



# JEWISH REVIEW

Canada's BUSINESS & LIFESTYLE  
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## TURNING THE PAGE

*STEPHEN PAGE OF BARENAKED  
LADIES TURNS A NEW PAGE*

## LEVI COOPERMAN

*PUTTING THE FRESH IN FRESHBOOKS*

## TRUTH VS. MYTH

*EXPOSING THE REAL GOALS  
OF THE BDS MOVEMENT*

# JOE MIMRAN

*Brings Fresh Fire to Dragons' Den*

## A CALCULATED RISK

*YESHIVA BOY TURNED MILLIONAIRE  
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## CRÈME DE LA CRÈME GLACÉE

*GUIDE TO TORONTO ICE CREAM EATERIES*

SUMMER 2016 | ISSUE No. 7



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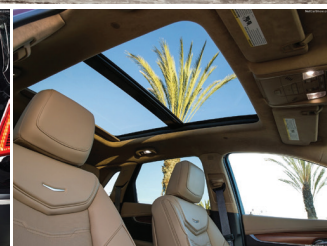
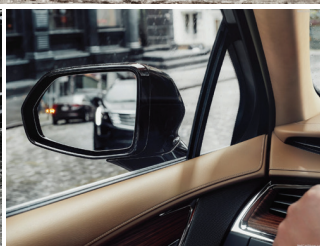
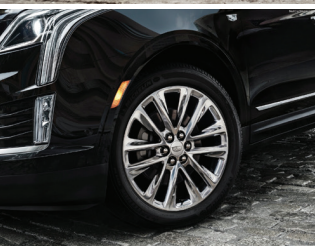


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# PETER TRIANTOS



"Starting on a new piece is super exciting for me. Although I may have a pre-conceived notion of creating something unique and exciting that will intrigue myself and the viewer, ultimately the process creates its own flow, and encapsulates, solidifies or impregnates itself into the medium whether it's painting, sculpture or film." Peter Triantos - a true lover of art and an avid collector himself - explains, referring to his work. He has successfully represented himself, running three galleries and an 8000 ft<sup>2</sup> showroom which is available for event space rental.

"Nobody truly perceives abstract art the same way," he continues. "It's what their subconscious projects." His paintings are striking, bold and mystifying. The artist himself is upbeat, vibrant and generates enormous positive energy - traits that are encapsulated in his work. He delves deep into his passion for exploring emotions and the natural being of humans. He is truly a one-of-a-kind contemporary abstract artist with remarkable creative talent.

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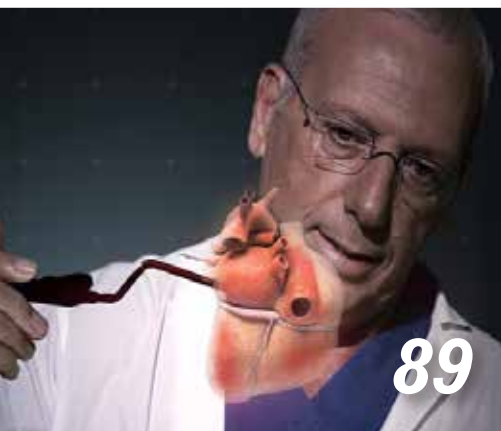
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# WELCOME



**MICHELE MICHAELOV**  
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## ON THE COVER



**JOE MIMRAN**

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Welcome to the latest issue of Jewish Review, Canada's Business and Lifestyle Magazine. An exciting magazine that covers issues and topics relevant to Canadian Jewish life in both business and lifestyle.

Once again summer is here and I hope you are finding ways to stay cool. Thankfully the city offers many fun ways to beat the heat, including local tasty treats to keep you chilled; so don't miss our guide on where to find Toronto's best ice cream and more.

In this issue we bring you a story about the personal struggles of Stephen Page, who departed from musical group Barenaked Ladies, and has released a new album that highlights his newfound sense of inner peace.

And in another new beginning, Levi Cooperman relaunches his award-winning accounting software Freshbooks to be better than ever.

Our cover story features Joe Mimran; a man who has been at the forefront of Canadian fashion for the past 30 years. Recently, he has joined the entrepreneur reality show Dragons' Den, sharing his business savvy nationwide.

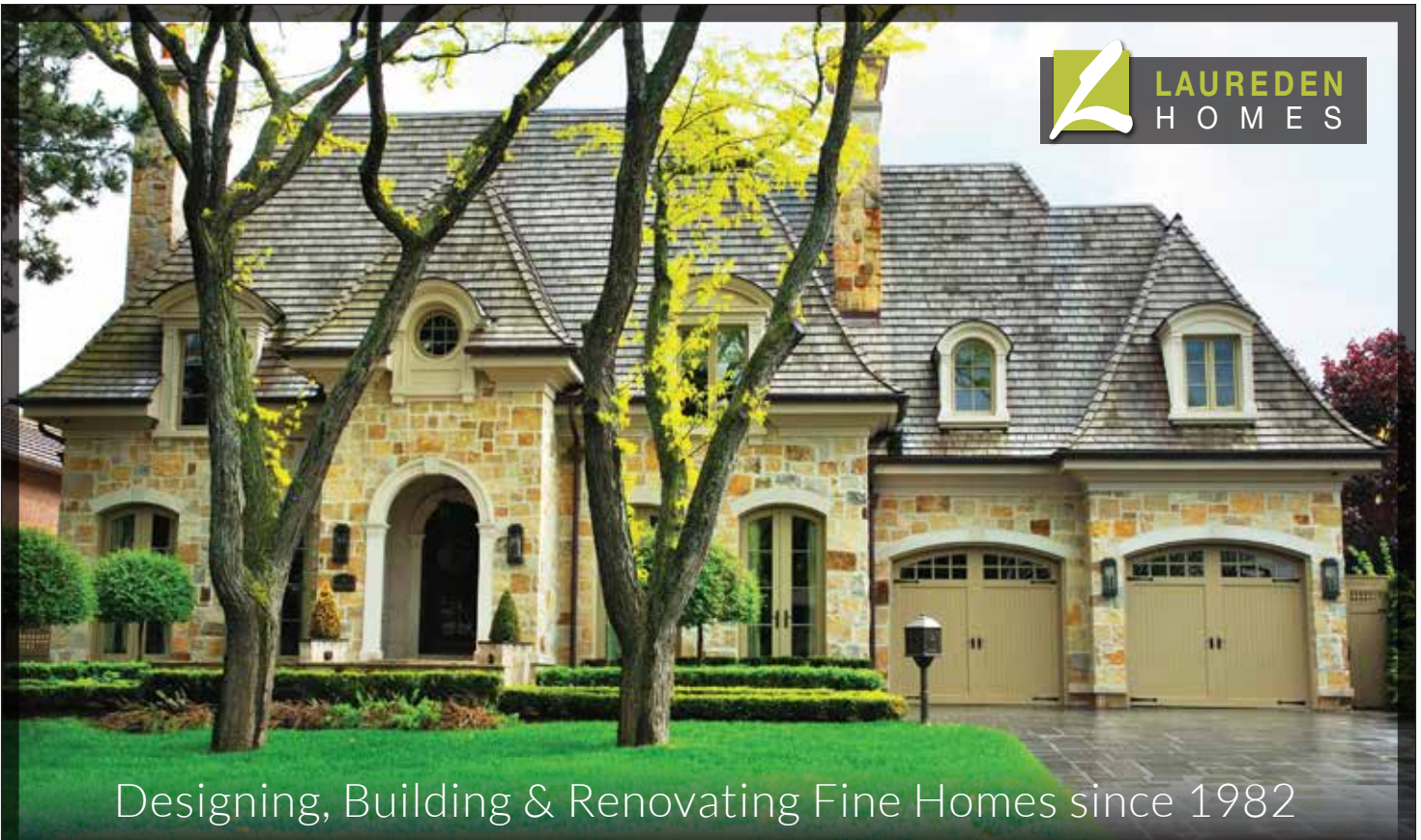
As avid supporters of Israel, we expose the myths and misconceptions of the BDS movement in our article Truth vs Myth. We continue this close examination of politics in another article where we explore the role of bias in media, and how it influences public thinking. Also we are delighted to celebrate Israel's strength in science and technology with a look at the latest Israeli medical discoveries and developments.

We hope you enjoy the Jewish Review, a magazine that reflects the drive and determination of our Jewish community. Please let me know what stories you would like to see in the future.

Contact me at [editor@jewishreview.ca](mailto:editor@jewishreview.ca).

Sincerely Yours,

A handwritten signature in cursive script that reads 'Michele Michaelov'.



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- Manage your care and expenses if you have an unexpected severe accident, at any age, that results in your needing substantial assistance from a family member or care-giver. ■

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# Israeli Soldiers SAVING LIVES Worldwide

**T**hey come from all Jewish backgrounds. Ashkenazi, Sephardi, mixed. Religious and secular. The new recruits of the Israel Defense Forces make their way through the standard induction procedures where they receive medical tests, dog tags and uniforms. But unlike anywhere else, these draftees are also asked if they'd be willing to have their cheek swabbed, so that they may save a life. Since 2005 the collaboration between the IDF and

the Ezer Mizion Bone Marrow Registry has made Israel the highest per capita registry in the world. Approximately 40,000 new inductees annually agree to provide a DNA sample. This has implications for Jews the world over.

A bone marrow transplant is, in essence, a stem cell donation. Those suffering from leukemia and many other blood diseases are no longer capable of producing healthy blood cells. Often their only

chance of survival is through a genetically compatible stem cell donor.

Based in Holland, the World Marrow Donor Association database has almost 30 million blood marrow samples. However, ethnic minorities are severely underrepresented and the chance of finding an unrelated bone marrow match is extremely slim. Chances for a match increase significantly if the patient and potential donor share the same ethnic background. Until Ezer

Mizion joined the WMDA the percentage of Jewish samples in the international registry was alarmingly small.

The soldiers of the IDF have helped change these facts. With over 800,000 active potential donors, the Ezer Mizion Bone Marrow registry is the fifth largest registry in the world. The goal is to reach the point in which virtually any Jewish patient worldwide would be able to find a donor match. Currently 50 percent of all bone marrow donations given through Ezer Mizion go to patients outside of Israel including 32 Canadians.

Libby Goszer of Vancouver recounted her story at the Ezer Mizion Canada inaugural gala. Libby was like so many other women, a devoted mother and wife, a competent professional. "The next moment I was a blood cancer patient facing intensive chemotherapy treatments. Remission

**"APPROXIMATELY  
40,000 NEW  
INDUCTEES ANNUALLY  
AGREE TO PROVIDE  
A DNA SAMPLE. THIS  
HAS IMPLICATIONS  
FOR JEWS THE  
WORLD OVER."**

came and went. Ten months later, the leukemia was back and a bone marrow transplant was my only chance. I remember the day of my transplant vividly. I was in my hospital bed surrounded by my husband and some close friends. A woman walked into my hospital room carrying a small case

with a bag of stem cells. We knew she had come from the airport, but we had no idea from which country. While I assumed that my donor shared my Jewish heritage, it never occurred to me that the stem cells had come to Vancouver, all the way from Israel!"

Guests at the gala watched, sharing tears of joy, as Libby met Moshe, the Ezer Mizion registrant whose life-saving marrow now ran through her veins. Libby would live because Moshe took the time at his IDF induction to register and Libby is just one of the over 2000 lives saved by Ezer Mizion. Ezer Mizion Canada works to increase the registry by raising funds to pay for the processing of DNA samples from IDF soldiers. ■

*For more information, contact Ezer Mizion at 647-799-1475 or visit [www.ezermizion.org](http://www.ezermizion.org)*

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Did you know that there are thousands of cancer patients worldwide whose only hope for survival is a bone marrow transplant?

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*Over 40,000 soldiers of the IDF join the Ezer Mizion Registry annually. We need your help to sponsor their genetic testing so that cancer patients everywhere, young and old, can survive. **Please donate now to save lives.***

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# RESOLVING LEGAL CONFLICTS

## Which process is right *for you?*

WRITTEN BY:

ILANA TAMARI, B.SC., D.C.S. (PSYCH)

DANI Z. FRODIS, LL.B., B.SC.

ROBYN SWITZER, J.D., M.A.

When we were kids, resolving fights was easy. If we couldn't force our sibling to do what we wanted, we ran to our parents for help. But as we got older, we realized that there were reasons not to involve mom or dad in every dispute. Sometimes running to mom or dad meant everyone got in trouble. Sometimes the basis of the fight itself needed to be kept secret from mom or dad. Sometimes you just didn't want to look like a tattletale.

As adults, we sometimes need courts to resolve disputes for us when we can't resolve them ourselves. However, as adults, we realize that there are occasions when using the open-court process is not desirable or appropriate. So, we seek alternatives. There are many different avenues available today to resolve disputes, as the field of alternative dispute resolution continues to grow and evolve to meet the needs of Canadians.

In family law, our options for solving conflict include:

**Negotiation**, among lawyers or the parties themselves.

**Mediation**, where a trained mediator assists the parties to reach an agreement, or make decisions about how to proceed.

**Arbitration**, where a private, neutral adjudicator receives evidence and makes a decision that is binding on the parties.

**Mediation-arbitration**, where a private neutral individual assists the parties to come to an agreement; if no agreement is reached, the mediator then acts as arbitrator, hears evidence, and then makes a decision.

**Family court**, where a judge hears evidence and makes a decision that is binding on the parties. ▶

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Ilana Tamari, B.Sc., D.C.S. (Psych), has been in private practice since 2002. She provides S30 assessments, parenting coordination, mediation & arbitration, closed and open mediation, reunification therapy, and lectures on domestic violence and power imbalances.

Ilana is a member of the association of Family and Conciliation Courts. She participates in a monthly peer consultation forum with Dr. Barbara Fidler around parenting coordination matters, section 30 custody and access assessments and high conflict families.

Ilana is an active participant on the High Conflict Forum and is a member of the Family Dispute Resolution Institute of Ontario (FDRIO). She is a certified member of the OACCPP, was a board member of the OACCPP, chaired the Professional Conduct Committee, and sat on the Ethics and Governance & Risk Management Committees.

Each process has positives and negatives, and it can be a challenge to decide which process will work best to resolve difficult legal issues.

Some factors to consider:

**\$\$\$** – The least expensive way to settle a dispute is for the two (or more) parties to discuss the issue and come to an agreement. However, many parties simply aren't able to do this. Mediation, arbitration, and family court can all cost money – the extent of the expense for each process is often largely a factor of whether or not lawyers are retained and present along the way. Appearing in court self-represented is affordable, although it is often not a good way to get the result you want. While mediation and arbitration often involve paying a neutral third party, they can be faster and more efficient ways of reaching resolution.

**TIME** – It likely isn't news to you that our family court system is backlogged, underfunded, and slow. Getting a resolution quickly in family court is almost unheard of in the Greater Toronto Area today. Many parts of the country fare worse. When a matter needs to be resolved quickly, private processes are almost always easier to enter expeditiously. That being said, if a resolution is dependent on one particular mediator or arbitrator, it can be difficult to secure a date with the most in-demand individuals. In a court process, resolution is rarely dependent on waiting for a single judge to be free.

**PRIVACY** – Our legal system is based upon a number of foundational principles, including that of open courts. We understand that justice should be universal – two families having the same problems with the same factual pattern should achieve the same basic outcome. Open courts guarantee that justice is both done and seen to be done, and that judges are following trends and making decisions based on common standards. Conversely, mediation and arbitration are private processes. While an arbitrator hearing a matter will often release written reasons, those reasons are private and not available for review by other arbitrators, members of the ▶

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public, or the media. If the airing of dirty laundry is a concern, alternative dispute resolution procedures are desirable. That being said, there are steps that can be taken in court to have privacy protected. Sometimes case names are initialized to prevent identification of the parties involved, and hearings can be closed to the public if there is a good reason for doing so.

**CORRECTNESS** – You may be thinking to yourself that this information is very interesting, “but where will I get a better result?” That is a very good question. This will depend on a number of factors, including which arbitrator, mediator or judge you end up before, how reasonable you and the opposing party are, and how complex the issues in your case are. Where it isn't clear which process will lead to the best outcome, here are some facts to consider:

- Decisions reached between the parties voluntarily, rather than those imposed by a court or adjudicator, tend to last. Two parents who agree upon a parenting schedule with intimate knowledge of their own needs and the needs of their children, are much more likely to fix upon something that works, rather than a judge or arbitrator who has no real knowledge of the family. Where it is possible, settlement is best.

- Arbitration has its limits. Most arbitration agreements, which parties have to sign to retain the private arbitrator, limit the circumstances in which unhappy parties can walk away from the arbitration process and elect to go to court instead. If you have an arbitrator you don't like, or who you think doesn't like you, you are limited to objecting to their decisions based on the traditional grounds of appeal. If you can't point to an error in fact or law in their decision, you are stuck with it.

- Arbitrators and mediators rely on referrals to keep working. In order to keep business coming in, they may be unwilling to come down too hard on one side or the other, in order to avoid the reputation of being unfair. If the opposing



lawyer feeds that decision-maker a lot of work, you may worry that the arbitrator is being overly sympathetic to their client's case. Rightly or wrongly, this may make the decision you get hard to swallow.

- When emergencies happen, it can be hard to see a mediator or arbitrator on short notice. Busy practices and vacation schedules may mean urgent issues have to be put on hold. Conversely, courts typically have emergency judges available even on holy days and holidays for issues that just can't wait.

- Many mediators/arbitrators are specialized. If you have a mental health professional as an arbitrator, he may

have difficulty assisting you with complex financial issues. Similarly, if you have a lawyer as mediator, she may struggle with issues relating to child development and emotional needs. Choosing the right individual is key.

Dispute resolution isn't as easy as it once was. Fortunately, we have multiple avenues for solving conflicts available to us. In family law, lawyers, mediators and mental health professionals have ample experience working with families in conflict and are often well situated to advise families about the type of process best suited to work for that family. ■

# Turning the Page

STEPHEN PAGE, BEST KNOWN AS THE FRONTMAN FOR THE BARENAKED LADIES, RECENTLY RELEASED HIS SECOND SOLO ALBUM. TITLED *HEAL THYSELF*, THE RECORD IS FITTING FOR A MAN WHO HAS STRUGGLED WITH HIS OWN PERSONAL HEALING. HE TELLS ALL TO THE *JEWISH REVIEW*.

—BY DAVE GORDON



It was 25 years ago when the Toronto-based band the Barenaked Ladies released *Gordon*, its first album. Classics like “If I Had a Million Dollars,” “Be My Yoko Ono” and “Brian Wilson” became instant hits. And singer Stephen Page became a household name.

A dozen more albums would be released over the next two decades, and Page, who started the group with his childhood chum Ed Robertson, wrote or contributed to, count ‘em, 97 of the 113 original Barenaked Ladies tunes. (This of course doesn’t include the standards from the band’s 2004 album *Barenaked for the Holidays*, where the Jewish frontman sings Hanukkah Blessings, Hanukkah, Oh Hanukkah, and I Have a Little Dreidel.) ▶





“THE HARD TIMES HAVE GIVEN ME PERSPECTIVE. SOMETIMES IT HAS GIVEN ME AN ANGLE TO WRITE ABOUT, BECAUSE I’M ABLE TO STEP BACK WHEN I’M IN A BETTER PLACE AND ASSESS IT, AND WRITE ABOUT IT AND THINK ABOUT IT.”

Since 2009, however, Page has pursued a divergent path. Beginning with a split from the band—hastened by his much-publicized 2008 cocaine bust—he has carved out a solo musical career, while, in the past few years, candidly speaking to a variety of audiences about his battle with mental health issues.

2010 saw Page’s inaugural solo album of original material, dubbed Page One, and now, six years later, its follow up, titled *Heal Thyself Pt. 1: Instinct*—symbolically fitting, perhaps, from a man who has fought with his own personal healing. Here, Page discusses performance, perfectionism, police, Prince and staying positive.

**Jewish Review:** How does it feel to have wrapped up *Heal Thyself*, your new album?

**Steven Page:** Now it feels like a total relief. You know, in the weeks coming up to its release I was in full panic mode, ‘cause it’s hard to let go of something that you’ve been working on. Especially this one. I’ve been working on it for a long time.

You spend all your time kind of obsessing over it, and massaging it and fixing it, and redoing parts. I learned a long time ago not to over-

produce something so it just gets slick. But for me, it was actually just a matter of trying to get what I heard in my head to come out of the speakers. And that takes some tweaking. But it can lead to some pretty obsessive behavior as well.

I thought: “Is this going to get ignored? Is everybody going to hate it, or not going to understand it the way it was meant? Did I do my job properly?” And then it’s out there. And you can’t control it anymore.

**JR:** But, you’ve never made anything that anybody has hated?

**SP:** No, I don’t think so. But I think most artists have those conversations in their heads. They write their own worst reviews before it’s actually released. But the wonderful thing is, people have been so positive about this record, in a kind of shockingly, exorbitant way. It’s out of my studio and actually in front of people and sharing it. It’s really a nice feeling.

**JR:** What are you trying to say with the new album?

**SP:** One of the things that I’ve struggled with a lot over the last 20 years has been what is the value of what I do for a living?

Am I creating a product people may or may not buy? Am I expressing myself, and if I am, who cares? Why would anyone want to listen to me? So all those kinds of struggles, I think a lot of artists ask themselves, especially when art is becoming more devalued. So it's like, where do we fit?

