique sale happens just before Rosh Hashanah. To contact Dorit for an appointment please call 416-659-6194 or send an email to dshelef@gmail.com

Moshe's paintings can be viewed on his website www.mikanovsky.com from which his blog and Zazzle store can be reached. Moshe's Giclee Ketubahs can be purchased

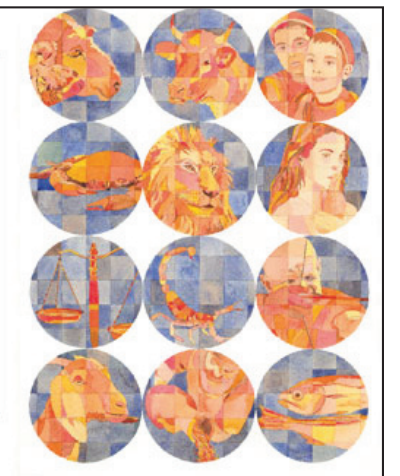
at Ketubah.com (a link is available from Moshe's site). Moshe also accepts Ketubah and Bar/Bat Mitzva portrait commissions. To contact Moshe please call 417-525-1350 or email moshe@mikanovsky.com.

Both Dorit and Moshe will be participating in the Israeli Artists Group show on May 15-18 at the MacDonald House, 121 Centre Street, Thornhill.

.....
Moshe Mikanovsky is a member of the Israeli Artists Group of Greater Toronto (moshe@mikanovsky.com, www.mikanovsky.com)



From right: Dorit Shelef, 3 Pomegranates and a tray, Clay, 2"x2"x2" each; Passover Seder Plate, Clay, 13" Diameter



From right: Moshe Mikanovsky, Zodiac Ketubah, Original Watercolours, 22.5"x30"; Passover, Watercolours, 6"x8"



First fundraiser for the North York Women's Shelter held on International Women's Day

On Monday, March 8th, approximately 100 people came to celebrate International Women's Day at the Columbus Centre. Representatives from different communities, most of them women, came to support the first fundraising initiative for the North York Women's Shelter by the "Successful Woman Council", a non-profit organization founded by Nina Zaslavsky. Special thanks goes out to all the volunteers, donors, musicians and artists. For more information, visit the council's website at www.swcouncil.ca Pictured are Councillor Karen Stintz, Pearl Gladman, Executive Director Bnai Brith Canada, Nancy Oomen, Chair of the Event, Lada Tarasova, Executive Director, Successful Woman Council.

Shalom Toronto Featured In Rural Alberta Theatre

MAUREEN BELEJ

In Elk Point, Alberta, 230 kilometers north-east of Edmonton, the local dinner theatre is gearing up for their 10-year anniversary performance of the hit musical *Fiddler on the Roof*. Many of the original cast members will be participating in the musical, which will run for three consecutive weekends starting March 12th.

Theatre director Don Conrad is confident that they will sell out all six performances. Conrad, who was born and raised in the area, has been involved in every one of the dinner theatre's 17 productions.

"We've got a lot of strong local performers," he said. "All of our actors are volunteers. Our performances are so popular we don't even need to advertise. Approximately 2,000 people, from as far away as Edmonton, Calgary, and parts of Saskatchewan, will get to see the performance in our newly renovated facility."

Elk Point's Arts and Leisure Centre is getting a \$1.5-million facelift, thanks to the support of the Alberta Government.

"Four years went into developing the concept and proposal for this facility," recalled Conrad. "The building was originally owned by an oil company and wasn't well used. We had to convince a number of parties that this was a community project worth funding."

Today, the centre hosts a number of community events, including comedy acts, choir performances, and of course, dinner theatre.

In the theatre group's encore production of *Fiddler on the Roof*, the lead (Tevye) is played by local actor Randall Kryz, who has two decades of community theatre experience.

Conrad, in the director role, told *Shalom Toronto*, "We said we wouldn't put it on a second time if we didn't have him. He is made for this role."

Kryz exudes a very warm, friendly and humble personality offstage, yet, once in character, he delivers strong vocals, a bold stage presence, and a lot of passion for the part.