At the end of the day, the record becomes all about finding humility. I'm exploring my own foibles. I think anybody else of my age comes to a point where your kids get older, your parents get older, and obviously you do too. And you can't fix everything, and you can't be responsible for everything, but you can at least find some peace in what your contribution is.

**JR:** And that is, thus, *Healing Thyself*?

**SP:** Exactly. With that title it's both sincere and ironic at the same time. You know it obviously comes from "Physician, heal thyself," which is a biblical quote from Jesus. It means don't judge anybody else until you fix your own self.

But, when you take it out of context, it sounds ridiculously snarky. In *Jesus Christ Superstar*, "Heal yourselves, heal yourselves," he says to the lepers. I thought that was kind of a funny dual meaning. But also, there is that sincere personal side.

**JR:** You have been known, over the course of your career, as this kind of funny guy, beginning with the *Barenaked Ladies*. Is there anything underlying funny or witty within the songs? I get the sense that there is.

**SP:** Yeah. Humor is still a big part of how I approach the world, whether that's with a sense of sardonic, even some snark. Sometimes it's also self-effacing. But I think I've finally moved past the full-on self-deprecation of some of my older material.

And now it's about finding the humor of the situation when you're in the worst times. That's how I look at the world, even when I'm in a pretty dark place. And I think I work really hard on my lyrics. I try not to have any throwaway lines or throwaway words or phrases. Everything is there for a reason. Sometimes a line just makes you laugh your head off when it's in there.

**JR:** Well, you spoke about dark places and I want to veer into it. You've spoken a lot about your bout with mental illness to many audiences over the course of many years. How, over time, has your perspective changed in your struggles?

**SP:** I think the biggest change for me is just that I've learnt to lose the romance. I think it's pretty easy when you're

in the arts to romanticize, especially depression, and anxiety, neurosis. I mean a lot of my favorite filmmakers and musicians and artists have multiple lives, and most of those are marked by anguish and mental health struggles.

I've realized over the years that when I've struggled the most, I've been the least productive and the least creative. The hard times have given me perspective. Sometimes it has given me an angle to write about, because I'm able to step back when I'm in a better place and assess it, and write about it and think about it.

I've learnt to take it more seriously and learn to try to take care of myself. Where before, I think I would just let it go because it seemed almost acceptable to me.

We always see these images of the symphony conductor throwing a tantrum on the back of the stage. And that would be completely unacceptable if your band did it. It's not that different. How you treat other people, the fallout from your behavior, how your illness influences you, is serious.

**JR:** Sometimes people are afraid to seek help. They're not sure if the help they get is going to help.

**SP:** I think what people are afraid of is medication, and I don't blame them. Nobody wants to be on antidepressants for the rest of their lives. And if it's the wrong medication then it can totally mess you up. I mean it'll make you sleepy, it'll make you sad. You can never have another orgasm again, like all these horrible things.


Yeah, there's all kinds of side effects to this stuff. And the biggest problem frankly is that most people get their prescriptions from their family doctors. And they get one prescription, because the family doctors says: "This one seems to work the most" or "Haven't heard any complaints."

You have to be able to go back and keep working until you find the right dosage, the right medication, the right cocktail medications. The person who can prescribe should be a specialist and a psychiatrist.

So what you end up doing is you get this one prescription, and it makes you feel bad, or it makes you temporarily feel better after a couple of months, and you go "Okay I'm better now" and you stop taking it. I hear this all the time from people and I did it myself for years. You don't follow up, you don't follow through.

Depending on what their mental health struggles are, there are talk therapies that don't involve any medications at all. I work with a therapist who practices CBT, Cognitive ▶





"I THINK PEOPLE JUST NEED TO KEEP REMINDING POLITICIANS THAT IT'S A PRIORITY. MENTAL HEALTH SHOULD BE TREATED WITH THE SAME WEIGHT AS PHYSICAL HEALTH ISSUES BY THE PUBLIC."

Behavioral Therapy, and it basically challenges your ingrained assumptions about yourself. It gives you skills to learn how to defeat what I call the "sick brain" by reminding yourself that sometimes your brain lies to you when you're sick.

It's not so much about mental health but mental fitness. It's about having a relationship with somebody you trust. People go to one therapist, and feel judged, or feel they don't have a connection, or they feel like they are in a relationship like they are with a parent or a teacher and it makes them feel uncomfortable so they don't go back. People have to know that they should be able to audition people, until you find the right match. One of the problems for most people is they can't afford that.

**JR:** The health care system needs to heal thyself too.

**SP:** Exactly. It needs to take mental health far more seriously. I think people just need to keep reminding politicians that it's a priority. Mental health should be treated with the same weight as

physical health issues by the public.

We have a prime minister now who's dealt with this first hand, with really horrific mental health issues with his mother. And she's been such a great and open advocate, and hopefully that will start to help. I really hope that he starts to help push the public perception in the right way.

**JR:** Okay, onto something less serious, please. Have you ever been punk'd?

**SP:** When I got arrested I thought I was being punk'd, but I wasn't. I prayed that it was a punk. "Please, please let it be Ashton Kutcher around the corner!" I spent like, a day, waiting for him. "Duuude! We got you!" But no, it didn't happen. My whole life was a punk.

**JR:** For years, Prince's *When Doves Cry* was a staple in your Barenaked Ladies repertoire. Any thoughts on Prince's passing?

**SP:** When Ed Robertson and I started BNL we were Prince-obsessed. We did a bluegrass version of Alphabet St. at our first show.

**JR:** Song writing, performing. What requires the most emotional strength or drive to do?

**SP:** There are several things. When it comes to writing, I'm both a workaholic and a procrastinator at the same time, if that makes any sense.

I'll find a lot of ways to not commit to finishing a song. That's why I love collaboration with another writer, because you push each other to go. Whereas when you are by yourself, you have so much more space and so many more places to explore. So what I'll do is, I'll start to write something, and then I'll just start another song at the same time. I'll work for 16 hours, but I didn't finish a song.

The finality of a song is a bit scary to me. So that can be a challenge. But there are very few things that are as rewarding as finishing a song that you are proud of. And someone comes along and tells me they love a certain line, and it connects with them.

What is also hard is that there are times I've gone on stage and been a bit nervous.

**JR:** Nervous, still? Why?

**SP:** I'm not 100 per cent sure. I might need more therapy for that.

I don't do bad shows. But I want my show to be the best of mine they've seen, so there's that added pressure on me. Sometimes I just have to trust myself and go into it, and try to get to that place where it's transcendental for both myself and the audience. ■



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# A Calculated

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TORONTO'S OWN ARI ENGEL WENT FROM ULTRA-ORTHODOX YESHIVA BOY TO MILLIONAIRE POKER CHAMPION. HERE, HIS STORY—IN HIS OWN WORDS.

—BY ARI ENGEL

**T**he ancient rabbis had a saying about gamblers. “What crime do dice-players commit?” they asked in the Mishnah. “They do not occupy themselves with the welfare of the world.” It was part of my education at the Orthodox Jewish theological school I attended near Chicago, where I spent 14 hours every day poring over the sacred texts. Every so often, I’d encounter yet another screed against gambling: that it was akin to robbery, that it was a form of usury, and that people who made it their profession were disqualified as witnesses at trial.

My father was a rabbi whose career took him to congregations around the world. I was born in Toronto, and when I was a kid, we jumped from South Africa to Australia to the States. Our family was Orthodox; I kept kosher, observed Shabbat, and wore traditional garments like a yarmulke and tzitzit. After graduating high school, I studied for a year at an advanced yeshiva near Jerusalem, where ▶



# TOP 8

## CELEBRITY POKER PLAYERS



### 1. GABE KAPLAN

Comedian, actor, TV-host and professional poker player. Started playing poker professionally in the late 70's and has more than \$1.3 in tournament earnings. He is also the host of the TV-show "High Stakes Poker".



### 2. TOBEY MAGUIRE

Famous actor best known for his role as Spider-Man. He has placed money in several poker tournaments and according to poker pro Phil Hellmuth, he has won more than \$10 million in Hollywood home games.



### 3. JENNIFER TILLY

Oscar nominated actress and girlfriend of poker pro Phil Laak. Has a World Series of Poker bracelet from the 2005 \$1,000 No-Limit Hold'em Ladies Poker event and a victory in WPT Ladies Night III.



### 4. BEN AFFLECK

The famous actor was the first celebrity to win a major open poker tournament when he won the California State Poker Championship Sunday, picking up \$356,400. Has been engaging poker pro Annie Duke as a teacher.



"MY FIRST WEEKEND  
PLAYING ONLINE  
POKER, I MADE  
\$15,000—HALF MY  
YEARLY SALARY."

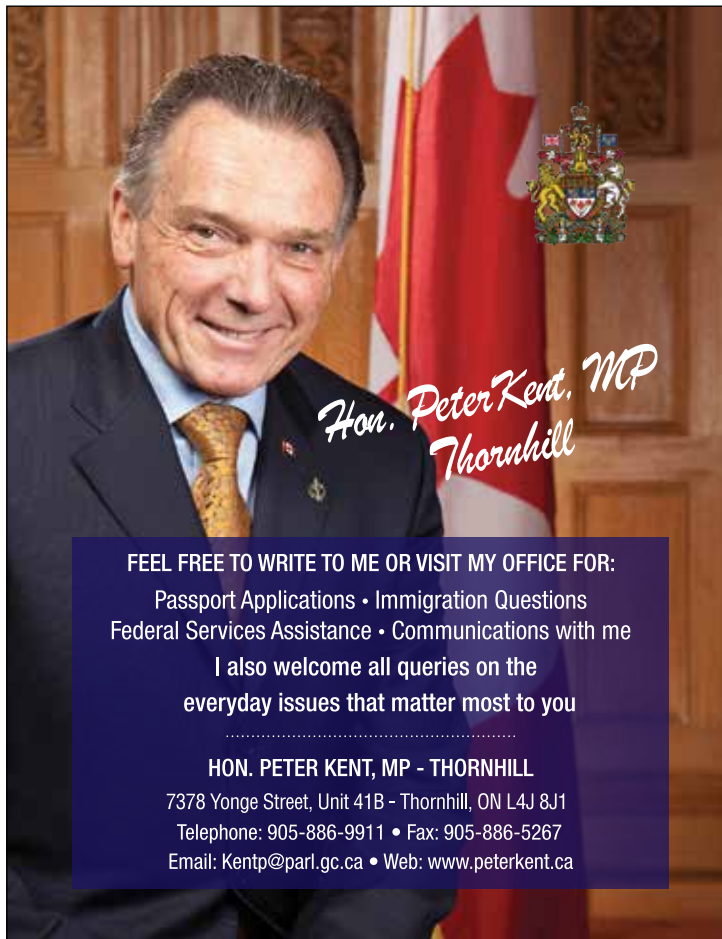
I immersed myself in the Torah and Talmud. My family expected me to enter a career in religion or medicine or finance—something stable and conventional.

I ended up at New York University, with a double major in finance and business management. Wall Street was 10 blocks away, and I hoped to get a job there. Then I met Andrew, my second-year roommate and a brash online poker buff who specialized in no-limit hold 'em. Watching Andrew play, I began to think like a real player. Gambling might be wrong, I told myself, but poker was different. It was primarily a game of skill, only with elements of luck. Ever the conservative, I started out betting pennies. I spent hours playing super low stakes and probably made only \$300 over the entire semester.

When I graduated in 2004, poker was still a hobby. Instead of Wall Street, I ended up in customer service at a software company. I was bored, underpaid and discouraged. One of the things I looked forward to was a weekly hold 'em game with my friends back at NYU. The stakes were low—we had a \$40 buy-in—and we played mainly for the camaraderie. After a few months, the guys around the table started talking about Bodog, a new online poker site full of green players. I decided to give it a try, depositing \$150. That first weekend, I made \$15,000—half my yearly salary.

My parents are extremely conservative and I had to work up the courage to tell them that I wanted to quit my job to explore the world of poker. Somehow my father—an orthodox Rabbi no less!—agreed with my idea to quit my job and take six months off to see how I did in poker. It didn't take long for them to buy in to the idea that winning at poker was more about putting together a logic puzzle than pure luck. While this wasn't their ideal profession for me, I give my parents tremendous credit for their sincere support of me throughout my career.

Reconciling my profession with my faith was a little harder. I spent hours considering the subject. The Talmud clearly doesn't talk highly of one who "plays with dice." However, ►



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I don't think poker falls under that category. Poker is nothing like blackjack, craps or slot machines. While those games are set up by the "house" to win over the long haul, poker is played among the players (with the house simply taking a few percentage points off the top to cover their expenses and profit). Furthermore, while those other games are games primarily of chance—that is to say there is no skill involved with a slot machine—poker is a game where winning over the long run is primarily due to skill. Sure, there is an element of luck or chance in poker, but every profession includes things that one can control and things that are outside of one's control. To me, poker falls in a similar category to buying stocks or real estate, which no religious authorities seem to have a problem with.

*"THE ANCIENT RABBIS ADMONISHED THE GREED OF BETTING HIGH STAKES, THE LAZINESS OF PLAYING INSTEAD OF WORKING, THE FLIPPANCY OF DEVOTING YOUR LIVELIHOOD TO LUCK. I ARGUED THAT POKER IS LESS A GAME THAN A PROFESSION. THAT IT WAS JUST LIKE BUYING STOCKS OR REAL ESTATE: A PRECISE CALCULUS OF SMARTS, AGGRESSION AND RISK."*

For those first six months, I played exclusively online, quickly rising to the top of the Bodog leaderboards. Bodog soon reached out, asking me to represent

them at the World Series of Poker in Las Vegas. It would be one of my first live tournaments. The website offered to pay all my expenses, including the \$10,000 buy-in, and whatever I won was mine to keep. I figured I had nothing to lose! But the tournament was a disaster—nothing went my way and the aggressive style that had made me lots of money online only served to eliminate me in less than three hours.

When I went home, I was upset. I logged into Bodog, hoping to earn some money and rebuild my confidence, but my nerves were shot and my brain was cloudy. I certainly wasn't on my A game. After three days, I was \$30,000 in the hole.

Learning lessons like that one contributed to my growth as a player, and slowly but surely I've been able to remove these "leaks" from my game. I've been able work on my game to the point where I'm now having my 11th consecutive winning year—and my most successful by a margin.

In those 11 years, I've played thousands of tournaments, and won enough of them that I've lost count. In 2006, pocketfives.com ranked me as the number one online poker player. With eight World Series of Poker circuit rings, I'm tied for the second most of any player. In January 2016, I managed to win the Aussie Millions for over \$1 million and am currently ranked #1 on cardplayer.com's Player of the Year.

For the last few years, I've taken two suitcases and travelled the world playing poker tournaments in Australia, Bahamas, Czech Republic, France, Germany, Malta, Phillippines St. Maarten and Uruguay as well as extensively within the U.S. and Canada. People ask me what the future will bring—I have no idea, but for now, I'm not complaining.

For me, poker is such an amazing game. My success in poker hasn't stemmed from the connections my parents have, the color of my skin, my sex, my race or my religion. When you start a poker tournament, it doesn't matter who you are: We are all on equal footing and anyone can win. It's really a beautiful thing. ■

## TOP 8 CELEBRITY POKER PLAYERS (cont'd)



### 5. SHANNON ELIZABETH

Actress turned poker pro. Most known for her role in American Pie. In 2007, she placed fourth in the NBC National Heads Up Championship, beating some of the best players in the world.



### 6. MICHAEL GRECO

British actor best known for his role in the long-running soap series East Enders. Was mentored by "Mad" Marty Wilson. Has made over \$430,000 in tournament play.



### 7. LAURA PREPON

Prepon is best known for her roles on That 70s Show and Orange Is the New Black. She's the host of "Hollywood Hold'em" on the E! Network and is also a frequent player at big Hollywood home games and the Bicycle casino in L.A.

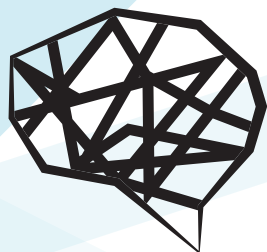


### 8. MICHAEL PHELPS

With 14 gold medals, swimmer Michael Phelps is the most successful Olympic competitor in the world. He's also a dedicated poker player and plays a lot online. His dream is to compete in the World Series of Poker.



Brain sculpture by artist Gary Taxali  
unveiled at Toronto City Hall  
on April 25, 2016.  
*Photo courtesy of Baycrest*



## the brain project

presented by  TELUS

— BY GARRY FOSTER

Picasso famously said: “Art washes away from the soul the dust of everyday life.” It is true that a great piece of art, whether a painting, performance, song or sculpture can have a healing influence on people. I witness this every day in my workplace, where art hangs from almost every wall and musicians, dance troupes, storytellers and artists regularly engage with our community to create a therapeutic, healing environment that we know helps patients reconnect with their memories.

The impact of art on brain health is well-documented through numerous studies. Art also has the power to transform and elevate important ideas, and make them accessible to everyone. Torontonians are now getting a taste of what this means as well.

Baycrest launched an ambitious, art-based brain health awareness initiative in June — The Brain Project. Some of you may already have seen or interacted with this city-wide art installation, displaying some 100 unique brain sculptures designed by world-renowned and emerging members of the arts community — spanning fashion, architecture, culture, music and visual arts — and sponsored by philanthropists and corporations. There are dozens of display locations across Toronto, including popular and tourist-heavy areas such as Nathan Phillips Square, the Distillery District and Union Station. The Brain Project aims to spark discussion, and raise awareness and funds for brain health care and research at Baycrest.



The Brain Project official launch announcement at City Hall on April 25, 2016.  
Photo courtesy of Baycrest

Baycrest and Co-Chairs of The Brain Project gathered at Toronto City Hall on April 25, 2016 to launch the city-wide, art fundraiser event. From left: Artist Gary Taxali; Brain Project Co-Chairs Ben & Jessica Mulroney, and Erica & Noah Godfrey; Vice-President and General Manager, Enterprise Solutions, Telus, Dave Wattling; His Worship John Tory, Mayor of Toronto; Baycrest Foundation President & CEO, Garry Foster; Baycrest Health Sciences President & CEO Dr. William Reichman.

We hope it will be both a symbolic and concrete awakening experience for the public-at-large about the next great health challenge of our time: brain health and aging.

Across the world, the projected numbers and impact of an aging population are staggering. Consider: Some 750,000 Canadians currently live with Alzheimer's disease and other dementias. This number is set to increase to 1.4 million by 2031. By this same date, it is estimated that more than 75 million people worldwide will have dementia. At that point, the cost of caring for this population will be in excess of \$820 billion. It is a staggering statistic. Worldwide, nearly 7.7 million new cases of dementia occur each year — one new case every four seconds.<sup>1</sup>

If we educate ourselves and begin to act now, there are steps we can take today to help ensure we optimize our brain health for tomorrow. For decades, society has been made aware of the importance of maintaining your heart health and physical fitness for the body, and rightly so.

It is now time to recognize that the brain, our most vital organ, can also be kept in top shape through a healthy diet, physical activity, social interaction and exposure to the arts. If we can delay the onset of Alzheimer's disease by five years we will reduce its prevalence by 30 per cent.



If we can delay it by 10 years, we will virtually eradicate the disease. Research indicates that arts-based interventions and social activity can positively impact brain health. Whether singing, dancing, painting in a class, or storytelling, age is no barrier to creativity.

By participating in the arts, older adults make new friends, rediscover the essence of who they are and find they still have much to contribute. They also report an easing of their pain, an elevation in their mood, and an improvement in their self-awareness and self-esteem. Beyond that, scientists and care practitioners have seen how access to memories in people with cognitive impairments — no matter what age — can be triggered by music, a painting or sculpture.

With The Brain Project on display across Toronto this summer, conversations about what it means to be and stay brain healthy as we age — from childhood through to our Golden Years — are sparking a call-to-action to make brain health top-of-mind for Canadians, because no brain deserves to go blank. ■

For more info about The Brain Project, visit: [www.brainproject.ca](http://www.brainproject.ca) or to support Baycrest, visit: [www.baycrest.org/give](http://www.baycrest.org/give)

[1] Alzheimer's Society of Canada. World Health Organization. Alzheimer's Disease International.



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# PUTTING THE FRESH IN *FreshBooks*

FRESHBOOKS' CO-FOUNDER LEVI COOPERMAN HAS ALWAYS PUT HIS CUSTOMERS FIRST. AND THAT'S WHY THE NUMBER ONE CLOUD-BASED ACCOUNTING SOFTWARE SOLUTION IN THE WORLD IS RELAUNCHING THIS SUMMER.

—BY SAMANTHA ISRAEL

It was early 2004 when Levi Cooperman decided to quit his full-time job as a software engineer and join his childhood chum Joe Sawada to work on a fledgling new project. Operating out of CEO Mike McDerment's parent's basement, there was no way Cooperman could know that the bootstrapping company he co-founded would grow to raise more than US\$30 million in its first institutional investment round.

That company was FreshBooks, a cloud accounting solution designed for self-employed professionals to easily receive, print and pay invoices. Whether they're individual freelancers with just a handful of clients, tradespeople with sub-contractors and a growing ►





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customers list or larger agencies with a team of employees and hundreds of accounts, FreshBooks has helped more than 10 million service-based small-business owners collect billions of dollars in 120 countries all over the world.

"I was really excited about what the business could become," says Cooperman, 42. "What's helped us succeed, I think, is that a few of us early FreshBookers have been here since day one. It's really given us a strategic advantage as we grow the business and keep the culture going."

As if growing the business from zero to awesome over the past decade wasn't enough, Cooperman and his team have decided to do it again. This summer, FreshBooks will experience a total relaunch. The new FreshBooks isn't just a visual redesign, but an entirely new product—one that will help its users solve the same old problems in faster, simpler, more modern ways.

"It is super exciting," Cooperman says. "The old FreshBooks is built on founder code—there's even some of my code still in there. But the new FreshBooks is built from the ground up, so we can update and evolve it much better and much faster. Plus, we can come up with new features much quicker. And we'll be able to help our customers collaborate with new businesses and other businesses in their network much better."



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WANTED TO HELP  
THEM SUCCEED  
WITH THE PRODUCT,  
BECAUSE IF THEY  
WERE HAPPY, THEY  
WOULD START  
TALKING ABOUT  
IT AND TELL THEIR  
COLLEAGUES,  
THEIR FRIENDS  
AND OTHER  
BUSINESSES  
ABOUT US.”

Making his customers happy has always been Cooperman's first priority. In fact, he attributes the company's record growth to that customer focus. “At the beginning, we were just living day by day, but we got our success by engaging with our customers and talking to them directly,” Cooperman says. “We really wanted to help them succeed with the product, because if they were happy, they would start talking about it and tell their colleagues, their friends and other businesses about us.”

And he hasn't stopped focusing on his customers. Every new employee, regardless of their role, works in customer support for their first month on the job. Helping new FreshBookers develop an intimate understanding of the company's customers, he says, lays the ▶



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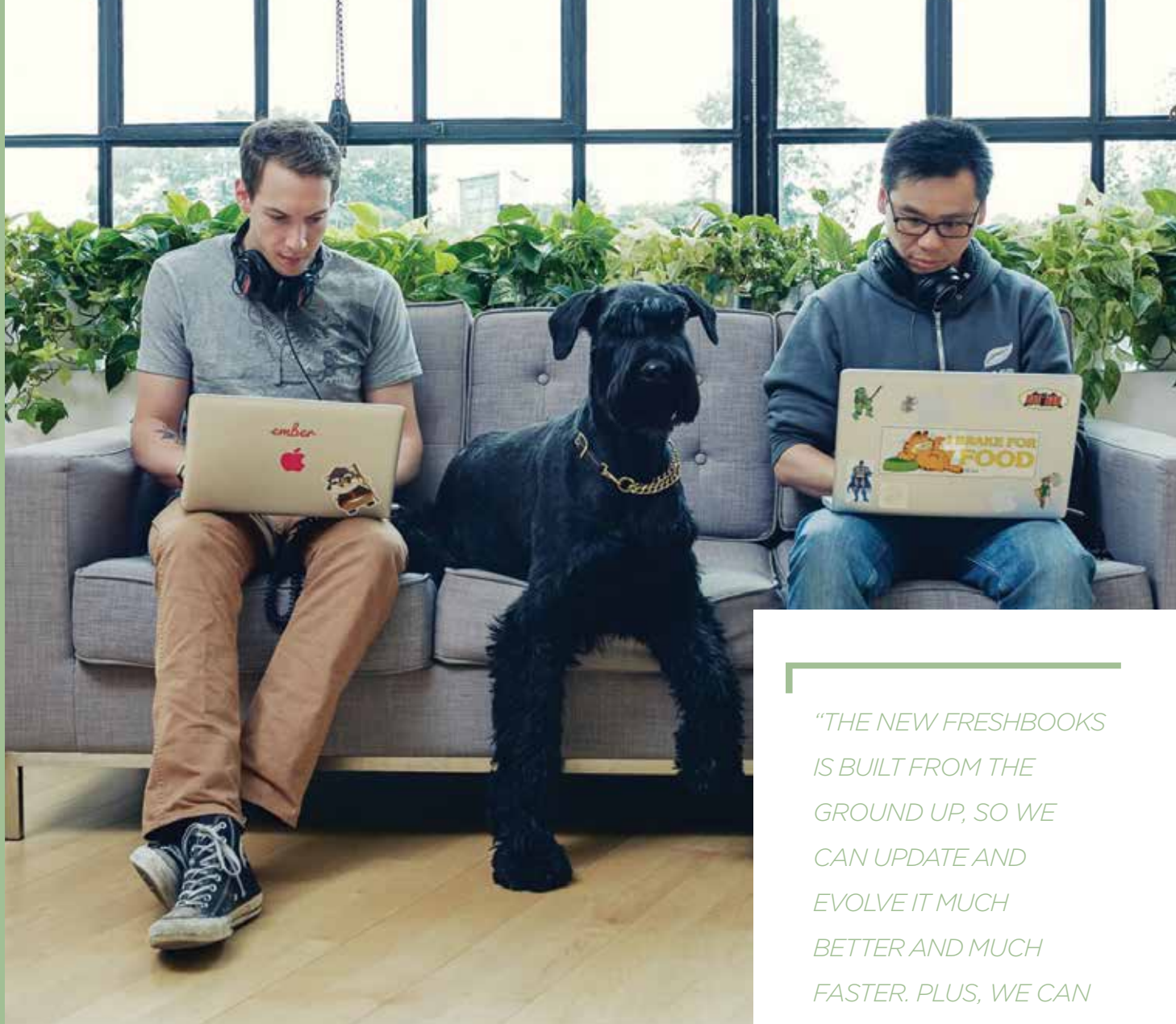
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foundation for great decision making, while building a close connection with the products and culture.

"When we were working in that basement, we were all working in customer support all of the time," Cooperman recalls. Today, as VP of Operations, he's is still extremely hands-on. Cooperman or McDerment meet with every single potential new hire in the final stage of the interview process, guaranteeing that the candidate will fit in with the company culture. And that culture is one that FreshBooks takes very seriously. Dubbed PORCHFEST, the company is built on FreshBook's nine core values:

Passion, ownership, results, change, honesty, fun, empathy, strive and trust.

"We hire right," Cooperman says. "We look for folks who match our values. These are people who are not only extremely bright and talented individuals, but they also come about it from the right way. They're great people to work with, they have a high-emotional intelligence and will help us grow the business the right way."

That might just be why FreshBooks was recognized as this year's Best Workplace in Canada, as well as being named one of Canada's Top 100 Small & Medium Employers for the second ▶

---

*"THE NEW FRESHBOOKS IS BUILT FROM THE GROUND UP, SO WE CAN UPDATE AND EVOLVE IT MUCH BETTER AND MUCH FASTER. PLUS, WE CAN COME UP WITH NEW FEATURES MUCH QUICKER. AND WE'LL BE ABLE TO HELP OUR CUSTOMERS COLLABORATE WITH NEW BUSINESSES AND OTHER BUSINESSES IN THEIR NETWORK MUCH BETTER."*

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year in a row. With more than 250 employees—a workforce that's virtually doubling every year—the company's mantra is to "execute extraordinary experiences everyday."

All this has helped FreshBooks grow into the number one cloud-based accounting software solution in the world. And grow its bottom line in the process. Subscription packages range from \$12.95 to \$39.95 a month, depending on the size of the company, and FreshBooks also gets a percentage of every credit card transaction.

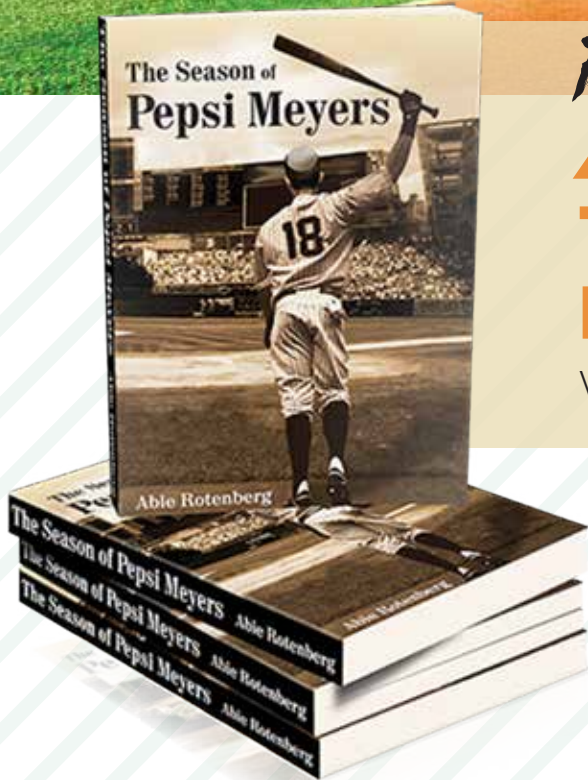
But for Cooperman, family always comes first. Born half-Jewish, he grew up in a small town in British Columbia's interior without a traditional Jewish upbringing. Years later, when he met his future wife—an Israeli-born Jew who grew up in Calgary—he officially converted to the tribe. He currently lives in High Park with his wife and two daughters.

"I have a good work-life balance," he tells the *Jewish Review*. "I'm in the office all day every day but I try to leave at a reasonable time so I'm home for the family almost every evening. Then I'll get back online after the kids go to bed and put in some hours in the evenings."

Cooperman epitomizes the hard-working small-business owners that use FreshBooks every day. From dog walkers to web designers, lawn care providers to photographers, they all have one thing in common: They're extremely busy, passionate about what they do, and don't want to get bogged down by accounting.

"We envision a world where the service-based small business owner can run their business successfully without having to learn accounting," Cooperman says. "It's a mission we can all get behind and I think that's pretty cool." ■





*Review:*

## **ABIE ROTENBERG'S THE SEASON OF PEPSI MEYERS:**

WHEN JUDAISM ROCKS THE YANKEES

—BY MARLO FIELDSTONE

On Yom Kippur, Oct. 6, 1965, Sandy Koufax, the legendary winning Jewish pitcher of the Los Angeles Dodgers “sits out” the historic 1965 World Series Game 1 against the Minnesota Twins. Koufax’s decision was instantly big news among Jews across the U.S. and Canada. It was the beginning of Jewish pride, of changed feelings about being Jewish in America. In 1965, two decades removed from the horrors of the Holocaust and two years before the Six Day War proved Jewish might, Koufax stood as a symbol of dominance and success. Now he had burnished his reputation as someone willing to honour the traditions of Judaism before all else. The fact he had pitched on Yom Kippur in the past and was not especially religious made his decision in 1965 and even today, 50 years later, even more significant. It bonded secular Jews with the observant and forged a new cultural identity for North American Jews. ▶



Indeed, the legendary Sandy Koufax's no play on Yom Kippur 1965 is one of the inspirations for the entertaining *The Season of Pepsi Meyers*, a compelling debut baseball novel written by Abie Rotenberg, the notable Jewish music composer and dedicated baseball fan. The author exclaims: "Here was one of baseball's best players willing to alienate his own teammates and fans by putting the faith we shared, ahead of what made him the idol of millions. More importantly, for many of the survivors in our community this was the real proof that America was in fact different. Here a Jew could be a Jew, and could not be coerced to violate his beliefs and principles. The concept of a Jew telling those in power "no" was alien to them. Then Sandy Koufax came along, and as a result, you could almost feel them begin to relax a bit."

The novel is set twenty five years in the future, where the once powerful New York Yankees languish at the bottom of the league. Enter Pepsi Meyers, the #1 draft choice in the nation, and the Yankees' fortunes begin to soar. At the same time, Pepsi's parents—unaffiliated Jews from upstate New York—are exposed for the first time to Torah and the power of the Jewish heritage. The impact of their choice

to embrace Judaism turns Pepsi's life upside down. His struggle to choose between faith and fame is a gripping read and eloquently presents the fundamental principles of Torah in an entertaining way.

*The Season of Pepsi Meyers* is a book about baseball. But in truth, it is so much more. Each and every one who reads it, regardless of level of observance, will come away with a greater appreciation for the significance of the Jewish faith.

Abie Rotenberg needs no introduction to anyone familiar with the world of Jewish music. An accomplished composer and lyricist, Abie's melodies are sung the world over by Jews of all affiliations. Born in New York City, Abie Rotenberg resides with his family in Toronto.

*The Season of Pepsi Meyers* is currently available in paperback and the Kindle edition on Amazon.com or in hardcover and paperback at [Pepsimeyers.com](http://Pepsimeyers.com). ■





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# *Biased Headlines Make The News*

HONESTREPORTING'S  
MANAGING EDITOR SPEAKS  
OUT AGAINST THE FOREIGN  
PRESS CORPS' BIAS WHEN  
IT COMES TO THE ISRAELI  
PALESTINIAN CONFLICT.

— BY SIMON PLOSKER

The Palestinian wave of terror, characterized by stabbings, car rammings and shootings that Israel has endured over the past several months appears to be tailing off.

Some of the media coverage over this period has caused shock and outrage, even prompting Israel's normally passive Government Press Office to issue strongly-worded public rebukes against media outlets, and the convening of a Knesset debate on the issue of media bias.

A constant thread that runs through much of the media's framing of the Israeli-Palestinian conflict, including recent events, absolves Palestinians from any responsibility for their actions, essentially turning them into passive actors and helpless victims.

In what turned out to be the outbreak of the Palestinian violence in September 2015, the New York Times reported on a Palestinian rock-throwing attack that led to the death of Alexander Levlovich, 64, as he lost control of his car and drove into a ditch. The attack took place in the East Talpiot neighborhood of southeast Jerusalem within the city's municipal boundaries.

Levlovich did not simply "die" and rocks did not "pelt his car" of their own accord. Palestinian attackers were responsible for hurling those rocks at the car. Perhaps the New York Times might have considered the comments of Mr. Levlovich's son:

"I am in shock as I write this, but my dad was murdered yesterday, the eve of the holiday, when he was on his way home. He was killed by rock throwers. One stone changed the course of my entire life. Dad, I love you." ▶





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To add to this failure, the New York Times headline located the attack in the West Bank while the article itself referred to a "Jewish neighborhood in East Jerusalem." Of course, stoning cars is wholly unacceptable wherever it takes place.

Unfortunately, the dominant zeitgeist in the New York Times and other media outlets tends to create an "understanding" of or excuse acts of terror if they happen to occur in areas that the media deems to be Arab."

In this particular case, the Jewish victim was on his way home to a town within the Green Line i.e. he cannot be labelled as a "settler," and the incident occurred as he was travelling within Jerusalem next to a Jewish neighborhood. Yet the New York Times headline deliberately set out to muddy the waters and was quite simply misleading.

*The New York Times* eventually corrected the headline's geographical error although it still failed to address the primary issue.

But this was not the end of the matter. Only a few weeks later, the New York Times reported on the arrest of four Palestinian youths allegedly responsible for the stoning attack on Levlovich's vehicle. Throughout the story, the incident was referred to as an "accident."

Some accident.



The denial of Palestinian responsibility reached a new level of absurdity following the torching of Jewish holy site Joseph's Tomb near Nablus by a mob of Palestinians in October. According to ▶

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**"IT IS THIS WILLFUL BLINDNESS AMONG THE FOREIGN PRESS CORPS THAT PROMOTES A FRAMING OF THE CONFLICT WHERE THE PALESTINIANS ARE THE DAVID CONFRONTED BY THE GOLIATH OF ISRAEL."**

CNN's headline, however, Joseph's Tomb simply spontaneously combusted with not even a whiff of Palestinian involvement.

Again, the headline was changed as a result of public outrage at CNN's faux pas.

This wasn't the only prominent example of CNN headline fails. This is how the media organization reported on an April 2016 Jerusalem bus bombing:



Hours after the Israeli authorities had confirmed that the incident was a terror attack, CNN was still referring to it as a "bus fire."

Indeed, the most obvious and eye-catching media bias has been evident in the rash of appalling headlines accompanying reports of Palestinian terror attacks.

Two Israeli men were fatally stabbed in Jerusalem's Old City in October. The Palestinian attacker was shot dead by security forces after he opened fire on them. The wife of one of the victims and their two-year-old baby were lightly wounded.

How did the BBC initially report on the attack?



The main focus of the headline is the death of the Palestinian perpetrator who is "shot dead," effectively turning the terrorist into the victim. And what is a "Jerusalem attack?" Cities don't attack people. In this case, the BBC could not bring itself to apportion responsibility to a Palestinian. Nor did it state that the actual victims of the attack were Israeli Jews.

The *LA Times* took a similar cue with this headline:



Two of the aforementioned teens in the headline were killed while carrying out stabbing attacks, which were examples of Palestinian and not "Israeli violence." The other two were killed in violent demonstrations initiated by Palestinians.

Once again, it was Palestinians who were portrayed as victims despite Israelis being on the receiving end of the Palestinian terror.

While HonestReporting continued to call out the media over similarly worded headlines, things came to a head in February. Three Palestinians armed with knives, guns and pipe bombs murdered 19-year-old Border Police officer Hadar Cohen and moderately wounded her colleague at Jerusalem's Damascus Gate. The terrorists were eventually neutralized.

CBS News's headline:



As far as Israel's Government Press Office was concerned, this was the final straw. "This time we will not let it pass quietly," GPO head Nitzan Chen announced. "We are considering rescinding press passes from journalists and editors who are negligent in their work and present headlines that flip the reality."

So far, this threat has not been followed through and illustrates the inherent tensions that Israel faces when dealing with the media. At what point does the state and government intervene against what it perceives as a hostile press?

In neighbouring countries, as well as in the Palestinian territories itself, press freedom ranges from limited to non-existent. Israel, as a liberal democracy, takes pride in its vibrant and self-critical domestic media. Foreign media are also given free rein to publish whatever they wish as long as it does not breach official state security such as exposing classified IDF military operations or other state secrets.

This freedom didn't stop the Foreign Press Association of accusing Israel of launching a "witch-hunt" after the FPA's then-chairperson, Luke Baker of Reuters was invited to a Knesset sub-committee meeting of the Knesset's Foreign Affairs and Defense Committee examining the impact of media bias.

Rather than persecuting the foreign press, the meeting chose to concentrate on Israel's own failings in public diplomacy rather than the media's bias, the existence of which the FPA pointedly denied. ▶



In an interview with Globes (an Israeli financial paper), Baker was asked whether he was prepared to acknowledge that there was any bias in coverage of Israel by the foreign media: "I have been a professional journalist for 20 years now, and, like me, many of the journalists sent here are highly experienced. I work with very professional journalists who try to explain the complexity of the story to the international audience. The Israelis believe that it doesn't reflect their stance, but that isn't what the journalists are here for. I don't see lack of balance in the foreign press. There are stories that develop fast and the reports reflect developments on the ground – there's a report of fatal casualties and at first you don't know who's dead and from which side, and you try to explain what's happening as quickly as possible. The claims of bias in reporting are annoying. If there are mistakes, they are corrected as soon as possible. I reject the claim of lack of balance."

Baker's own media agency Reuters, has been caught out on numerous occasions.

For example, in November 2015, Reuters headlined a Palestinian vehicular ramming attack that injured Israeli soldiers "Palestinian dies in ramming attack" and was forced to correct.

And before that in September, a misleading headline stated that Benjamin Netanyahu had threatened to shoot Palestinian children throwing stones. Again, Reuters was forced to correct.

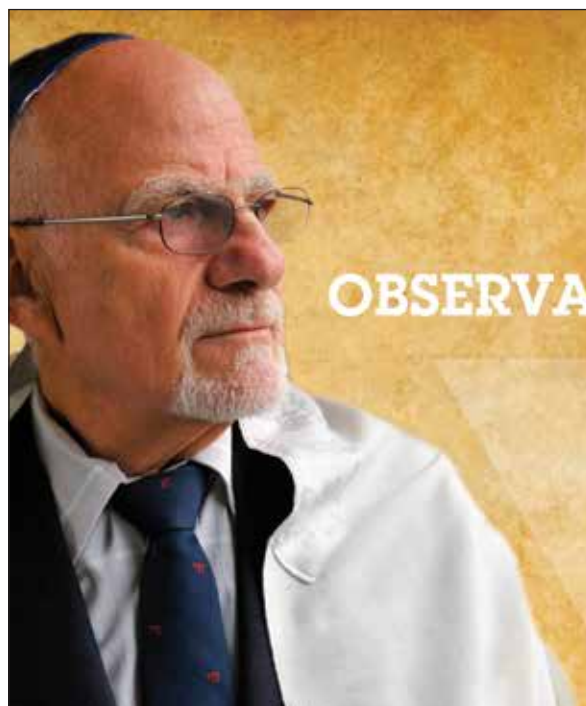
Clearly, many journalists are unable to recognize bias, preferring to acknowledge errors as nothing more than the result of hastily-written copy and inexperienced junior editors. It is this willful blindness among the foreign press corps that promotes a framing of the conflict where the Palestinians are the David confronted by the Goliath of Israel; a conflict where Israeli self-defense is treated as the moral equivalent of Palestinian terror; a conflict reduced to black and white, good and evil.

As the wave of Palestinian violence appears to be contained, so the media

interest has declined. Mistakes will always occur in the rarified environment of 24/7 news coverage and that is to be expected. Perhaps the sheer number of corrections and headline fails has given the media some food for thought. Unfortunately, given the bitter experiences of decades past, it is unlikely that the issue of anti-Israel media bias will be off the agenda anytime in the near future.