"The message is timeless," he said, smiling, in a conversation with *Shalom Toronto*. "Tevye is trying to keep the old ways in a world that is changing so fast. He is trying to hold on to something he knows best. It is a feeling I can relate to personally in my own life, and I see value in doing certain things 'the old way.'"

In preparing for their respective roles, Kryz and other cast members spent a fair amount of time researching Jewish culture and traditions online. "We wanted to learn more," said Kryz, "and it can be challenging to find



Actor Randall Kryz with Shalom Toronto newspaper. Photo: Maureen Belej

the right resources in a smaller rural setting. With the help of the Internet, we were able to connect with *Shalom Toronto*."

Cast members contacted *Shalom Toronto* to obtain print copies of the newspaper for use in the production.

Kryz, a parent, teacher and dedicated volunteer, seeks to strike an emotional chord with the audience. "I would like the audience to realize what happened in Russia at that time, and to know that many Jewish people were persecuted for their beliefs."

Shalom Toronto took in a rehearsal, and it was clear that Kryz was able to connect with his character on a deeper level. When asked how he was able to identify with the lead role so well, Kryz shared that: "Tevye is close to my heart. He is a familiar character to me and one I can relate to. The feelings Tevye has are feelings I have had in my own life so I am able to put that emotion into the character. Of course, when you do a lot of shows consecutively, it can be hard to get out of character."

Kryz added, "It can be hard to take off that coat and be you again."

Despite that challenge, the actor plans to continue his involvement in local theatre. Kryz has a lot of fun acting, and for him, "It is all about communities helping communities to further the arts."

For more information about the Elk Point Arts & Leisure Centre's dinner theatre and their shows, contact Director Don Conrad at 780-724-4777 or doncon@telus.net



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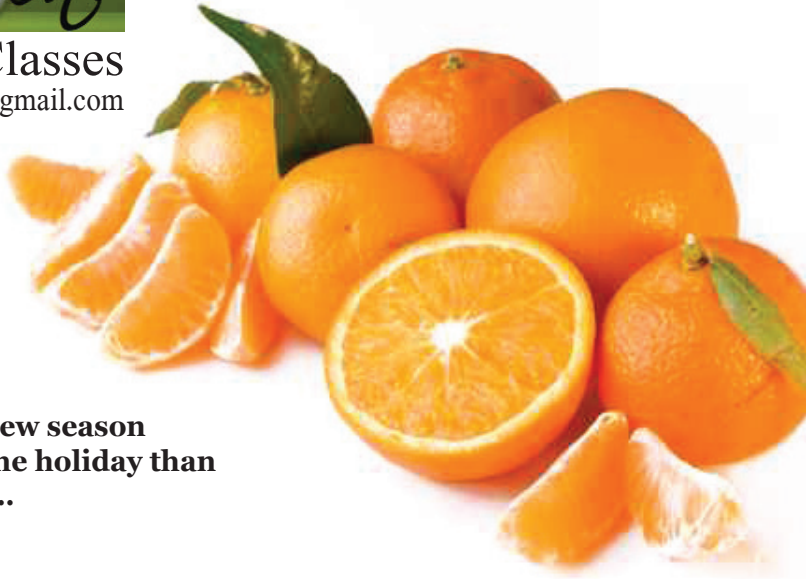
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An Orange Passover

The sun is shining, spring is in the air, a new season beginning. What better way to celebrate the holiday than with a burst of juicy, revitalizing oranges...

CHEF MARGIE AROSH

Did you know that the word "ascorbic," as in ascorbic acid, is actually the name for vitamin C and means "no scurvy"? The name came about in the 18th Century when British sailors appropriately nicknamed "Limey's", discovered that citrus fruit helps to fight this disease.

Ascorbic acid, or vitamin C, is now known to be extremely important for the body's manufacturing of collagen, the protein responsible for keeping cells, muscles, and bones connected to each other. At just 80 calories each, oranges make the perfect, pre-packaged, self-contained, healthy snack. The dietary fiber "pectin" in oranges also helps in the maintenance of appetite control.