Organizations such as HonestReporting will continue to hold the media to account while educating the wider public on how to be more discerning media consumers. There's a long way to go but it is a journey that must be taken. It's high time the media stopped sticking the knife in. ■


*Simon Plosker is Managing Editor for HonestReporting, an organization that combats the false depiction of Israel in the media by challenging biased coverage and demanding accountability. Visit [HonestReporting.com](http://HonestReporting.com) for more.*




# OBSERVANCE

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## BRAIN-STORMING ACCESSIBILITY MODIFICATIONS FOR OUR AGING POPULATION AND PERSONS WITH DISABILITY.

**1** in 7 Ontarians currently lives with a disability, over the next 15 years; it will be 1 in 5. Our ability to support individuals with disability will increase, numbers don't lie, they are actually warning us, providing valuable insight into what we are to expect as a society.

With the increase in persons living with a disability and the aging population, there must be a shift from reacting to pro-activeness. I define the aging population growth in this country as a "tsunami". It is going to hit and we will not be prepared.

One of the major concerns is our aging and lack of accessible housing stock. Our federal, provincial and municipal governments have adopted and endorsed the concept of "aging in place", but have done little to support it. It's a great concept with endless possibilities to support the geriatric community.

Inclusive Design and Visitability principles help us address the needs of our aging population. Inclusive design takes into consideration all individuals as it relates to the built environment. It is imperative that the living environment is functional

for all persons and that there is no loss of use of living space. Visitability is also important and is directly associated with inclusive design. Visitability is designed to accommodate individuals both visiting and/or living in a home. The design of the home is intended for individuals who may have difficulty climbing stairs or who have mobile disabilities and may use assistive devices such as wheelchairs, power chairs or walkers. ▶





**"I DEFINE THE  
AGING POPULATION  
GROWTH IN THIS  
COUNTRY AS A  
'TSUNAMI'. IT IS GOING  
TO HIT AND WE WILL  
NOT BE PREPARED."**

When deciding on best-suited modifications for a person with a disability, there are many issues to consider. The most vital information we rely on is the type of activities they are involved in and perform on a daily basis.

1. These activities must be meaningful, promote rehabilitation and encourage a level of independence.
2. What kind of living environment is desired and acceptable?
3. What kind of living environment is required to meet the physical, safety, and cognitive and social needs?
4. Is there financial assistance available?
5. How will family members (if any) be involved in caregiving?
6. What demands on time and energy are realistic and feasible?
7. What type of living environment will promote a level of independence?
8. Is there a potential to create a living environment in which an individual with a disability is able to live as independently as possible while family members and friends maintain productive lives?
9. Will the recommended modifications endorse a living environment that is

sensitive to regular activities of daily living, cultural needs and values?

10. Is there a need for accessible transportation? If so, how will it affect the home environment and required modifications?

In order to provide a safe and accessible living environment utilizing the principles of Inclusive Design and Visitability, the following should be achieved:

- Equality.
- Flexibility for further modification in the event the health status of the individual changes.
- The recommendations for modifications are simple and intuitive, easily understood and perceived.
- Tolerance for error (change in health status).
- Modifications require minimal effort for use.

- Ideal size and space to provide a safe, accessible and inclusive living environment.

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# *MORE THAN JUST* *Clowning* *AROUND*

**From business success to rescuing fair maidens, there isn't much that Farco doesn't Doo Doo.**

— BY RACHEL ANDREWS

DooDoo the Clown was exposed to the magic of the carnival at an early age. His parents were concessionaires for more than 60 years, and his family still owns the oldest candy stand at the CNE. So it's no wonder that he'll celebrate his 33rd anniversary as a performer this summer.

But who's the man behind the paint? His name is Shane Farberman and he runs Farco Entertainment. Derived from his last name, Farco provides all sorts of entertainment—DJs, musicians, magicians, illusionists, hypnotists, jugglers, caricaturists, face painters, pony rides and carnival games—for events large and small.

"The thing I like the most about performing," Farberman says, "is seeing the happiness I give to families who see my shows. I'm thankful every day that I can do this." ▶





“DO AT LEAST  
ONE GREAT THING  
FOR SOMEONE  
AND WISH THEM  
AN UNBELIEVABLE  
DAY.”

He met his partner, Marvin Gary York a.k.a. JoJo the Balloon Clown, when they were in kindergarten. They’ve been together ever since.

“Shane was at a carnival one day when he was eight years old. He was totally amazed by the clowns and then one of them asked for his help,” York recalls. “He was completely hooked after that. He knew that was what he wanted to do: Make people laugh, enjoy and forget their problems for a little while.”

When Farberman grew up, Farco was born. It began with just two or three entertainers and has since grown to represent more than 35 different acts.

But when it comes to clowns, DooDoo is your man. He spends most of the year performing all over North America and the Caribbean. He’s done more than 100 national TV commercials, starred in the TV show *Super Dave Osborne*, and was the clown in Adam Sandler’s hit movie *Billy Madison*.

After performing at a party for Sylvester Stallone’s children a few years back, DooDoo became well known in Hollywood circles. He was featured at several openings of Planet Hollywood and even performed on stage with Bruce Willis.

Back home, Farco’s customers include Fortune 500 companies, Toronto Police Services, Toronto Hydro, CUPE, Honda Canada, and the City of Vaughan, to name a few.

And because Farberman is a member of the Tribe, he often performs at Jewish community events across the

city. Plus, he’s made volunteer work part of his mandate. His motto: “Do at least one great thing for someone and wish them an unbelievable day.” As such, DooDoo has been on the board for The Children’s Aid Society for 22 years, and has been heavily involved with Crafting for a Cure and the Starlight Children’s Foundation.

Although he has never sought recognition, DooDoo was recently nominated for the Order of Canada—the first clown in the country to receive a recommendation for such an honour.

But if you don’t know DooDoo the Clown from around town, you may have read about DooDoo the Hero in the news. Late last year, DooDoo saw a man acting strangely, walking on cars and punching things on Front Street. He decided to follow him in his car, still dressed in his full clown costume and makeup, as he called 911.

When the man punched a woman as he walked by her, DooDoo pulled up next to her and rescued her in his Hummer—squeezing her between two other clowns in the backseat no less. He caught the entire incident on his dashboard camera, and the story went viral. The next day, he woke up to 12,000 emails from all over the world and even received a celebratory scroll from the city for his heroism.

“All in a day’s work, clowning around,” he said of the episode. ■

*For more on DooDoo, visit [farcoentertainment.com](http://farcoentertainment.com)*



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# TRUTH VS. MYTH *in the* BDS MOVEMENT

WHILE BOYCOTT, DIVESTMENT AND SANCTIONS ACTIVISTS LIKE TO PORTRAY THEMSELVES AS BENIGN HUMAN RIGHTS CAMPAIGNERS, THEIR REAL GOAL IS THE DESTRUCTION OF ISRAEL.

— BY SHIMON FOGEL



Shimon Koffler Fogel is CEO of the Centre for Israel and Jewish Affairs (CIJA)

**I**n an encouraging demonstration of moral clarity, in February the House of Commons voted overwhelmingly (229 to 51) to support a motion condemning the Boycott, Divestment and Sanctions (BDS) campaign against Israel.

Introduced by the Conservatives and supported by the Liberal majority, the motion denounced the BDS movement which, it said, “promotes the demonization and delegitimization of the State of Israel.”

In a disingenuous ploy to gain acceptance and support in the West, many proponents of BDS typically claim that their movement is simply about

promoting the “fundamental rights” of Palestinians in accordance with “international law.” This means, foremost, pressuring Israel to end “its occupation and colonization of all Arab lands” and allowing “the rights of the Palestinian refugees to return to their homes and properties [in Israel] as stipulated in UN Resolution 194.”

It has even been argued that the aims of BDS are consistent with Canada’s official Middle East policy, a claim that is fundamentally wrong.

Canada does not call for a Palestinian “right of return” to Israel; nor does Canada call for Israel to end occupation unilaterally (and certainly not of “all Arab ▶

lands," whatever that encompasses). Rather, following UN Security Council Resolution 242 (which, speaking of international law, has long been the internationally accepted cornerstone of all Arab-Israeli peacemaking efforts), Canada calls on Israel and its Arab neighbours, including the Palestinians, to reach peace through negotiations.

According to 242, any Israeli withdrawal from land taken in the course of its self-defence during the 1967 war must occur only in the context of the Arabs/Palestinians providing recognition of Israel, secure and recognized boundaries, and the "termination of all claims or states of belligerency" against Israel.

Israelis have repeatedly tried to achieve this aim with the Palestinians (as it did in its peace treaties with Egypt and Jordan), but have been consistently rebuffed. And one of the main reasons Israelis have faced this rejection (from Yasser Arafat in 2000, and from Mahmoud Abbas in

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2008) is that Palestinian leaders are not willing to agree to the "termination of all claims"—that is, to an end-of-

conflict agreement. That would mean, foremost, giving up their claim to a "right of return" to Israel, a position they—wrongly—assert is enshrined in UNGA Resolution 194.

In fact, this resolution—actually just one very small section of it dealing with refugees—which is pursued so insistently by the BDS movement, does not, as they assert, call for any such "right of return." And, no matter how frequently they repeat that phrase, that reality does not change.

The word "right" never appears in 194, which was passed on December 11, 1948 and was rejected by all the Arab states since they were engaged, at that time, in a war to destroy Israel—a war that continues to this day, now waged by other means including the BDS movement.

In 1989, the brilliant, dovish Abba Eban, who was Israel's representative to the UN in 1948 while 194 was being formulated, said: "I made it clear that the admission ▶



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of refugees was a matter for Israel's sovereign discretion and was not subject to legal constraints." To this end, Eban explained that the General Assembly (GA) "recommendation about the return of refugees...was described as a matter subject to [Israeli] 'permission,' not as a matter of 'right.'" "The language of 194 reflects these facts, inconvenient though they may be to the BDS movement. (Eban also pointed out that as no such "right" exists, "the very term 'right of return' has never featured in an internationally binding document.")

It is up to Israel, as it is to any sovereign state, to grant or withhold permission to anyone wishing to immigrate. When Israel has given such permission as it has, typically for family reunification, to some 100,000 Palestinians since 1948, it has done so on a humanitarian individual basis, not as a matter of group "right." The most practical solution—in the spirit of two states for two peoples—is ultimately resettlement in a future Palestinian state established on a basis of peace with Israel. Indeed, it should not be overlooked that Israel absorbed approximately 700,000 Jewish refugees from North Africa and the Middle East in the years after the state's founding.

While BDS activists like to portray themselves for Western consumption as benign human rights campaigners, Omar Barghouti, the Palestinian founder and chief proponent of BDS, has not shied away from admitting what his real ambition is: the destruction of Israel.

In 2009, Barghouti told the anti-Israel online publication The Electronic Intifada that "people fighting for refugee rights like I am, know that you cannot reconcile the right of return for refugees with a two-state solution. That is the big white elephant in the room and people are ignoring it—a return for refugees would end Israel's existence as a Jewish state." Barghouti repeated the same position to a group of students at the University of Ottawa in 2014.

According to the unique UN definition of "Palestinian" refugees—that is, the original 600,000 to 750,000 Palestinians refugees from the 1948 war plus their



descendants through generations—they now number more than 5.5 million. It is a definition that curiously applies only to Palestinians and does not extend to the 50 million other refugees registered by the UN High Commission for Refugees. A "return" of these refugees to Israel would demographically overwhelm Israel, destroy the Jewish state and turn it into another Arab-majority country.

This is Barghouti's, and the BDS's, ultimate objective. And it is time for those sufficiently naive to be lured by the "human rights" rhetoric of the BDS movement to demonstrate some intellectual honesty and face this malign fact. ■

*Shimon Koffler Fogel is CEO of the Centre for Israel and Jewish Affairs (CIJA), the advocacy agent of Canada's Jewish Federations. This article originally appeared in the Huffington Post.*



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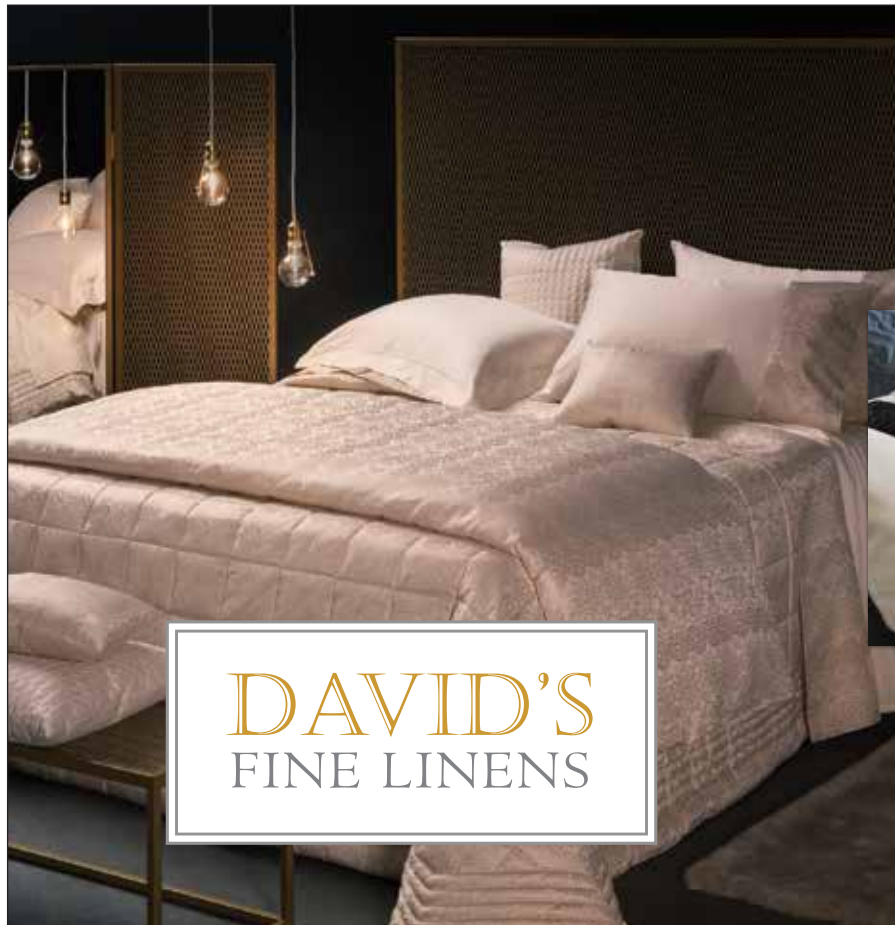
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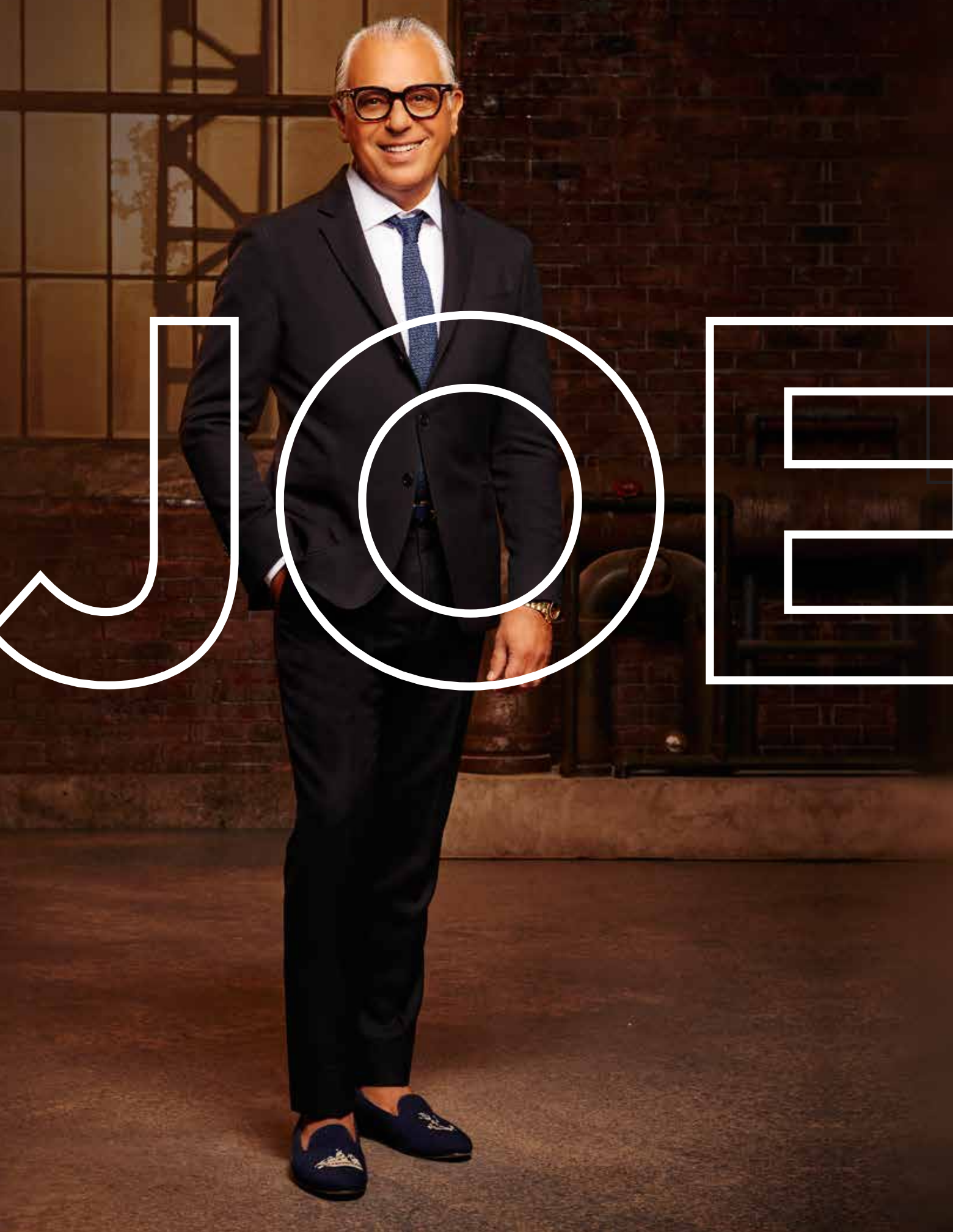


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# MIMRAN

## *Brings Fresh Fire to the Dragon's Den*

FOR MORE THAN 30 YEARS, JOE MIMRAN HAS BEEN AT THE FOREFRONT OF CANADA'S FASHION AND RETAIL INDUSTRIES. THIS YEAR, HE JOINED CBC'S *DRAGONS' DEN*, SHARING HIS BUSINESS SAVVY WITH THE MASSES.

— BY DAVE GORDON

**S**oft-spoken, reserved, thoughtful, empathetic. Hardly the epitome of a dragon. Yet Joe Mimran is one of the newest additions to the panel of investors on *Dragons' Den*, CBC's hit entrepreneur reality show.

The Canadian fashion designer, clothier icon and entrepreneur best known for launching Club Monaco, Alfred Sung and Joe Fresh is also a partner in Gibraltar Ventures, investing in early stage digital businesses. ►



“THERE WERE MANY PEOPLE ALONG THE WAY WHO SAID ‘YOU’RE CRAZY, DON’T DO THIS OR DON’T DO THAT OR WHY ARE YOU WASTING YOUR TIME?’ I’VE STUCK TO MY GUNS. SOMETIMES YOU NEED TO TELL NAYSAYERS THAT YOU HAVE TO PURSUE YOUR DREAM.”



Born in Morocco, the 63-year-old immigrant to Canada has spent nearly his entire life immersed in business ventures, on his own or with family members, particularly in the clothing industry.

“I was always inspired by the design and aesthetic world,” he tells the *Jewish Review*. “I like designing products and great prints. That’s what inspired me to want to become an entrepreneur.”

So, to the Den mix Mimran adds fashion sense, business sense and pragmatism. And when you join him with two young women (Buytopia’s Michele Romanow and Minhas Breweries’ Manjit Minhas), a flamboyant merchant banker (Michael “Wek” Wekerle) and a grandfatherly franchisee (business baron Jim Treliving), the fireworks begin.

“It’s like being tossed onto a canoe trip with four people that you’ve never met before,” Mimran explains. “You’re on set continuously for 20 days, from 8am till 6pm, and you’re stuck. You eat together, you’re in the same makeup room, you’re always sitting beside each other, and there’s nowhere to hide. It really is quite a bonding experience—you get to know the other Dragons quite well after that kind of intense period of time together. You respect the other Dragons and what their strengths are.”

A recurring theme, he notes from the pitches he’s seen thus far, is that some entrepreneurs simply aren’t cut out to be entrepreneurs.

“They just haven’t developed the skills,” he says. “Or they fell in love with an idea that appears bad to me or to the other ▶



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Dragons. People throw their lives into the idea, throw their life savings into it, and you can empathize. But it really comes down to the hard cold facts: we're not a charity. That doesn't help anybody. It doesn't help the entrepreneur; it doesn't help the people watching the show."

Nevertheless, Mimran is active in several philanthropic causes. He is a supporter of Toronto East General Hospital, the Canadian Foundation for AIDS Research, the Luminato Arts Festival, the Art Gallery of Ontario and the Reena Foundation. Additionally, Joe Fresh and Rethink Breast Cancer have teamed up to produce Canadian Fashion Targets Breast Cancer t-shirts.

Mimran is no stranger to helping others: at an early age, Mimran assisted his mother, Esther, in her Toronto-based home boutique garment outlet. When that business grew, necessitating the purchase of a small factory in Toronto's garment district in the mid-1970s, Mimran took over operations, manufacturing and finance.

That business evolved into Ms. Originals, tailoring suits and pants for women. Soon, Joe and his brother Saul hired designer Alfred Sung with a goal to create their own modern line of clothing. Hiring Sung was a risk, but one that paid off. The Alfred Sung collection swiftly soared in popularity across the continent.

"If you're not a risk taker and abhor taking risks, entrepreneurship is not for you," Mimran advises. "If you don't have ability to think through financial situations, it's just not for you."

“SOMETIMES YOU JUST HAVE TO DIVE IN, MAKE MISTAKES, FIX THEM, MOVE FORWARD, MAKE MORE MISTAKES, AND TRY DIFFERENT THINGS.”



By the mid-1980s, he launched yet another line. Based on the idea that a plain, white quality cotton shirt was unavailable in the market, the now-iconic Club Monaco brand was born.

“There were many people along the way who said ‘You’re crazy, don’t do this or don’t do that or why are you wasting your time?’ I’ve stuck to my guns. Sometimes you need to tell naysayers that you have to pursue your dream.”

At first, it seemed as though the naysayers were right. The Bay and Eaton’s department stores were disinterested in carrying the product, after Mimran had already purchased and manufactured the Club Monaco merchandise.

“We realized that we had all these goods coming in and the only way we could move forward was to open our own stores,” he says.

And so they did. They rolled the dice on a 5,000 square foot store, and opened on Toronto’s trendy Queen Street West in September 1985. The day it opened, there were lineups just to get into the store.

“From adversity often comes something terrific,” Mimran says. “As we opened our own stores, we realized we would cut out the wholesale margin.”

At that time, such a move was unheard of. Retail stores would typically have bought through a wholesaler, such as Gap selling Levis, he explains.

“Being naive can sometimes help you. When you’re a golfer, you’re at the first tee and you see water on the right, you see sand traps on the left, and invariably you might hit it into the water or the sand traps,” he says. ▶



“HOW YOU  
SUCCEED IS TO  
FILL A VOID,  
TO CREATE  
SOMETHING NEW  
OR GIVE PEOPLE  
WHAT THEY  
DON'T HAVE.  
THAT'S ALWAYS  
THE BEST PLACE  
TO START.”



“I liken it to that because an entrepreneur does not see those troubles. They don't see the water, they don't see the sand traps, because they've never been there before. Sometimes you know too much, and it keeps you from moving forward.”

In other words, people often make all kinds of excuses, he says, hesitant to make a move due to fear of failure.

“But sometimes you just have to dive in, make the mistakes, fix them, move forward, make more mistakes, and try different things.”

Ten years after opening his first Club Monaco store, Mimran himself dove in. He not only opened a flagship Club Monaco store in New York City on Fifth Avenue, but also opened another 120 stores over the next few years.

That success caught the eye of Polo Ralph Lauren Corp., which purchased both Club Monaco and Caban—another Mimran line—in 1999.

And the success stories haven't stopped. He launched a women's line called Pink Tartan with his wife, Kimberley Newport-Mimran. Appearing in high-end retail outlets such as Holt Renfrew and Saks Fifth Avenue, Mimran has remained at the forefront of Toronto's fashion and retail industries.

"How you succeed is to fill a void, to create something new or give people what they don't have. That's always the best place to start," Mimran says.

In 2006, he did just that. Available in supermarkets across Canada, Joe Fresh became a private-label apparel line for Loblaw Companies Ltd. The brand eventually opened its own free-standing stores—the first in Vancouver in 2010 and later in New York City in 2011—and soon expanded to kids apparel, sleepwear, swimwear and even cosmetics. Moreover, Joe Fresh was commissioned to create ushers uniforms for the Vancouver Olympics, clothing for the Barbie franchise, and a redesign of the Scouts Canada uniforms.

Despite the string of accomplishments, Mimran knows that success isn't always guaranteed. The apparel industry and general merchandise, according to Mimran, are among the most competitive industries in the world. Because of this, he says he can empathize with entrepreneurs who have had tough breaks when they come into the Den.

"There's a level of humility," he says. "I'm not smarter than everyone else out there, because you're only as good as your last season. And, no matter how good you are, or what you know, you can still fail in our business. It keeps you pretty grounded."

He continues: "A lot of business people, having had lots of problems in the past, will try to dissuade other people. But your idea might be done in a new way, might resonate in a way that this very experienced person didn't, couldn't, anticipate. There's always an idea that surprises people, and that leads to success."

And if anyone knows success, it's Joe Mimran. ■



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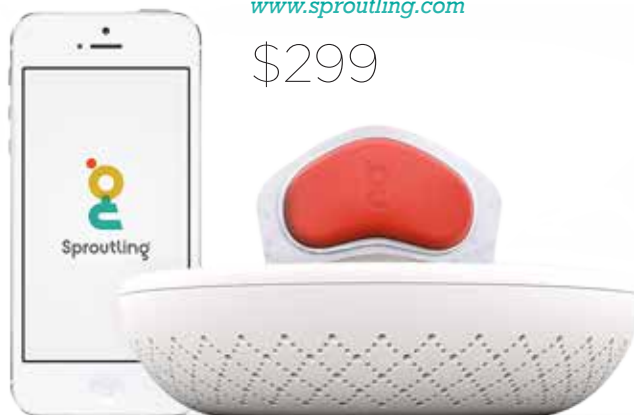


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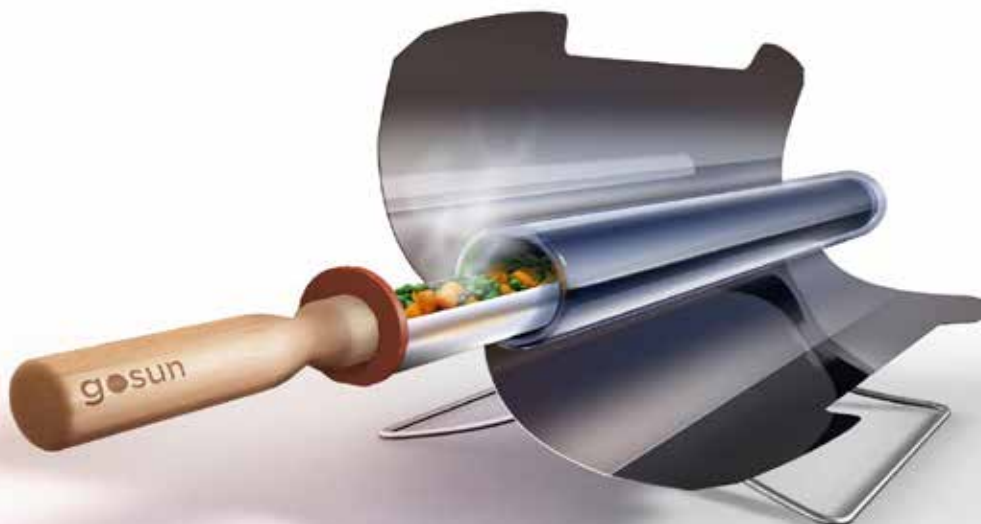


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1



2



4



3



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1

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A photograph of Bernie Sanders at a campaign event, wearing a dark suit and glasses, with his right fist raised in a gesture of solidarity. The background is blurred, showing a crowd of people. The title 'Feel The Bern' is overlaid in a large, white, handwritten-style font.

# Feel The Bern

BERNIE SANDERS' JEWISH HERITAGE SHOULD BE AN OUTWARD SOURCE OF PRIDE, BUT THE WOULD-BE PRESIDENT—AND THE MAINSTREAM MEDIA—CONTINUE TO KEEP HIS ROOTS MOSTLY HIDDEN FROM VIEW. THIS HURTS.

—BY MICHAEL A. COHEN

**A**s I watched the results come in from the New Hampshire primary, it dawned on me that I was witnessing history.

Jews have won Senate seats and House races, captured governor's mansions, even been given the No. 2 position on a presidential ticket, but this was the first time that American voters in a single state had decided, overwhelmingly, that the awesome power of the presidency should be placed in the hands of a Jew. Years upon years of playing the role of Joseph—now suddenly one small group of Americans were saying, "you can be Pharaoh too" (or in this case, the president.) I waited for the major networks to acknowledge this historic moment...and I waited...and I waited. I cajoled CNN anchors with Tweets. I sent Peter Beinart, who got the analysis late shift, a note, asking him to say it on air. He promised to try and do it before shacharit. It never happened.

It started to feel a bit wounding. This should be a moment of pride for American Jews, especially when we're hearing more and more stories of anti-Semitism showing up on college campuses. It felt important to acknowledge this historic achievement. One friend emailed me and expressed her disappointment that it wasn't getting more attention. "I do think in an election where we are making such a big deal over the potential for the first female president of the United States, it seemed more than a trifle ironic that very few people seemed to think the first Jew to win a primary was worth a mention," she wrote. "We're not exactly a group that's had it easy over the past several centuries."

Then the candidate himself, Bernie Sanders, came on stage to deliver his victory speech. I didn't expect him to mention it. Sanders has largely eschewed talking about the fact that he's Jewish. After all, this is a candidate who spent the High Holidays at Liberty University preaching to the goyim. Still, it was jarring ▶





when Sanders talked about his parents and used the words “Polish immigrant.” I mean, it’s a bit unusual for a Jew—no less a 74-year old Jew—to refer to himself as the children of Polish immigrants: The historical Jewish experience in Poland is not what one would exactly call “rosy.” Being a Polish Jew is not necessarily a point of pride; it’s just very odd for any Jew to invoke their Polish heritage rather than their Jewish heritage.

Sanders did it again at the Democratic debate in Wisconsin. He referred to the historic accomplishment that his victory would represent because of his “historical background”—a striking effort to avoid even uttering the word Jewish.

In fairness, Sanders not mentioning his Jewish roots is consistent with the way he’s talked about his faith over the years—which is to say, he hasn’t. Sanders is a socialist, so it’s not unusual that he would focus more on class than race or ethnicity or gender identity. It’s part of the reason, certainly, why Sanders was so late to the game in talking about issues affecting the black community.

At the same time, Sanders hasn’t denied that he’s a Jew (and goodluck to him if he’s even thinking of trying). He has frequently said that he takes great pride in being Jewish and he occasionally talks about how his faith influences his political views. Indeed, much of his candidacy feels like an extended experiment in tikkun olam. And at one point he did invoke it. When answering the question of a Muslim-American woman in New Hampshire who is worried about anti-Muslim attitudes, he said: “I’m Jewish. My father’s family died in concentration camps. I will do everything that I can to rid this country of the ugly stain of racism, which has existed for far too many years.”

In general, however, Sanders has maintained a distance from the political issues traditionally associated with Jewish-Americans. He doesn’t talk about Israel (even though he briefly lived there in the 1960s on a kibbutz), and he doesn’t make a point of speaking to the American Jewish community. He’s never belonged to a synagogue, which probably makes him more like the average American Jew than Joe Lieberman, who spent far more

*“IN FAIRNESS, SANDERS NOT MENTIONING HIS JEWISH ROOTS IS CONSISTENT WITH THE WAY HE’S TALKED ABOUT HIS FAITH OVER THE YEARS—WHICH IS TO SAY, HE HASN’T. SANDERS IS A SOCIALIST, SO IT’S NOT UNUSUAL THAT HE WOULD FOCUS MORE ON CLASS THAN RACE OR ETHNICITY OR GENDER IDENTITY.”*



time in a shul than most Jews I know. Then of course there's the generational question that will be familiar to Jews of a certain age. When Sanders was a young man in Brooklyn, the inclination of many was not to deny their religion, but also not to talk about it too much either. Assimilation rather than ostentatious pride was the dominant impulse. Let's not draw too much attention to ourselves.

Or perhaps, the explanation is more cynical. Sanders clearly can't hide the fact that he's the poster child for every 74-year old Jew born in Brooklyn—the accent, the look, the way he talks with his hands. He is who he is. But at the same time he doesn't necessarily need to accentuate the point. For someone who first ran for office in the early 1980s in a state with few Jewish voters, it perhaps made sense not to dwell on being Jewish. That may still be true today, even at a time of far greater tolerance toward Jewish Americans.

But none of that necessarily explains why Jews themselves aren't taking more pride in Sanders's win in New Hampshire, and in his recent

upswing in momentum. In my informal survey of Jews on Facebook, I found only a handful of people who thought much about Sanders accomplishment. Surely there are many Jews who support Hillary Clinton or feel so assimilated into American society that Sanders winning a presidential primary doesn't feel all that remarkable. I have vivid memories from 16 years ago of Jews expressing fear to me that if the Democrats lost the White House with Lieberman on the ticket, the Jews would get blamed. Of course, plenty of others expressed great pride in the achievement.

Today, it's hard to imagine those same sentiments being expressed. For younger voters who may have very little experience with anti-Semitism, Sanders getting approval from the goyim is not a big deal. For older voters, the pride is more muted, particularly since Sanders doesn't wear his Judaism on his sleeve.

Or maybe pride in Sanders' accomplishment manifests itself in different ways. One friend said to me that while he felt no satisfaction in Joe Lieberman getting the VP nod in 2000 it's different with Sanders. "I do feel some pride in Sanders's success," he told me. "He's my kind of Jew [and] I have been surprised and very delighted that an unapologetically lefty, East Coast Jew has resonated so broadly." In the end, it seems that a Jew winning a presidential primary is not something that seems to many Jews to be all that surprising or notable, which means there isn't much fear of anti-Semitism, but perhaps not much sense of pride either. Present in Sanders's candidacy, one might say, is both the curse and comfort of assimilation. ■

*Michael A Cohen is a columnist at The Boston Globe. This article originally appeared in Tablet magazine, at [tabletmag.com](http://tabletmag.com).*

## THE GOOD

Sanders is the first self-identified Jew to win a primary and said that he "will do everything that I can to rid this country of the ugly stain of racism which has existed for far too many years."

If elected president, said he would "support the security of Israel, help Israel fight terrorist attacks against that country and maintain its independence," while also vowing to maintain "an even-handed approach to that area."

Advocated for a US attempt to "work out a sensible solution to the problem which would guarantee the existence of the state of Israel and which would also protect Palestinian rights."

## THE BAD

Abstained in a vote on Senate Resolution 498, which expressed support for Israel defending itself against "unprovoked rocket attacks" from Hamas, and maintained that Israel's response in Gaza was, quote, "disproportionate and led to the unnecessary loss of innocent life."

Supported the US-Iran nuclear deal and calls to "move as aggressively as we can to normalize relations with Iran."

The only US presidential candidate from either party to explicitly express disapproval of Israeli premier Netanyahu

Has called for the US to spend less on its military assistance package to Israel and more on quality-of-life issues in the Palestinian territories and other parts of the Middle East



# SHABBAT CAN DO THAT



LAST YEAR, MORE THAN A MILLION JEWS IN ALMOST 1,000 CITIES OBSERVED SHABBAT TOGETHER. THIS YEAR, THE SHABBAT PROJECT IS BACK AND BETTER THAN EVER.

— BY SIMON APFEL

What are you doing on November 11 and 12, 2016? Mark it on your calendars, people. You will be keeping Shabbat—along with the rest of the Jewish world.

The Shabbat Project was first introduced in South Africa in 2013 by the country's Chief Rabbi Dr. Warren Goldstein. The idea was simple: Connect Jews from every corner of the world, of all denominations and levels of religiosity, by joining together to observe one complete Shabbat.

Goldstein, together with creative director Laurence Horwitz and a talented team of strategists, social media experts, project managers, designers and writers in Johannesburg, ensured that the initiative went global the next year.

October 2014 saw the first international Shabbat Project, where close to a million Jews in 465 cities and 65 countries around the globe participated. The second international Shabbat Project, which took place in October 2015, saw more than a million Jews in 918 cities and 84 countries take part.

"The response from around the world was overwhelming and heartwarming, and shows the remarkable depth and reach of the Shabbat Project," says Goldstein. "There has been a great outpouring of joy and excitement, with so many people touched in deeply personal ways. Such a visceral reaction demonstrates that the ideas of Jewish unity and Shabbat are compelling to Jews from all walks of life."

To co-ordinate the initiative on such a scale, the head office in Johannesburg worked with 5,000 partners worldwide—up from 1,800 partners in 2014.

"We saw a surge in participation in 2015," the founder continues, "and I am confident this social movement will continue to expand as more and more people taste the magic of Shabbat and experience the beauty of Jews coming together in a spirit of unity."

The aim in 2016 will be to further extend the footprint of what has become a truly global grassroots social movement, with a particular focus on reinforcing gains made across Israel and throughout North America.

While there will be no major shake-up of what, to date, has proved a highly successful formula—simply to observe a full Shabbat regardless of your religious affiliation—a new campaign theme for the 2016 Shabbat Project has recently been unveiled: "Shabbat can do that."

Goldstein explains the significance. "In 2014 and again in 2015, through the transformative power of Shabbat, we've seen individuals and communities do great things. Things that before were not thought possible. We've seen walls torn down, families rejuvenated, deep feelings awakened, deep friendships formed. This is what Shabbat can do.

"For the past two years, the most remarkable stories have poured in of people transforming their lives and the way they see others. And, though this is by no means the objective or the point of the initiative, there've been countless families and individuals so deeply fall in love with Shabbat—with the stillness, the relaxation, the sense of being instead of doing, the sense of space and time it affords—that they've incorporated it into their lives on a weekly basis. ▶







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"MORE AND MORE  
PEOPLE ARE JOINING  
WHAT'S BECOME A  
HUGE WORLDWIDE  
SOCIAL MOVEMENT,  
AND WE ARE  
ENCOURAGING  
LITERALLY EVERY JEW  
ON EARTH TO BECOME  
A PART OF IT."



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"It has been a privilege to see it unfold; to witness the magic of Shabbat take hold in cities across the world."

Goldstein believes that Shabbat, nominally a day of limitations, is actually a day on which one's limitations—personal, interpersonal, spiritual—can be overcome. "The unfortunate reality is that in our modern age, many of these limitations are actually self-imposed, perhaps as a result of the lives we live and lifestyle choices we make. We end up not having the time or the emotional space to devote attention to the things that really matter—personal growth, our families and relationships, our spiritual wellbeing. Shabbat gives us that time and that space, and the results of that can be truly transformative."

This year, Goldstein and his team are aiming to see how far they can push

the limits of the Shabbat Project itself. "More and more people are joining what's become a huge worldwide social movement, and we are encouraging literally every Jew on earth to become a part of it—to experience the magic and transformative power of Shabbat, to join together across the superficial divisions and labels we've constructed, and to connect to our ancient, eternally relevant Jewish traditions, and to each other, in a deeply meaningful way."

November 11 to 12, 2016, will see the entire Jewish world unite, once again, to celebrate a full Shabbat together. And this time round, for Goldstein and his team, the hope is that 'the entire Jewish world' is less a manner of speaking than a literal description of fact. ■

For more info, visit [theshabbosproject.org](http://theshabbosproject.org) and [theshabbatproject.ca](http://theshabbatproject.ca).





# SECOND CHANCES

NOT LONG AGO, THE DIRECTOR OF DEVELOPMENT FOR TORONTO'S JEWISH ADDICTION COMMUNITY SERVICES WAS BATTLING ADDICTION HIMSELF. HERE, HE TELLS HIS STORY TO THE *JEWISH REVIEW*.

— BY ORI GOLDSTEIN

**I**t was three in the morning. I had to wake up for work a few hours later, but I just couldn't help myself. I needed cocaine before I went to sleep. I poured some coke onto my trusty mirror—one of many mirrors I had purchased for this very purpose—and started to form some lines. But before I snorted them, I caught a glimpse of my own face alongside the small piles of cocaine.

I looked at myself. I looked right into my own eyes and tried to grasp what

had happened to me. Memories flashed by me, reminding me of the good times I used to have. I couldn't understand how I had gotten to where I was at that moment. I was completely dependent on cocaine and couldn't exist without it.

I knew I didn't want to do any more drugs that day. And I knew that I needed to get some sleep if I wanted to perform at work the next day. But I felt completely powerless. It was as if I had no choice in the ▶



matter. I kept doing cocaine for the rest of the night until the morning. And even though I had all kinds of important things to do that day, I was completely useless as a result of all of the drugs I had done the night before.

When I started using drugs, it was pure fun. It was exciting and I enjoyed it and I couldn't wait to do more. But that day I looked in the mirror was the day I realized that I had become a slave to cocaine.

My relationship with drugs started in 1997 when I was just 14 years old. While attending a Jewish High School in Toronto, I was the only freshman who made the varsity basketball team. The older kids on the team were smoking marijuana and I wanted to fit in. I wasn't peer pressured, but I wanted to gain acceptance, so I tried it.

By the time I graduated high school and went to Israel for the year, I was drinking heavily and was introduced to new drugs like painkillers. I heard a lot about coke while I was away but never tried it, so I decided to give it a shot as soon as I got home. It was love at first sight.