Baking for Passover is a challenge given all the dietary restrictions. Cake meal which is really finely ground matza replaces flour. Eggs are usually the main ingredient for the rising process although today we have strictly kosher baking powders. The use of icing sugar is restricted as it may contain corn starch. A good trick is to fill one cup of sugar minus 1 tablespoon and replace it with a one tablespoon of potato starch. Pulse the sugar in a food processor until powdery to create icing sugar.

Oranges are a wonderful addition to any desert. The bright citrus flavor is pallet cleansing and refreshing not to mention absolutely delicious!

Wishing you all a healthy and happy Passover!

Drunken Orange Almond Cake

- 6 eggs, separated
- 3/4 cup sugar
- Zest of 3 oranges
- 1 1/2 cups almonds, ground
- Syrup:
 - Juice of 3 oranges
 - 1/2 cup sugar
 - 1 Tbs orange liqueur (optional)

Preheat the oven to 350°. Grease and line the cake pan.

Separate the eggs into two bowls. Beat the yolks with the sugar and zest and stir in the almonds. Beat the whites to stiff peaks. Stir a spoonful of the whites into the yolk mixture, then fold in the rest, gently. Pour the batter into the pan and bake until set, about 45 minutes. Let cool slightly, then turn onto a serving platter.

Syrup

Heat the juice and sugar together in a saucepan and boil five minutes. Stir in the liquor if using. Spoon evenly over the cake, letting the syrup soak in as you go (it will absorb all of it). Serve the cake with candied oranges on top.

Pavlova with Moroccan Orange Crème & Candied Orange Slices

- 4 egg, whites, room temperature
- 1 pinch salt
- 3/4 cup granulated sugar
- 2 tablespoons corn flour
- 1 tablespoon apple cider vinegar
- 1/2 teaspoon vanilla

Preheat oven to 350 degrees. In a large, clean stainless steel bowl, beat egg whites and salt on high-speed until peaks just start to form. Gradually add the sugar in a slow stream while continuing to beat on high speed. Beat for about five minutes or until stiff peaks form and meringue is glossy. Add the corn flour, vinegar

and vanilla and beat until well blended. Transfer the meringue onto a baking sheet lined with parchment paper.

Using the back of a spoon spread the mixture into a 9-inch circle, making dollops and forming an edge that is slightly higher than the middle. Bake for 20 minutes.

Reduce temperature to 200 degrees and bake for a further 30 minutes. Turn oven off and let Pavlova cool inside oven for one hour or until dry and crisp on the outside. When Pavlova is cool, spoon orange crème on top and garnish with candied orange slices.

Candied Orange Slices

- 2 oranges sliced very thin (the thinner the better)
- 1/2 cup of water
- 3/4 cup of sugar

In a saucepan, place the water and sugar. Boil the mixture and let cool for 15 minutes.

Pour the syrup over the oranges and let it soak up the oranges for 30 minutes or so. Drain the oranges and place on a cookie sheet. Bake at 200 degrees for about 3 hours until the orange slices are dried.

Orange Crème

- 4 large oranges juiced to total 1 1/4 cups
- 4 tablespoons of sugar (or more, to taste)
- 2 tablespoons of cornstarch diluted in 1/4 cup of water
- 1 teaspoon orange blossom water or 1 teaspoon orange liquor

Place the orange juice in a heavy-bottomed saucepan on medium-high heat and bring to a boil. When the juice starts steaming, add the sugar, stir well and then add the cornstarch mixture. Continue stirring while it bubbles up and add the orange blossom or liquor. When the mixture thickens, pour through a fine mesh strainer. Cool at room temperature and cover with plastic wrap pressed down on the crème. Place in the refrigerator until cold and set.

Serves: 6



Chef Margie Arosh is a Personal Chef Catering Service and Cooking School. She is also the chairman of the "UJA Food for Thought Program", with the Israeli Forum.

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What's On This Week

The Michael Bernstein Chapel At the Miles Nadal JCC All are Welcome! Services: Sundays at 8:00 am and Thursdays at 7:15 am. Complete Kosher Breakfast Buffet after Services. For more info: Coleman Bernstein (416) 968-0200

Julie M. Gallery invites you to see Anat Betzer, Purple Rain. March 11 to April 25, 2010 at Julie M. Gallery, The Distillery District, 15 Mill Street, Building 37 Suite 103, Toronto. For more details call (416) 603-2626 or e-mail info@juliemgallery.com

"From Couscous to Kasha: Reporting from the Field of Jewish Community Work". Lecture by Dr. Seymour Epstein about his new book recounting his experiences assisting the rebirth of Jewish communities scattered across the vast former Soviet Union. Thursday, March 18 at 7:30pm at Beth David B'nai Israel Beth Am, 55 Yeomans Road, Toronto.

Judy and David present the Juno-Nominated Family Musical Red's in the Hood. Saturday March 20 and Sunday March 21 at City Playhouse in Vaughan. For tickets please call (905) 882-7469.

BAC & JUMP invite you to Sunday Brunch at JUMP, accompanied by live music. Sunday, March 21 between 11:00am and 2:00pm, 1992 Yonge St., Toronto. All you can eat for \$10, Kashrut observed.

Folk Dance Israel: The Social History of a Movement, lecture by Dr. Dina Roginsky. Sunday, March 21 at 11:00am at the Miles Nadal JCC, 750 Spadina Avenue, Toronto. For more information call (416) 924-6211 ext. 154.

Chabad Lubavitch of Markham Sisterhood presents Fashion Show and Gala Event hosted by Erica Ehm. Sunday, March 21 at 5:00pm at the Bay on Queen Street. Tickets are available from the Chabad of Markham office at \$50/person, or for \$65/at the door. Student and Senior tickets are \$36/person. For tickets, please contact the Chabad Lubavitch of Markham office at (905) 886-0420 ext. 227 or go to www.chabadmarkham.org

Cooking with Chef Elise Burton. Learn to prepare a fabulous Passover meal that is totally "matzahless" (Wheat/Gluten Free). Monday, March 22, 7:00pm to 9:30pm at the Miles Nadal JCC, 750 Spadina Avenue, Toronto. Admission: \$35 members, \$40 non-members. For more information call (416) 924-6211.

Stamp Show – NYPEX 2010, sponsored by the North York Philatelic Society, Sat. March 27, 2010, 10:00am to 3:00pm at the Carnegie Centennial Centre, 580 Finch Ave W. For more information please call Mike Turk at (905) 731-8380.

Berry Sakharof Motek Productions presents Yom Ha'atzmaut concert featuring legendary rock icon Berry Sakharof performing live for the very first time in Canada. April 20th, 2010, location to be announced. For more information please visit www.motekproductions.com or email info@motekproductions.com

To see your event listed in this section email elad@shalomlife.com

Passionate Foodie

Lucy Waverman is a passionate advocate for good food

CATHERINE KUSTANCZY

Lucy Waverman is a passionate advocate for good food, done well. As well as being the woman behind Weekend Menu in *The Globe and Mail*, she is also the food editor of the venerable *Food and Drink* magazine and the author of several books, including the award-



Lucy Waverman

winning *A Matter of Taste* (with James Chatto), *Lucy's Kitchen*, and *Home For Dinner*. Her latest, *A Year In Lucy's Kitchen* (Random House Canada) is a feast of seasonal eating and delicious ideas. Waverman's trademark style – a mix of influences, all filtered through an easy-going approach – is on full, flavoursome display. With its bevy of beautiful photos, healthful ap-

proach, and even delicious wine pairings, *A Year In Lucy's Kitchen* is sure to be a staple in every culinary fan's kitchen.

The decision to structure the book seasonally, month by month, was something Waverman had intended from the beginning. "You can open a month and see, 'Oh there's an Easter menu – I can do that' or, 'I just saw rhubarb in market, and here it is in April.' [Structuring by season] brings awareness, hopefully."