On one occasion, I was awake doing coke for 72 hours straight. When I finished what I had, I went to my dealer to pick up some more. That's what a drug addict does. While I was there, I happened to notice some little pink pills on the table. My dealer told me that they could help numb the pain I felt during cocaine's comedown process, so I picked up some more coke and a few of these pills too. I felt like these little pills contained the answer to all of my problems. Now I could do as much coke as I wanted to and when it was time to come down, I could just take some magic pills. I was like a kid finding kryptonite.

By the time I was 22, I was doing a combination of oxycontin and

cocaine all day every day. At the beginning, I would do one and then the other. But by the end, I would mix the two together, which was a lethal combination. Since one speeds

"I WENT FROM GETTING  
HIGH, BARELY PASSING  
AND NOT EVEN  
QUALIFYING TO DO AN  
HONOURS PROGRAM AT  
YORK UNIVERSITY TO  
BEING THE PRESIDENT  
OF MY CLASS, WINNING  
THE DEAN'S AWARD  
FOR LEADERSHIP AND  
GETTING STRAIGHT A'S  
AT YESHIVA UNIVERSITY  
IN NEW YORK."

up your heart and one slows it down, doing both together was a heart attack waiting to happen.

One of the side effects of oxycontin was that I would nod off a lot. I would fall asleep at poker games and while standing in line at Starbucks. Once I was at my parent's house for Shabbat dinner and literally fell asleep in a bowl of soup. Another time my dad was giving me a speech about not falling asleep at work and I fell asleep before he could finish.

Then, about 10 years ago, my landlord wouldn't renew the lease at my apartment—probably because the police had been called several times, the doors were knocked off the hinges and they just didn't want me there anymore. So I moved back

in with my parents. One day, I walked into the kitchen and my mother said: "Nothing would make me happier than to see you happy and healthy." She probably said those words a thousand times before, but that was the time that I heard them. And then she asked me if I'd consider seeing a counselor.

I don't know why I said yes at that moment. Maybe it was just to get her off my back. Maybe it was to get everyone off my back. So many people had tried to do interventions on me—my friends, the rabbi, my family—but I continued to use drugs more than ever before.

The gambler in me gave my mom a one-outer. I told her that there was only one person in the whole world I would talk to. A guy named Jay Pasternack had come to speak to my Grade 10 class about drugs and alcohol and he really left an impression on me. I had no idea where he was or where he might be, but I told my parents that if they found him I would go see him.

I thought discovering oxycontin was an accident, but now I believe that nothing ever happens by mistake. I could always function on cocaine but I was useless on oxycontin, so if it wasn't for the oxy I would have never agreed to get help. Oxycontin brought me to my knees begging for help, but I didn't know where to find it.

But my parents did. They found Jay Pasternack at Jewish Addiction Community Services (JACS). He was, and still is, the Clinical Director in Toronto.

After meeting with Jay a few times, we figured out a treatment plan while I attended some JACS groups and 12 step meetings. Then, on September 27, 2006, I went into detox. For the next eight days, I was detoxing from years of drugs abuse. It was the worst pain I have ever felt



A spiffy Ori, pictured at the JACS 2015 Golf Tournament, second from left.

in my life and I don't wish it on my worst enemy. It's detoxifying your body in a safe place alongside nurses and doctors to get all the drugs out of your system. When I was done, I went off to rehab in Florida.

Four and a half months later, JACS was the key to my relapse prevention plan. I remember landing at the Toronto airport at 6 p.m. and I was at a meeting at JACS that same night at 8 p.m. I haven't left there ever since.

I started going to weekly JACS meetings on Thursday nights with the "Here to help" group, a really basic recovery 101 gathering where family and friends get together to figure out what to do with their loved one who is suffering from addiction. I also attended 12 step programs all over the city.

Soon after, I started doing "service," which is when people in recovery begin to "give back" by helping others in the same way that someone else helped them. There's a saying at JACS: "Those who do service stay clean." That was certainly true for me.

As I started to get better, I volunteered at the JACS' drop-in centre and helped co-facilitate a young men's group that helped people get sober by giving them life skills and teaching them how to have fun while they're in recovery.

And once I had been sober for a full year, I was finally ready to get myself back on my feet. I went back to school, attending Centennial College in the evenings after work to learn as much about how to help people as I could. After two years, ▶

*"BEFORE JACS, I ALWAYS HAD A JOB BUT NEVER A CAREER. NOW, I'M PROUD OF WHAT I DO. I'M CLEAN AND SOBER AND I GET TO HELP PEOPLE EVERY DAY WHILE WORKING AT THE VERY SAME ORGANIZATION THAT GAVE ME A SECOND CHANCE AT LIFE."*



I earned certificates in addiction studies and counseling.

Every year on my sobriety date, I receive a medallion at my 12 step home group, giving me credit for another year sober while showing the newcomers in the audience that sobriety is actually possible. My family always comes to support me and that's when they get to hear firsthand how I help others with their addiction struggles.

One year, my grandfather attended the meeting. He was so affected by what he heard that he offered to pay for my schooling so that I'd be able to help more people professionally. That was why I went back to school again, getting my Master's degree at the Wurzweiler School of Social Work at Yeshiva University in New York.

I went from getting high, barely passing and not even qualifying to do an Honours program at York University to being the president of my class, winning the Dean's Award for Leadership and getting straight As at Yeshiva University in New York. I realized that as long as my head was clear and I was taking courses that I actually wanted to take, I was smarter than I thought.

In my second year of the three-year social work program, I came back to Toronto to do my placement at JACS. The project they gave me to work on was our annual weekend recovery retreat. It wasn't in the budget so I had to raise the money on my own to make it happen. I did, and we had more than 100 people attend. Needless to say, I was immediately hired on as soon as I graduated.

Now, I'm beginning my fourth year as the Director of Development at JACS Toronto. I do some counseling to keep the social worker in me happy and I'm in charge of all of JACS'



Ori, centre, his team and York Centre's MP Michael Levitt at this year's JACS Fit-a-thon

events, from our annual play, to our golf tournament, fit-a-thon and weekend retreat.

But my primary role is assisting the Managing Director with development and raising money for JACS. We have a budget of about \$1.5 million a year. We don't get any money from the government; sometimes we'll get a \$50,000 grant from an organization like the Ontario Trillium Foundation, and we get \$95,000 per year from the UJA Federation. Other than that, all of the money we desperately need to help those that are suffering comes directly from community support.

Seven hundred and fifty people walk through our doors every week and we get new calls from people looking to join our programs every single day. So my days are spent going out into the community, scheduling meetings, and asking people for their hard-earned dollars to help save those who are struggling with addiction.

Before JACS, I worked at a Jewish bookstore, an underground poker club, for my dad and for my grandparents, but I never set the



bar very high. I always had a job but never a career. Now, at JACS, I'm proud of what I do. I'm clean and sober and I get to help people every day while working at the very same organization that gave me a second chance at life. I can truly say that I've never had it so good! ■

*JACS is a leading education and support agency for addiction and recovery. Since opening in 2000, more than 8,000 families have turned to JACS for help with addictions such as drugs, gambling, overeating and sex. JACS a nonprofit agency and relies on the generous support of the community in order to continue carrying the message of hope. For more information, please visit [jacstoronto.org](http://jacstoronto.org).*



# DOUBLE

# Betrayal

WHY SEX ABUSE CHARGES AGAINST A  
TORONTO TEACHER TOOK 20 YEARS TO  
REACH COURT.

— BY SELENA ROSS



The Service Ontario office on Lawrence Avenue West is the most public of places: public in its stream of passersby and public in the sense that it's a conduit, bland and efficient, to the government.

That is where Joe Schacter sat down at a computer terminal in December and began looking at child pornography, police say.

Mr. Schacter reportedly appeared surprised when people were alarmed enough by the photos, allegedly of little boys in bathing suits, that they called police. The 55-year-old, a retired teacher at two private Orthodox Jewish schools, was arrested and charged.

That news, reported in local media, ended a 20-year internal battle for Adam, a North York man. He picked up his phone and asked to speak to a police detective. Joe Schacter, he said, had coached him into performing sex acts for three years of his childhood.

Adam was in his 40s and he says in every year of his adult life he had talked himself out of making that call. "I should go to

the cops," he would say to himself. "I should go to the cops. I should go to the cops."

Then, always, came a second thought: "You could destroy your life. You could destroy your kids."

Adam's allegation that Mr. Schacter was a sexual predator was not new to police and certainly not to many in Toronto's Orthodox Jewish community. According to documents obtained by The Globe and Mail and interviews with community members, Mr. Schacter has been accused multiple times over a 23-year period of sexually assaulting little boys. In the early nineties, criminal charges were laid, then withdrawn. A decade later, after more allegations, the Ontario College of Teachers ordered a disciplinary hearing. It was cancelled and Mr. Schacter continued to teach until he retired in 2013.

There's no documentation about why the cases were dropped, but in the close-knit community, it was understood that the ►

## TIMELINE OF SCHACTER CASE

**Around 1980** - Joe Schacter joins an Orthodox synagogue in North York.

**1982 to 1993** - In court documents filed in 2016, three men allege that Mr. Schacter abused them at different points during these years. They did not contact police at the time.

**1986** - Mr. Schacter starts teaching at Eitz Chaim private school.

**1993** - Police are first called about Mr. Schacter when an Eitz Chaim student reports being abused by the teacher four years earlier. The charges are quickly dropped.

**2003 to 2004** - Mr. Schacter is accused of inappropriately touching several students at Eitz Chaim. No charges are laid.

**2004** - Mr. Schacter leaves Eitz Chaim and begins teaching at a Hebrew school.

**2006** - The Ontario Teachers College announces there will be a disciplinary hearing for Mr. Schacter, releasing a list of allegations going back to 1993.

**2007** - The College withdraws the allegations, saying they are "not substantiated."

**2009** - Mr. Schacter changes schools again.

**2013** - He retires from teaching, but continues to work with children as a hockey coach.

**2015** - Mr. Schacter is arrested on child pornography charges at the Lawrence Avenue West Service Ontario office.

**2016** - Police lay historical sex assault charges involving four complainants.

children had recanted, their families unwilling to proceed.

Adam—not his real name—watched from afar as the community and authorities proved willing to forget the formal allegations. “It came up, everybody spoke about it, then it went away,” he said. “And then years just passed and went on and went on.”

Years before the Catholic Church was forced to publicly confront sexual abuse by its priests, Orthodox communities around the world were doing the same in their own way. Old religious principles encourage Jews to settle conflicts amongst themselves rather than handing one another to the secular justice system, some believe.

But child abuse, others argue, should be an exception—or rather, they say, it has always been a misinterpretation of God’s word to think He wouldn’t want children protected at any cost.

Settling that question has been especially agonizing in Toronto. Unlike most places with large Orthodox populations, particularly Brooklyn, Canada has no statute of limitations on sexual assault. So a very real debate over whether to call 911, even on a single man, has loomed for an entire generation.

After Adam went to police earlier this year, three other men went on record. Mr.

Schacter faces charges of gross indecency and sexual assault going back to 1982. The allegations have not been proven in court and his lawyer declined to comment. Mr. Schacter is living at his mother’s North York home on bail.

Mr. Schacter hadn’t been raised Orthodox, according to a dozen people from Toronto’s Orthodox Jewish community who spoke to The Globe and Mail.

At around age 20, he said he wanted to become more religious and joined an Orthodox synagogue. Eitz Chaim was one of two private schools that hired him, and dozens of families invited him home for Sabbath dinners.

They didn’t know that Mr. Schacter didn’t follow a traditional Orthodox lifestyle in his own home, said Adam.

The young, animated teacher was well-known for inviting boys to visit his house after class. At Adam’s house, his parents didn’t allow TV, movies, comics or junk food. He and his friends had spent their free time riding bikes or resting at home, whose quiet could sometimes be “oppressive,” he remembered.

Mr. Schacter had all the novelties of the early eighties: not just junk food, but Pringles chips; not just movie rentals, but his own VHS tapes.

“I’d walk over and he’d have my Batman comics, which I loved,” said Adam. “You know, kids have milk and cookies and watch their favourite television show at home? I was doing it there.”

The teacher also began showing Adam porn, he said. Eventually, he alleges, Mr. Schacter taught him how to perform oral and manual sex, and would take Polaroids of him.

“I had no idea what was going on,” he said. “It was all new to me, at 10, 11.”

After the first incident, he says he went home and ran past his mother to his room, “altered,” saying he didn’t feel well. The visits continued until Adam started high school, and he never spoke of them, he said. He long believed he had willingly traded sex for the potato chips and comics he loved. “For years it was my failure to have been lured for treats,” he said.

Then, in his early 20s, Adam’s mind “popped,” he said. He heard that a young Eitz Chaim student had complained that Mr. Schacter had touched him. “I thought ‘Oh my goodness. It’s not just me. It could be hundreds.’”

The child’s parents were incensed. They went to the police and Mr. Schacter was arrested and thrown in jail for a night. The community exploded with talk.

It’s unclear exactly what two charges were laid in 1993 or why they were dropped. The court records have been destroyed, though documents from the Ontario College of Teachers refer to them, saying Mr. Schacter was accused of using his hand to touch the boy “for a sexual purpose.” The boy’s parents and Eitz Chaim declined to comment. Toronto Police did not provide an interview with an officer in charge of that case, who still works in the local division.

But the Globe spoke to several people who remember the sequence of events. They said the boy withdrew the charges after the family spoke to others in the community. The family worried the father’s livelihood, which depended on an Orthodox clientele, would suffer. ▶





"I believe the family was pressured to drop it," said Adam.

He pictured disbelief aired behind closed doors—but also a kind of persuasion he practised steeling himself against: "Don't do this to him. Don't air our dirty laundry out in the non-Jewish world. They think terribly of us as it is. They'll think even worse. Keep it among ourselves, we'll deal with him, we'll reprimand him, we'll change things."

A handful of Talmudic laws guide how to respond to others' bad behaviour. First, don't gossip or speak ill of anyone. But second, when wrongdoing is clear, handle it internally when possible.

One religious edict asks Jews to avoid public shame: being seen in a bad light desecrates God's name. But the idea of doling out justice with no outside help also dates back to political realities in the Old World, said Benny Forer, a California district attorney and ordained Orthodox rabbi.

"It's not taught to you in school," he said. "All through your childhood, you hear stories of abuses of power by law enforcement ... stories of the rebbe in Russia or the rebbe in Poland who got arrested for being Jewish. So that's ingrained in your consciousness."

For some matters, especially divorces, Orthodox tribunals rule. No one interviewed could remember Toronto's Orthodox courts handling a sexual assault case. Still, sometimes unusual solutions have been found in Toronto.

Rabbi Heshi Nussbaum was another Eitz Chaim teacher who pleaded guilty in the 1980s to child-abuse charges. He wasn't jailed, and a job was arranged for him on a dairy farm outside Toronto, away from children, community members said.

But Rabbi Nussbaum, who was convicted again in 2014 of historical sexual assault, still prays in Toronto's Orthodox synagogues. A fourth religious rule says that wrongdoers can repent and be accepted back into the community, a process of restitution that can't often be found in Ontario courts.

It's a concept that Mr. Forer believes is misapplied to child sexual assault, which is so grave that it's hard to make meaningful amends, and which poses a worryingly high risk of recidivism.

The district attorney, who grew up mostly in Toronto's Orthodox community, began to speak out about child sexual abuse after a friend in North York died by suicide in 1993, with no one knowing at the time he was a victim of abuse. He has heard people say abusers should stay within their social circles so others can "keep an eye" on them.

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"You see a sex offender," Mr. Forer said. "You know what your children see? They see a man that you walk up and say 'Good Shabbos' to ... Your children see a trusted man."

After his 1993 brush with police, Adam says Mr. Schacter called him out of the blue

shortly after the charges were dropped. "He told me this terrible story, that somebody's saying terrible things about him," Adam recalled. "And his message was, you can't ever say anything like that, because look what happened. I was arrested! I was in jail."

After the boy recanted, Adam watched a circular argument take hold. Mr. Schacter "was vindicated, right? Because it was dropped," he said. "Everybody then said 'Yeah, the kid's full of crap. You know kids, the psychiatrist tells them that something happened to them that never even happened.'"

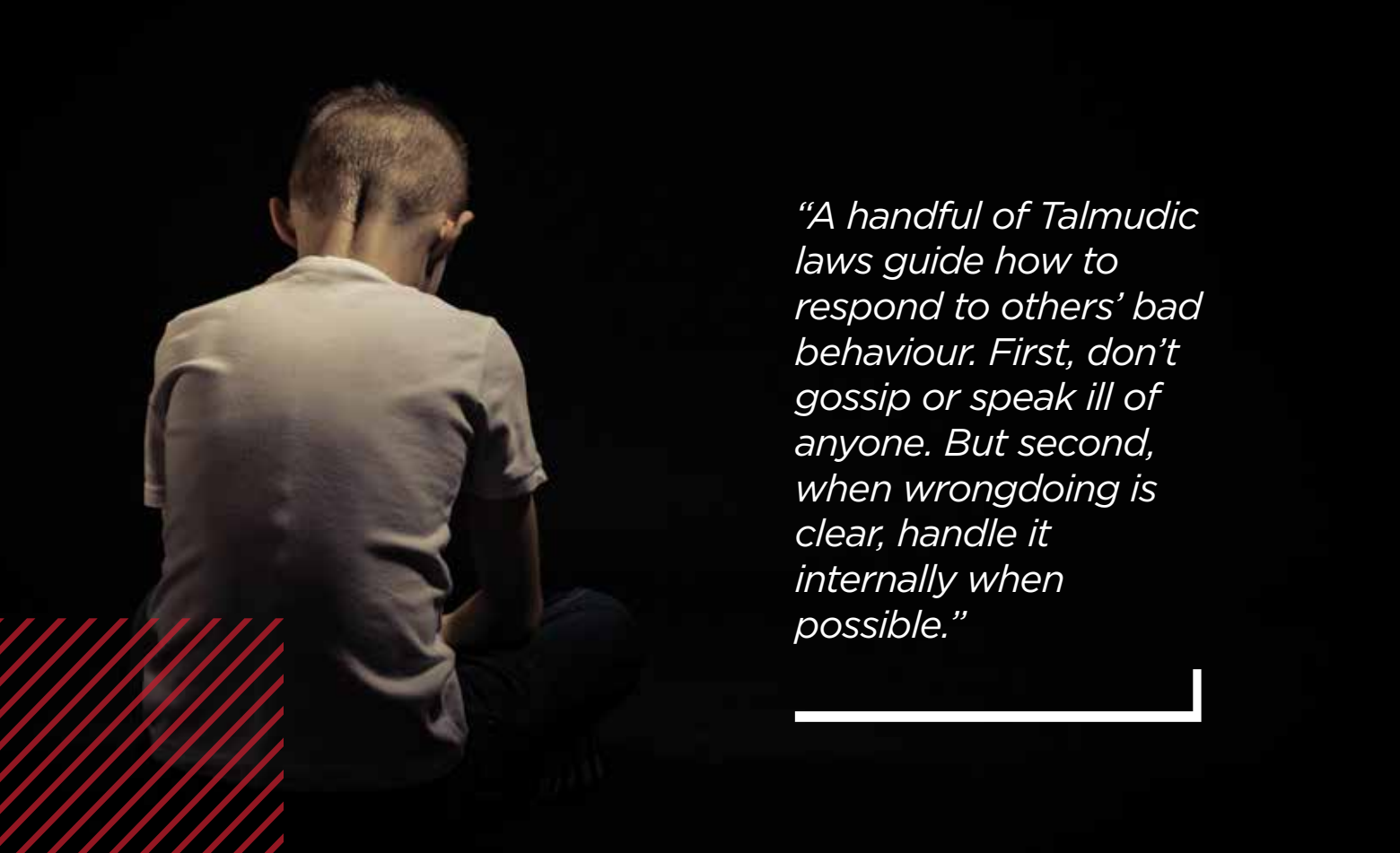
A teacher at Eitz Chaim said fellow teachers widely believed kids were making false accusations, perhaps coached by psychiatrists. But slowly, the allegations mounted, and the community started to take them seriously—while still refusing help from the outside.

In 2006, when the Ontario College of Teachers planned a disciplinary hearing, it documented all the known allegations against Mr. Schacter and a few rebukes. After the charges were withdrawn in 1993, the school's principal had "cautioned" the teacher against putting students in his lap or hugging them, the College found.

Ten years later, however, the College alleged Mr. Schacter had been putting a number of second- and third-grade boys on his lap. He tickled and kissed one boy in the 2003-2004 school year, asking him to stay alone in the classroom at recess. In May of 2004, while marking another boy's work, Mr. Schacter "rubbed [the boy's] back then lowered his hand and squeezed [the boy's] buttocks over [his] clothing." He entered the washroom when a third little boy was using it and pulled his pants up or down, the College alleged.

For any complaints to reach College of Teachers investigators, they are likely to have first been explored by police, said people familiar with the College's process.

But no criminal charges were laid in 2004. In 2006, as the College prepared to hear his case, Mr. Schacter retained ▶



*"A handful of Talmudic laws guide how to respond to others' bad behaviour. First, don't gossip or speak ill of anyone. But second, when wrongdoing is clear, handle it internally when possible."*

a lawyer. But then the College's lawyers requested to drop the hearing, and the College did so, with a notation that the allegations were "not substantiated."