That awareness extends itself to Waverman's work in going to schools to educate students about healthy eating practices. She recounts the story of teaching ten-year-olds about food recently. Some of those classes included segments on whole grains. "I took a number of things kids liked and made them with whole grains, so we had sushi with quinoa, Rice Krispie squares with Kashi cereal – stuff like that. I made them oatmeal pancakes with steel cut oats, and I asked them what they learned at the end. They said, 'We've learned that you can eat healthily and still eat yummiy.' That's part of the mandate of trying to get people into the kitchen, to have them understand you can eat well but you have to know how to cook it."

Her approachable style to cooking is based on the belief that no matter where the food is grown, "it won't matter if people aren't prepared to get into a kitchen and cook some-

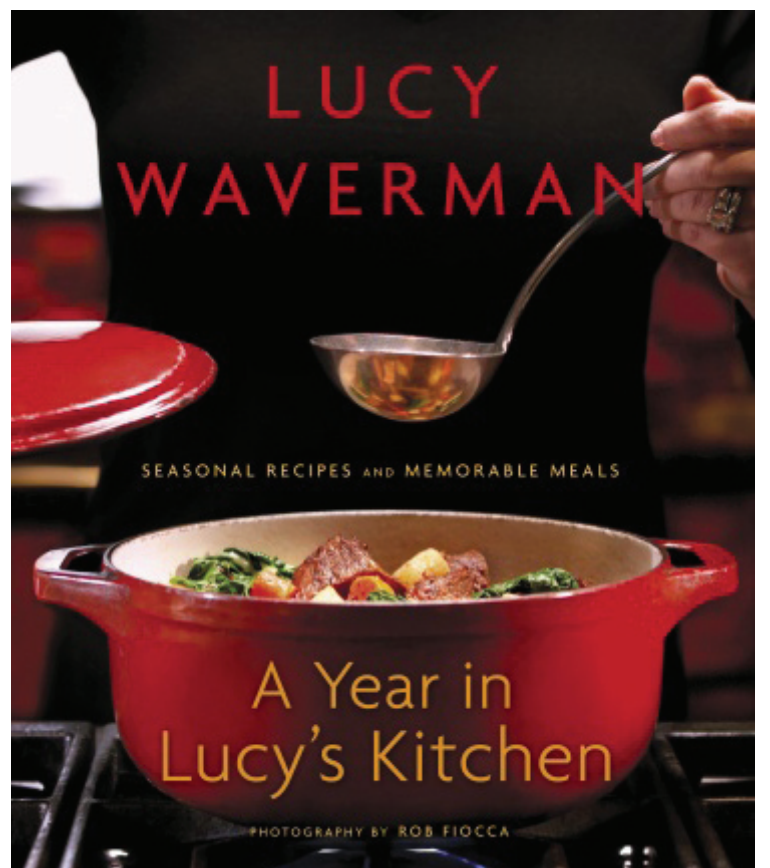
times. I think that's something the city culture misses, because they go in a kitchen but there are masses of people who haven't a clue and are intimidated."

That intimidation is nowhere to be found with *A Year In Lucy's Kitchen*. Geared toward home cooks, the book is chock-full of easy, delicious recipes that highlight the joy of the entire cooking process while emphasizing healthy, fresh choices. Along with ideas for casual entertaining, barbecuing, soups, and stews, Waverman's book also includes special occasions, including tasty dishes for Passover and Hanukkah that many Jewish readers will find delightful.

For Passover, Waverman wanted to do "something Sephardic" because most recipes, she says, "always make Passover Ashkenaz." She includes a rich Moroccan Chicken With Prune and Figs, which she writes of as being one of her readers' favourites. "I wanted to do something different," she says, "because Passover recipe are actually really hard!" The chapter also includes an easy, tasty Broccoli Bisque with Gremolata and her award-winning Floating Chocolate Lemon Mousse Tart.

Flipped to the Hanukkah chapter, a few eyebrows might be raised that her recipe for latkes doesn't include the traditional matzo meal.

"There had to be a latke recipe," she says with a laugh, "but with



matzo, well, you don't need it. It's really better with flour – it gives a different texture."

She also circumvented the traditional doughnut-making in the kitchen approach of yore, opting instead for a bread pudding that incorporates the beloved Hanukkah food. "With doughnuts, it's like, 'Ah yeah, they look nice, but I'm not eating them,'" she says regarding modern attitudes, "but by turning into bread pudding, everybody eats them."

Still, Waverman feels her strongest recipes are soups, fish dishes and main courses. "I'm less interested in desserts – I'm not a big

dessert person myself, but those I do make are simple and I want them to work well."

That sense of perfectionism permeates *A Year In Lucy's Kitchen*, as does her belief in food awareness. "Education comes in many different forms," she notes. "It comes with understanding food that's local. I just want people to cook, to cook locally, to get into the kitchen. I think a lot of people who are in all these political movements and food policy movements don't understand that it isn't enough to tell people (about food issues) – you have to help people get in the kitchen too."



CHRISTAL GARDIOLA

Corey Haim's family and fans have finally said their goodbyes. The Canadian actor's funeral took place at Steeles Memorial Chapel in Thornhill on Tuesday morning. Fans and media outlets gathered outside the venue to commemorate the *The Lost Boys* star's life.

Dan Pigeau, 31, is a teacher from Oshawa and a Haim fan. Like many other fans, Pigeau stopped by with

his wife and friend to witness the funeral. "Part of my childhood died," he said upon hearing the news of Haim's death. "I felt sad. I felt the need to be here." Pigeau, who arrived two hours before the service started, also shared that he looked up to Haim growing up and enjoyed watching his movies. He said, "I still, at 31, love watching *The Lost Boys*."

Also present at the funeral was Haim's second cousin, Maytal Kotler. She addressed the media afterwards

Haim's childhood best friend. The site of the burial was unknown to the guests. There were also no sightings of Corey Feldman.

Haim has been in the centre of much controversy since he passed away last week in Burbank, Calif. Feldman, Haim's friend and reality show co-star in *The Two Coreys*, said that Haim died without a penny to his name. Haim was a teen star in the '80s, known for movies such as *The Lost Boys* and *License to*

Hundreds Gathered at Corey Haim's Funeral

Fans bid the '80s star farewell

and said, "It was a very touching memorial service. Lots of funny, touching stories." *Toronto Star* reported that 200 people attended the service. About three or four speakers took the podium, including

Drive. But suffering from a highly publicized drug addiction, he later on declared bankruptcy in 1997.

His mother, Judy Haim, reportedly told *Access Hollywood* that the City of Toronto agreed to cover some of the funeral expenses. A spokesperson for the City, however, confirmed on Monday that it "has never received an application for assistance with the funeral costs for Mr. Haim." But other groups have stepped in to pay for the expenses.

Celebrity memorabilia website *Startifacts* offered the Haim family \$20,000, while a MySpace fan page declared last Saturday, "It appears that we may now have raised enough money to cover all the expenses of Corey's funeral! Many thanks to all who donated!"

Several of Haim's personal friends did not attend the funeral. Feldman

announced on Monday that he will be holding a separate memorial in California, but chooses to respect the family's wishes for a small gathering. He said, "I would love nothing more than to be by her side at Corey's funeral, however due to their strong religious beliefs, and need for privacy, the family has decided to make Corey's funeral on Tuesday a small, private affair."

Actress Angela Cullins, who starred with Haim in *American Sunset*, also sent her condolences. In a statement release she said, "It would mean the world to me to be at Corey's funeral, but due to the need for privacy, the family has decided to make it a small affair."

The 38-year-old actor died of pulmonary congestion last Wednesday. He reportedly weighed 200 pounds at the time and was put on prescription drugs.

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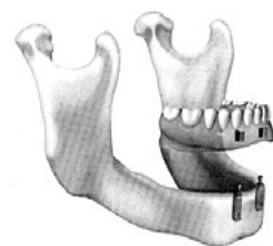
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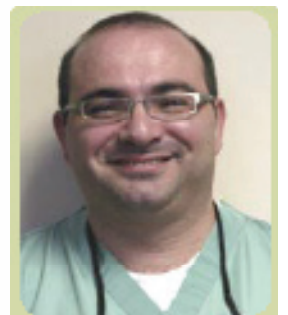
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