Such a conclusion is rare, said a spokeswoman for the College, Gabrielle Barkany. In 2014, for example, only six out of 106 planned hearings were withdrawn. Still, the College won't explain what happened, citing confidentiality rules. The lawyer who represented Mr. Schacter at the time also declined to comment.

An official source familiar with the 2004 complaints, and their abandonment by police and the College, said that parents and teachers from Eitz Chaim simply hadn't been prepared for the allegations to spiral out beyond the school, and they didn't co-operate. It's unclear how the details reached secular authorities.

Eitz Chaim fired Mr. Schacter in 2004, 18 years after he began teaching there, and two years after a new principal arrived at the school. His wife, who had married him in middle age, left him around the

same time. A solution had been found, at least at Eitz Chaim. But families, even with young children, continued to invite the teacher over for dinner, said Adam.

"We're going to leave him on the street? Just leave him? We have to take care of him," he recalls them saying.

Mr. Schacter was quickly hired at another Hebrew school, where he stayed for five years before retiring from teaching. He still coaches hockey, according to LinkedIn.

Adam had been in therapy for years when he says he asked Mr. Schacter to meet him on a hot July day in 2012 at the park across from the teacher's house, a place that made him feel "ripped up." He had put the phone call off for weeks, worried he wouldn't be able to stop himself from physically attacking the older man.

According to Adam, the teacher excitedly agreed, thinking he was hearing from an old friend. As the two sat on a park bench, Adam blurted out his years of rage, "how upset I was." Then

he stood up to walk away. But the teacher had a response. "My life's been ruined already, and I lost my wife, and don't do this to me," Adam recalls him saying.


The next day Adam received a letter from a lawyer, which he provided to the Globe; it said that Mr. Schacter would deny his accusations in a court of law.

Detective Constable Joel Manherz, who is handling the current case, said that many families tell him that they'd like to help or join the four men preparing to testify in court, but they can't because it could destroy their businesses or their children's marriage prospects. Police are the only officials with the "teeth" to handle dangerous people, said the detective.

"Forgiveness is a powerful thing, and that community is very good at making sure that that happens, that people are forgiven," he said.

"But at the same time there has to be some accountability, there has to be protection of others from this going on, right?" ►





In March, Det. Constable Manherz sat in a North York synagogue with about 300 people. It was the first-ever Canadian visit by a group called the Jewish Community Watch, based in New York.

The group is its own type of tribunal, specifically for sexual abuse: it investigates accusations and posts alleged perpetrators' names and photos online, under the heading "Wall of Shame." Its leaders say it has never been sued.

The group also encourages victims to go to the police—but in New York, where people only have until age 23 to do so, that's usually a moot effort.

In Canada, the group asked Det. Constable Manherz to explain to the crowd how he handles a case. Before he spoke, however, they asked a senior rabbi from Yeshiva University in New York to take the microphone.

Rabbi Yosef Blau recently saw the movie *Spotlight*, about the Boston Globe's exposé of Catholic priests' abuse, he told the crowd. "We can look at it and say 'Oh!'" he said. "'It's not our problem! We're not like the Catholics.' And the truth is, there are obvious differences, but in a certain sense we have a greater responsibility," said Rabbi Blau. "Because the Catholic Church has a hierarchy. If a teacher in a yeshiva abuses and is allowed to teach in another community ... we can't blame the Jewish hierarchy."

If even one person knows about an abuser and doesn't warn others, that person bears responsibility, he said.

One of the tenets of Judaism is the obligation to interpret the Torah for oneself. "Don't let people use [religious] terms to cover their unwillingness to face up to the issue, to think that they are protecting the image of the community," Rabbi Blau said, "when in reality they are allowing the community's weakness and rot to become much worse."

For Adam, breaking from convention came after decades of haunting guilt. He worries that, in the years he didn't go to police, more children could have been abused. "You know, I feel terrible that I didn't do anything," he said.

But independent thinkers will always risk being punished unless the community as a whole shifts its thinking, he said. That will only happen if leaders clearly advise people to take all abuse allegations straight to police—a move they haven't made yet in Toronto, at least not publicly.

"They have to encourage it," Adam said. "They have to."

One of the most respected of Toronto's Orthodox rabbis, Rabbi Yaakov Hirschman, told the *Globe* he feels torn over what to tell those alleging sexual abuse.

"In principle," he said, they should go to police. "In real life, we've gone through situations where allegations were false. There's always this feeling that you're caught in between."

Rabbi Shlomo Mandel leads the synagogue that first welcomed Joe Schacter into the Orthodox world. He said he has been "painfully" following the allegations against him.

In his reading, Jewish law dictates that if someone could be hurt, "one has to take whatever measures are necessary to stop it, full stop, period." That means "obviously, co-operating with the authorities," he said.

After all, the spirit that rallied people around a young Joe Schacter should rally them also around any alleged abuse victims, said the rabbi. "We definitely welcomed him ... that's part of our obligation," he said. "But it's the same obligation that tells us to care for other people." ■

*This article originally appeared in The Globe and Mail.*



# ‘DISEASE IN A DISH’ AMONG ISRAELI WONDERERS IN HEART RESEARCH.

GENERATING PATIENT-SPECIFIC HEART CELLS IN A DISH ENABLES DOCTORS TO IDENTIFY MOST PROMISING DRUGS FOR HEART DISEASE.

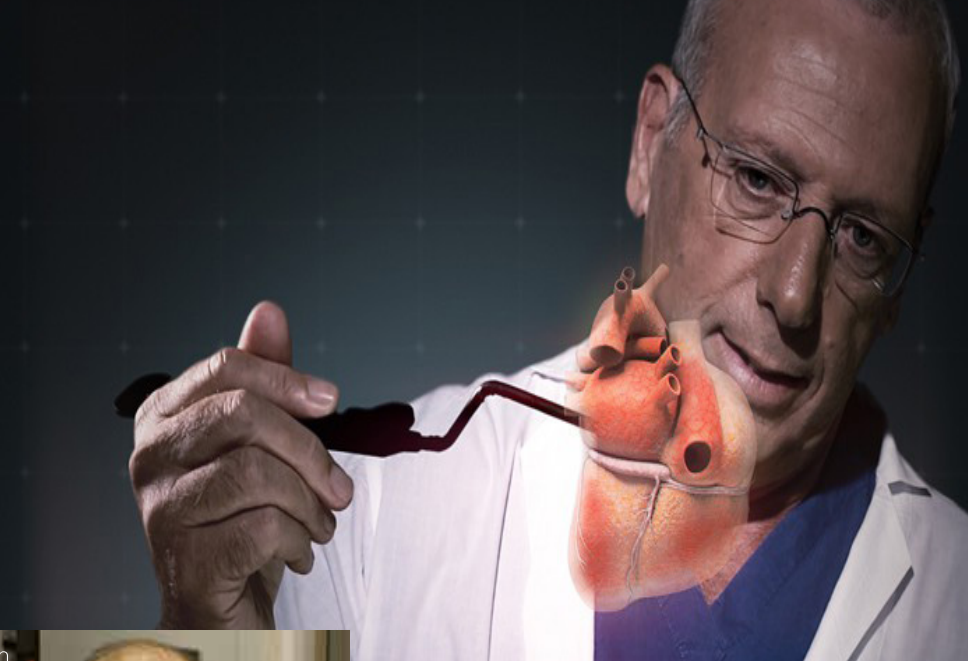
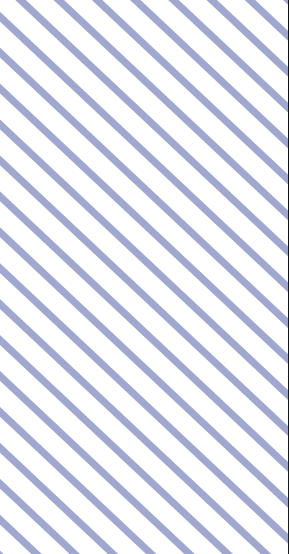
— BY ABIGAIL KLEIN LEICHMAN/ISRAEL21C

**H**uman cells from skin or blood can be reprogrammed to resemble the person's embryonic stem cells and then cultured to generate cells specific to any part of that person's body.

In the future, these patient-specific human induced pluripotent stem cells (iPSCs) could eliminate the need for donor transplants.

For now, they present an exciting new paradigm for modelling human disease and for individualizing drug testing, according to Dr. Lior Gepstein, director of cardiology at Rambam Health Care Campus in Haifa and holder of the Sohnis Family Chair in Tissue Engineering and Regenerative Medicine. ▶





Dr. Lior Gepstein

"THIS COMPLETELY NEW TECHNOLOGY DEVELOPED IN ISRAEL PROVIDES AN ONLINE HOLOGRAPHIC 3D IMAGE OF THE HEART... YOU CAN SEE THE HEART IN FRONT OF YOU AND MANIPULATE AND MEASURE IT WHILE YOU ARE DOING SURGERY ON THE ACTUAL HEART."

By adapting a Nobel Prize-winning technique from Japan, Gepstein's lab pioneered a method to grow a patient's own heart cells from that patient's iPSCs in just a few weeks.

"We can use these cells for several things," says Gepstein, who was among the featured presenters at Rambam's 2016 annual international "State of the Heart" and digital-health summit at the end of May.

"The most ambitious project is to take a cardiac patient's cells, reprogram them and transplant them back to a patient's diseased heart to regenerate its function," he tells ISRAEL21c.

"The heart cannot regenerate itself. Any dead areas [following a heart attack] are replaced by scar tissue and cannot contract, which leads to heart failure, the biggest problem we are facing as cardiologists."

Gepstein's lab has been working for several years to overcome many hurdles from theory to practice. Now, he reports, human clinical trials are only four or five years away thanks to strides made in a strategic partnership among Rambam, the University Health Network of Toronto (Canada) and the Technion-Israel Institute of Technology, where Gepstein is a member of the Rappaport Faculty of Medicine and Research Institute.

"A lot of labs have followed our lead, and this is a good sign that it is of great interest," he says. "We were the leaders in the emerging field of cardiac regenerative medicine, and in many aspects we are still the world leaders in this area."

### GENERATING PACEMAKER CELLS

At the summit, Gepstein reported on his lab's other sci-fi-like advances with iPSCs: growing heart pacemaker cells; studying a living patient's heart disease and finding the most effective drugs to treat it before ever touching the patient; and as a platform for pharmaceutical development.

Gepstein explains that as we age, our heart's pacemaker cells can start malfunctioning. Instead of implanting an electronic pacemaker as cardiac surgeons do today, they could implant the patient's own brand-new pacemaker cells generated from iPSCs. ▶

Gepstein's lab also is dabbling in optogenetics, attempting to build a light-induced pacemaker and/or defibrillator. This would regulate the heart's electrical activity by introducing a light-sensitive protein derived from algae.

"People have been using this in neuroscience but we are the first to use it in the heart," says Gepstein, who published a paper about this research in *Nature Biotechnology*.

## DISEASE IN A DISH

Obviously, doctors can't take out a patient's heart to study genetic mutations that cause life-threatening conditions such as cardiomyopathy (heart muscle disease) or inherited arrhythmogenic syndrome.

However, by taking the patient's skin cells and reprogramming them as heart cells—whose DNA is identical to the diseased cells—the genetics can be studied and drugs can be tested in the culture dish to find out which will work best for the specific patient.

Gepstein and his colleagues used this method to save the life of a young woman in 2011, and have since demonstrated the ability to study and test treatments for dozens of cardiac genetic diseases using "disease in a dish."

Now a major internationally funded study at Rambam is furthering the goal of generating patient-specific models of heart disease and individualizing treatment for that disease.

"This also provides the pharmaceutical industry, for the first time, with disease models of heart cells that they can use to develop new drugs," says Gepstein. "If you have a promising drug with possible adverse side effects on the heart, you can test it in a lab dish instead of in humans before spending billions on development. Right now we are trying to find collaborations with the pharma industry."

## YOUR HEART IN A HOLOGRAM

The conference also included a presentation by Dr. Elchanan Bruckheimer, medical director of RealView Medical Holography in Yokneam.

"This completely new technology developed in Israel provides an online holographic 3D image of the heart," says Rambam Health Care Campus Director General Dr. Rafi Beyar, who is a cardiologist and professor of biomedical engineering at the Technion.

"Using RealView imaging, you can see the heart in front of you and manipulate and measure it while you are doing surgery on the actual heart. This new technology will change the way heart surgery is performed."

Established in 2008, RealView has completed its first human clinical trials in interventional cardiology, and now is finalizing the design in anticipation of producing its first commercial products for 3D medical imaging.

"THE MOST AMBITIOUS PROJECT IS TO TAKE A CARDIAC PATIENT'S CELLS, REPROGRAM THEM AND TRANSPLANT THEM BACK TO A PATIENT'S DISEASED HEART TO REGENERATE ITS FUNCTION."

## DIGITAL HEALTH STARTUP INCUBATOR

Beyar told ISRAEL21c that the medical center recently launched a new digital health startup incubator in partnership with IBM, multinational medical-device company Medtronic and Pitango Venture Capital.

"In the next 10 years, the incubator will fund and support 40 companies in digital health, and I'm sure cardiovascular health will be the focus of at least 50 percent of their activities," Beyar tells ISRAEL21c.

"Worldwide, cardiovascular disease is really taking a major role because it is still the No. 1 cause of death in the Western world despite huge advancements in cardiac medicine."

Gepstein adds that cardiovascular disease is a growing problem because of the sheer numbers of older adults and also, ironically, "because we've become really good at saving people after heart attacks. They are alive but they have chronic heart failure. So this will be a huge clinical burden in the coming years."

In addition to better devices and better drugs to fight this phenomenon, many digital health initiatives are aimed at prevention and lifestyle changes, says Beyar.

Among the successful worldwide companies spun off by Rambam MedTech, the medical center's technology-transfer company, are two cofounded by Beyar himself: Instent, sold to Medtronic in 1996; and Corindus Vascular Robotics, now based in Massachusetts.

"We have this entrepreneurial spirit in Haifa that takes ideas and turns them into companies," he says. "Rambam works side by side with the Technion and therefore the connection between bioengineering and innovation is very strong." ■

*Abigail Klein Leichman is a writer and associate editor at ISRAEL21c. Prior to moving to Israel in 2007, she was a specialty writer and copy editor at a daily newspaper in New Jersey and has freelanced for a variety of newspapers and periodicals since 1984. Read more at [israel21c.org](http://israel21c.org).*





# A Juicy Journey

RUTH TAL, THE 51-YEAR-OLD FOUNDER OF FRESH RESTAURANTS, REFLECTS ON HER JOURNEY TOWARDS HEALTH AND SUCCESS.

– By Samantha Israel


**W**hen Ruth Tal was just 16 years old, she dropped out of high school, worked for a few years to save up some cash and then set out to travel the world. She ended up spending five years picking cotton at Kibbutz Nir David on the Assi River in the Beit She-an Valley in Northern Israel before returning to Toronto when she was 25.

After attending Ryerson to complete her high school credits, Tal got accepted to U of T and received a \$10,000 loan. She also happened to try her first ever glass of fresh carrot juice. Once she learned about the medicinal and nutritional benefits of fruit and vegetable juices, Tal decided to use the money to buy some industrial juicers instead. She set up a booth and juiced all over town as often as possible. In 1992, she opened her first Juice for Life location on Queen St. West.

Later renamed Fresh, Tal's business boomed. Today, Fresh boasts four Toronto locations, two in Moscow, Russia, one more due to open in Mexico City, as well as LOV, a capsule version of Fresh which is set to open as a franchise in Montreal later this year. Here, Tal speaks candidly with the *Jewish Review* about her business, her life and her Judaism.

**Jewish Review:** Let's start at the beginning. You're 25 and you use your student loan to open your first Juice for Life location. How did you know you would be a success?

**Ruth Tal:** I didn't know where it would all lead to, at the time. My mission was to share and inspire with as many people as possible my own incredible transformation of vibrant good health through the compassionate



“THE CHALLENGE HAS MOSTLY BEEN TO EDUCATE CUSTOMERS AND OVERCOME THE STEREOTYPE THAT HEALTHY VEGAN FOOD IS BLAND OR BORING.”

diet and lifestyle of being vegan. Being so niche and alternative at the time meant that success was measured by simply managing to stay in business one day at a time and long enough to turn on a few more people to the notion that it's hip to be healthy, and that vegetarian food need not be bland or boring. This was my daily mitzvah, you could say.

**JR:** How has the business grown since then? How has your life changed since then?

**RT:** We grew by building a strong loyal following spanning 25 years (also, half my life). Kids that once came in with their parents are now bringing their own young families into Fresh for their yummy plant-based meals. I started with a travelling juice bar and vegan cafe that “popped up” at music festivals and health lectures, and grew into four booming award-winning locations across the city, and a few around the world. Over the years, we have also published five best-selling vegan cookbooks, sharing our recipes with customers and the general public.

In the first 15 years, I worked an average 60-hours a week. Today, I have a lot more free time to travel and research new vegan food trends, while my partners and beloved senior staff manage the day-to-day operations.

**JR:** How did you grow your business from just one local spot to several more around the world?

**RT:** I have always been open to opportunities as they arose, keeping in mind my mission is to share the knowledge and inspire others to make healthier plant-based choices that are good not just for us but also for the planet.

**JR:** What kind of challenges have you had to overcome along the way?

**RT:** The challenge has mostly been to educate customers and overcome the stereotype that healthy vegan food is bland or boring. Although our roots are alternative, we have shifted our appeal to the mainstream without compromising the integrity of the concept and our ideals.

**JR:** Who's your competition?

**RT:** I don't believe in competition, so I try not to look over my shoulder worrying about it. Instead, I focus on our own unique offerings and making us better all the time. I am inspired by and do learn from those around me, and hopefully they learn from ▶



our operation, brand and concept too. This makes everyone better. We all offer a unique take on food and there is room for all of us, if you are good enough to survive and thrive. I believe customers are lucky to have all of us to choose from.

**JR:** So who are your customers?

**RT:** Our customers tend to be primarily women between the ages of 18 and 45. However, we also have a broad spectrum of ethnicities, cultures and economic backgrounds such as the kosher, halal, Rasta, and Hindu crowds.

**JR:** Tell us a bit about your partners.

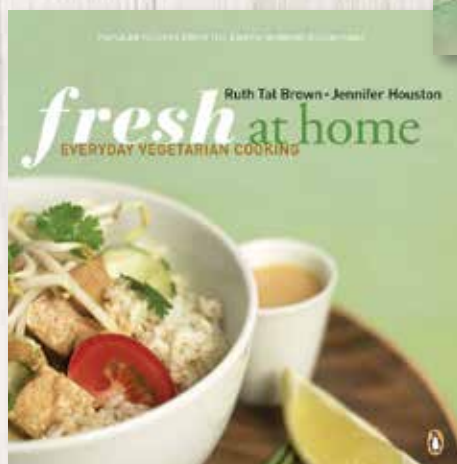
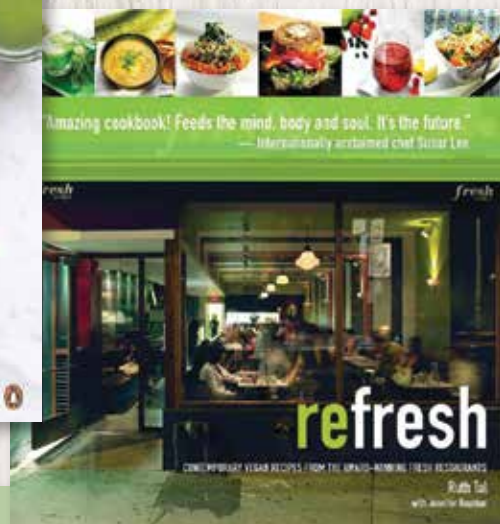
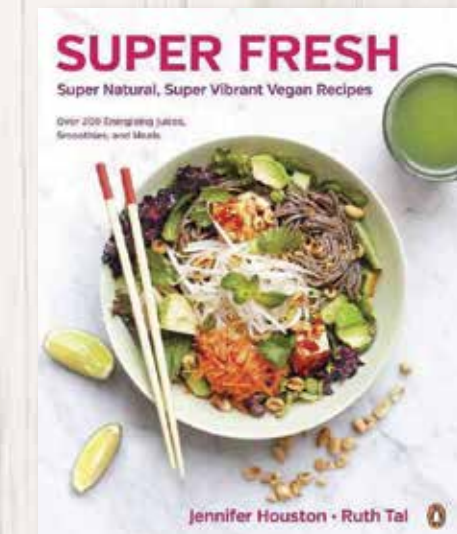
**RT:** I have two wonderful partners who form the backbone of Fresh Restaurants. Jennifer Houston is also my co-author on all five Fresh cookbooks. She heads the recipe development along with being responsible for all the kitchens. She began as one of our chefs a long time ago. And Barry Alper is the CFO, and heads the business development for Fresh. Barry and I have been partners for more than 18 years.

**JR:** You were recently named the best vegan restaurant by BuzzFeed. Congratulations! Why are you the best?

**RT:** Thank you! Our plant-based cuisine is delicious, and our recipes are all original and so comforting and crave-able.

**JR:** What are cold-pressed juices and organic nut milks and why are they so awesome?

**RT:** Cold-pressed juices and handcrafted nut milks are the next level in health consciousness, balance, convenience and taste. One bottle of cold-pressed juice contains approximately three pounds, or 10 servings, of fresh organic produce. Made in small batches, a vibrant rainbow of fresh vegetables, fruits, and herbs are



hydraulically cold pressed between two steel plates. This action does not heat or oxidize the produce. The end result is a nutritionally packed, mega-amplified live juice that is brilliant to taste, loaded with enzymes, vitamins and vital trace minerals.

Every bottle of organic nut milk is handmade daily from a base of raw nuts, alkaline water, pink salt, vanilla and pure love. Loaded with protein, calcium, iron, potassium, vitamin E and magnesium. No dairy, soy, gluten, preservatives or stabilizers. With proper refrigeration, the live nutrients and enzymes will maintain

their stability and crisp taste for 72 hours after being pressed.

**JR:** What's your favourite item on the Fresh menu? What are your best sellers?

**RT:** Currently, the dish I order nearly every day is the All Star Salad. It also happens to be our best seller. That could be my fault!

**JR:** Tell us about the time you spent on a kibbutz in Israel before you started Fresh. Does Judaism play a part in your life today?

**RT:** I spent five years on a kibbutz ▶

as a volunteer from the age of 18 to 23. My parents met and married on a kibbutz and I was very drawn to have the same experience. It was an easy transition for me since I already spoke Hebrew, as I graduated junior high at Associated Hebrew Day School. I ended up working in the cotton fields for most of my time. This experience forged my strong work ethic and values around materialism, sharing and giving back. I don't go to synagogue, but Judaism is a part of my life because being Jewish is simply an indisputable part of who I am. I am Jewish.

**JR:** Any favourite Jewish comfort foods? Any mention of them in your cookbooks?

**RT:** Hummus, falafel and tahini sauce remain my favorite foods. And they continue to be staples on our menus year after year. They are the original healthy vegan options long before it was trendy. We have recipes for all three in our cookbooks.

**JR:** What staples are always in your fridge?

**RT:** Lemons, flax oil, apple cider vinegar, cayenne pepper, coconut water, pink salt, tamari, and an assortment of micro-greens.

**JR:** What are your tips for eating well?

**RT:** I graze, eating often in small portions but never past 8 pm. ▀

*For more on Fresh, visit [freshrestaurants.ca](http://freshrestaurants.ca).*



## URBAN DETOX

This recipe includes tons of ingredients to detox your body and soul. Raw ginger, for example, can clear the sinuses and ease nausea. It's an antioxidant as well as an anti-inflammatory, and it strokes the appetite and fires up the digestive juices if taken before a meal. Romaine lettuce is especially high in folic acid, the minerals manganese and potassium, and vitamins C, A and K (which is essential for blood clotting and bone building). And adding apple makes this green juice a little sweeter and easier to drink.

### SERVES 1 TO 2

#### INGREDIENTS:

2-inch (5 cm) piece fresh ginger  
1/2 cup (125 mL) chopped fresh parsley  
1 cup (250 mL) lightly packed spinach  
1 cup (250 mL) lightly packed chopped kale  
1 cup (250 mL) lightly packed chopped Swiss chard  
6 romaine lettuce leaves  
1 lemon  
5 green apples  
2 shakes cayenne pepper

#### DIRECTIONS:

1. Juice the ginger, parsley, spinach, kale, chard, romaine, lemon and apples.
2. Shake cayenne into a tall glass. Pour in juice. Enjoy!





# THE Spirit OF Science

ARE THERE HIDDEN HEALTH ADVANTAGES TO LIVING A JEWISH LIFESTYLE? THE SCIENTIFIC EVIDENCE IS CLEAR, AND THE ANSWER IS AN UNDENIABLE YES.

— BY DAVE GORDON

The instructions given by God more than three thousand years ago—thought for millennia to have only spiritual benefits—may in fact have health benefits as well.

A Macleans article from March 30, 2015, for example, noted that children reared with religion are healthier and happier: Sixty percent of teens are less likely to become depressed, 70% have less chance of substance abuse and 40% were less likely to abuse alcohol.

Are the scientifically proven health benefits of living a Jewish lifestyle merely coincidental, or rather, something more meaningful, derived through divine purpose? Whichever the case, it's clear that there are health benefits to living a Jewish lifestyle. Here, our top 15 examples.

## 1. PRAYER

Joel 2:13. "Rend your heart and not your garments. Return to the Lord your God, for he is gracious and compassionate, slow to anger and abounding in love, and he relents from sending calamity."

**The Science:** In a 2002 article published in the Journal of the American Academy of Child and Adolescent Psychiatry, teenaged girls in North Carolina showed that those who prayed regularly were less likely to be depressed.

Developmental psychologist Susan Pinker cites a seven-year study of 90,000 women from across the U.S. discovering much the same thing: those who attended religious services at least weekly were more likely to have longer lifespans than those who did not.

A 2012 study from the department of child and family services at the University of Tennessee studied 9,300 teens from six countries, noting that the more they dedicated their lives to prayer, the healthier they were.

And a study of 21,000 Americans noted that people who attend religious services weekly have a seven year longer life expectancy (National Health Survey, Center for Disease Control and Prevention, Demography, vol. 36, 1999.)



## 2. THE AMIDAH AND OTHER SILENT PRAYERS

Numbers 6:24-26. "The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face toward you and give you peace."

**The Science:** Over the course of a week, an Orthodox Jew can spend cumulatively up to fourteen hours in silent prayer. Science says there are myriad benefits to this practice. Bottom line: Silence is good for the brain.

A 2013 study published in the journal Brain, Structure and Function showed that mice, when exposed to two hours of silence per day, developed new brain cells, associated with memory, emotion and learning.

In 2013, Frontiers in Human Neuroscience came to a similar conclusion. In the Sept. 30, 2005 edition of the journal Heart, scientists expounded on the notion that regular silence throughout the day was good for the heart rate, blood pressure, and respiratory system.

### 3. SHABBAT

Exodus 34:21. "Six days you shall labor, but on the seventh day you shall rest; even during the plowing season and harvest you must rest."

**The Science:** In a 2002 article published in the Journal of the American Academy of Child and Adolescent Psychiatry, teenaged girls in North Carolina showed that those who prayed regularly were less likely to be depressed.

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### 4. TEFILLIN

Deuteronomy 11:18. "Fix these words of mine in your hearts and minds; tie them as symbols on your hands and bind them on your foreheads."

**The Science:** Dr. Steven Schram, the author of "Tefillin: An Ancient Acupuncture Point Prescription for Mental Clarity," writes in an Oct. 2002 article for the Journal of Chinese Medicine: "It seems clear that putting on tefillin is a unique way of stimulating a very precise set of acupuncture points that appears designed to clear the mind and harmonise the spirit."

Elsewhere, he states: "By stimulating the acupuncture points that already lie along the path of the retzuah, you can bring about a heightened mental clarity to your prayers. The result of doing this can only enhance your mental and spiritual experience, allowing you to fulfill the Mitzvah to its highest degree."



### 5. DO NOT MIX FISH & MEAT

Shulhan Arukh, Yoreh Deah 116:2. "One needs to be careful not to eat meat and fish together because it is hard for [i.e. causes and/or exacerbates] plague."

**The Science:** Health issues arise when two highly salted proteins are eaten together in a single sitting.

In Biblical times, since the main bodies of fishing waters were the Jordan River, the Mediterranean coast, the Sea of Galilee and waterways in Egypt, many miles would have been traveled to bring fish to a city, which could take many days (What Did the Ancient Israelites Eat?: Diet in Biblical Times, Nathan MacDonald, 2008; Food-Biblical Data from The Jewish Encyclopedia). Therefore, to last the journey, the fish would have had to be preserved by heavy salting (Daily Life in Biblical Times, David Borowski, 2003). One harbor's name in fact was Taricheae, or "fish factory," derived by the Greek taricheuo, "to preserve by artificial means" also related to tarichas, "salt-fish peddler."

Since meat was already heavily salted during the koshering process, and fish was heavily salted in order to transport it to market, the combination on the stomach was chaotic.

Consuming highly salty foods may impair the functioning of blood vessels within 30 minutes, according the American Journal of Clinical Nutrition.

"The high protein load along with the high sodium load would put stress on the kidneys and heart. If severe enough, the person could experience a heart attack," according to Adrienne Raimo, Medical Dietitian.

Morton Tavel, a cardiologist in Indianapolis, concurs, adding that the maximum amount of salt one should consume per day is about 1.5 teaspoons. (People with certain medical conditions should consume even less.) That would assuredly be wildly exceeded with the combination of salted fish and meat.

Dr. Matthew Brennecke, from the Rocky Mountain Wellness Clinic in Fort Collins, Colorado, adds that high doses of salt will accelerate dehydration. That is especially exacerbated in dry, sunny desert climates, thus leading to dizziness, diarrhea, vomiting, or nausea. Too much sodium, he adds, could also damage the stomach lining, and can cause kidney stones or osteoporosis in some people.



## 6. SLEEP ON THE LEFT SIDE

Kitzur Shulhan Arukh, 71:5. "It is good to lie at the beginning of one's sleep on the left side, and to finish on the right side. This is beneficial to the health of the body, since the liver is on the right side, and the stomach on the left side."

**The Science:** Dr. John Douillard of Boulder, Colorado says that sleeping on the left side helps with circulation to the heart and is better for digestion while sleeping on the right side can aggravate digestion problems. Douillard was the Director of Player Development for the New Jersey Nets NBA team, and author of six books.

In Feb. 21, 2011 the New York Times said: "As for digestion, at least one study found that gastroesophageal reflux can be somewhat increased when sleeping on the right side."

In a 2003 study published in The Journal of the American College of Cardiology, subjects with heart failure had a "highly significant tendency to avoid sleeping on the left side," while subjects without the condition did not.

The study's authors also found that sleeping on the right increased heart problems. A study of digestive reflux published in 1994 in The Journal of Clinical Gastroenterology found that the total amount of reflux time was significantly greater when sleeping on the right.



## 7. PROHIBITION AGAINST EATING SHELLFISH

Deuteronomy 14:9-10. "Of all the creatures living in the water, you may eat any that has fins and scales. But anything that does not have fins and scales you may not eat; for you it is unclean."

**The Science:** There are actually four kinds of shellfish toxins, and all are potentially fatal. The Center for Disease Control, the Food and Drug Administration and the US National Library of Medicine all point out the possible dangers of consuming shellfish. Shellfish poisoning occurs in seafood with two shells, such as clams, oysters, mussels, and sometimes scallops. Certain mollusks, lobsters and crabs can be the source of typhoid, and are a source for urticaria (a neurotic skin affliction).



## 8. CIRCUMCISION

Genesis 17:11-12. "You are to undergo circumcision, and it will be the sign of the covenant between me and you. For the generations to come every male among you who is eight days old must be circumcised, including those born in your household or bought with money from a foreigner—those who are not your offspring."

**The Science:** In 2014, the Center for Disease Control confirmed that urinary tract infections, cancer and various inflammations are highly reduced from circumcision. This was confirmed by The Mayo Clinic, The American Academy of Pediatrics, The Journal of Preventive Medicine, the U.S. National Library of Medicine and National Institutes of Health.

Plus, the Circumcision Academy of Australia says that circumcision reduces by three-fold the risk of inflammation and infection of the skin of the area, and a 20-fold decrease of cancer in that area.

## 9. WASHING HANDS BEFORE EATING

Mishne Berura Orach Haim 158:1. "Before eating bread ...one should wash one's hands even if one has no knowledge of their impurity."

**The Science:** At any one time, there are 5,000 germs on your hands. According to the Center for Disease Control, a twenty second hand-washing scrubs the majority of germs off. The American Journal of Infection Control, however, says that you need ten seconds.

## 10. LAWS OF FAMILY PURITY

Leviticus 20:18. "If a man has sexual relations with a woman during her monthly period, he has exposed the source of her flow, and she has also uncovered it. Both of them are to be cut off from their people."

**The Science:** Refraining from marital relations until a week after menstruation is over has medical and fertility benefits.

Anthropologist Melvin Konner of Emory University, Atlanta, recently told YNet news that he believed the timing of the mikvah visits were beneficial for fertility.

Other sources, such as Women in Judaism: A Multidisciplinary Journal Winter 2007 Volume 5 Number 1, indicate that a couple's two week separation helps improve communication and excitement in the marriage.

And Tara Ford, from the Medical Center for Female Sexuality in Purchase, New York, says that there's a slightly higher risk of STD infection with unprotected sex during menstruation.



## 11. BOILING WINE

Shulhan Arukh, Yoreh Deah 123. "The wine of Gentiles who are idol worshippers is forbidden, and their wine is must not come into contact with our wine. A wine of Israel that has been cooked, meaning boiled over a fire, if even only once, is no longer forbidden to be handled by a Gentile."

**The Science:** Millennia before the process of boiling milk and wine to kill bacterium and molds was patented by Louis Pasteur in 1865, Jews were boiling their wine.

Today, rather than a complete boil, most mevushal wines are "flash pasteurized," in order to preserve more of the wine's taste.



## 12. DO NOT MIX MILK & MEAT

Exodus 23:19. "Bring the best of the first fruits of your soil to the house of the Lord your God. "Do not cook a young goat in its mother's milk."

**The Science:** There is scientific validity to health benefits of avoiding milk and meat.

Nadya Andreeva, a certified wellness coach, recently wrote that combining two proteins—cheese and meat—can tax the digestive tract, given that the two require significant energy to digest.

The Institute for Optimum Nutrition in the UK (Spring 1994) noted that meat products form acid in the stomach, while milk products form alkaline, the direct combination causing potential problems for digestion.



### 13. DO NOT CUT FACIAL HAIR

Leviticus 19:27. "You shall not round off the side-growth of your heads nor harm the edges of your beard."

**The Science:** According to research published in the Journal of Hospital Infection, "having facial hair protected male hospital workers from carrying dangerous drug-resistant bacteria (on their faces). Clean-shaven participants were three times more likely to be hosting methicillin-resistant *Staphylococcus aureus* on their cheeks."

It is believed that shaving may cause micro-abrasions in the skin which attract the bacteria, say researchers. This bacteria, in severe cases, can lead to dangerous infections in the bones and joints, urinary tract infections, and problems with the heart valves and lungs, according to the Mayo Clinic.



### 14. PROHIBITION ON EATING IN PUBLIC OR EATING WHILE MOBILE

Kiddushin 40b. "He who eats in the market-place is like a dog; and some say that he is unfit to testify."

**The Science:** Sitting down with your food, and taking the time to chew it, averts overeating, according to a 2007 study in the Journal of the Academy of Nutrition and Dietetics and confirmed in a 2008 study in the British Medical Journal.

As explained in a 2013 article from the Journal of Clinical Endocrinology and Metabolism, it's because eating quickly, on the run, means that your brain doesn't send the signals to your stomach that it's full until after you've overeaten.

Interestingly, research in the publication PLOS ONE in 2013 found that sitting, and taking your time to eat, can reduce the risk of diabetes.



### 15. KOSHER SLAUGHTERED MEAT

Deuteronomy 12:21. "If the place where the Lord your God chooses to put his Name is too far away from you, you may slaughter animals from the herds and flocks the Lord has given you, as I have commanded you, and in your own towns you may eat as much of them as you want."

**The Science:** Two arguments. The first: Kosher slaughtered meats mean lower "fear" hormones being secreted from the animal.

A Jan. 2008 article in Natural News notes that the Humane Methods of Slaughter Act of 1979 allows up to five shots in the head of an animal killed for meat. That means sometimes it can take five shots before the animal completely collapses. This, in addition to various stunning methods, results in a sizeable secretion of the hormone epinephrine, discharged by the animal during fear. High levels of this hormone in humans have been correlated to increased rates of impotence, and abnormally accelerated puberty in girls.

In contrast, kosher slaughter severs the carotid arteries, the primary blood suppliers to the brain, rendering instant death. And this brings us to the second argument: Natural News author Cathy Sherman says that the salting of kosher meat, and, "the bleeding out of the kosher slaughtered animal provides an additional protection against potentially infectious organisms which are generally transmitted in the blood." (Leviticus 3:17, 7:26, 11, 19:26; Deuteronomy 14, 15:23)

An article called "Turning to Kosher Cuts" in the Los Angeles Times from Feb. 2, 2004, says that non-Jewish consumers are turning to kosher meat as "a safer choice amid fears of mad cow disease and bacterial contamination."

Kosher laws, it said, are stricter than U.S. Department of Agriculture standards, eliminating cows with broken bones and ones that are visibly sick. The JTA (Dec. 31, 2003) reported that Rabbi Menachem Genack, rabbinic administrator of the Orthodox Union's kashrut division concurred with these findings.

The article further states that roughly 50 non-kosher slaughterhouses use a machine called the Advanced Meat Recovery System that scrapes bits of meat from a carcass "including from areas near the brain and spinal column where (mad cow) could reside—and some scraps go into packaged ground meat."

And a Jan. 11, 2008 article from US News and World Report called "Is Kosher Food Safer?" noted that kosher laws prohibit "using a stun gun or a bullet to the brain, which could scatter brain and nerve tissue (a source of mad cow disease)."

# GET ON A PLANE & GO

## NEW GLOBAL ATTRACTIONS FOR 2016

*If you are looking for fresh adventures to give you an excuse to indulge your travel bug, there are many new attractions opening this year that will appeal to every interest, from art galleries to sport activities to the best vistas found in nature or made by man. Grab your bags, dust off your passport and get ready to explore!*

### NATIONAL GALLERY SINGAPORE

Situated in Singapore's former City Hall and Supreme Court, the newly opened National Gallery Singapore is one of the country's largest Southeast Asian art museums. It was opened as part of Singapore's 50th birthday celebrations in November 2015, and features Southeast Asian art from the 19th century to the present day. After spending an afternoon exploring the hundreds of artworks on display, visitors can take a break by relaxing on the roof-top garden gallery or grab a bite to eat in one of the many in-house cafes and restaurants.



### FIFA WORLD FOOTBALL MUSEUM, ZURICH, SWITZERLAND

For football fans out there (or "soccer" in North America) who can't get enough of FIFA, this new museum in Zurich has enough memorabilia and artifacts from football's history to satisfy even the most ardent devotee. Opened in February of 2016, the museum also offers visitors a chance to see the impact of football around the world through the many photographic displays and they can also play a bit of football themselves in different interactive stations including the walk-in life-sized "pinball machine" that allows visitors to test their ball skills. And don't forget to check out the actual FIFA World Cup, an 18k gold and green malachite creation, now permanently housed at the museum.

### NATIONAL MUSEUM OF AFRICAN AMERICAN HISTORY AND CULTURE, WASHINGTON, DC, USA

Set to open in September 2016, this museum on the National Mall will be a place where visitors both local and foreign can learn about the richness and diversity of the African American experience. Expanding from their current incarnation as a gallery in the National Museum of American History, this new 10 storey building will feature artifacts, documents and photographs from different eras of American history going back to the Jim Crow segregation laws and including modern-day politics and events such as the Black Lives Matter demonstrations. Exhibits include Harriet Tubman's 1876 hymnbook and a segregated rail car.





### MAMMA MIA! THE PARTY, STOCKHOLM, SWEDEN

For all the die-hard fans of ABBA who can't get enough of their hypnotic brand of disco-pop, this new dining experience is the brainchild of ABBA member Bjorn Ulvaeus, who has recreated a Greek island escape in miniature, complete with a fictional Greek restaurant, right in the heart of Sweden. Early in 2016, this immersive dinner theatre show was brought to life in the Swedish amusement park Gröna Lund with a new storyline that combines some of ABBA's best loved hit songs. Currently performed only in Swedish, a newly-translated English version is set to run starting in August and this four-hour "party" comes complete with a buffet of Greek favourites and an extensive beverage menu. Hotel packages are also available, at the nearby PopHouse Hotel, for those willing to make the musical pilgrimage all the way across the pond.



### SURF SNOWDONIA, WALES

The newest attraction in a part of Wales that already boasts an impressive collection of outdoor sports activities including Europe's longest zipline, Surf Snowdonia took a reclaimed industrial site and transformed it into a pristine 300 metre lagoon featuring an artificial, million-dollar wave generator called the Wavegarden that creates perfect two metre waves every sixty seconds. Recently opened, this new facility offers a range of surfing lessons from beginner level to experienced, both for regular surfers and surf-kayakers. For those looking for a less wavy and more scenic experience, there are also canoe safaris down the river Conwy and other fun water activities to enjoy, such as the Crash & Splash Lagoon and a giant inflated bouncy tube charmingly called The Blob.

### LOUVRE ABU DHABI, UAE

Still in the construction phase, Louvre Abu Dhabi represents a cultural and governmental collaboration between France and the emirate of Abu Dhabi to bring together a collection of art from all over the world including a ten year loan from France's best museums. This new museum will have an ethereal yet bold look, like a giant pale domed spaceship that appears to be made of interwoven branches, giving the inner courtyards a peaceful, sun-dappled glow. The museum's interior spaces are meant to share an equally clean look with white walls, allowing the art to fully hold your attention. With an emphasis on cultural appreciation and education, the Louvre Abu Dhabi aims to encourage dialogue and cooperation between different nations, creating a universal vision of art and humanity.



### SHANGHAI DISNEY RESORT, CHINA

Opening in June 2016, China's first mainland Disney park is also one of their most ambitious, with six themed lands, a Toy Story hotel and Art Nouveau-themed hotel, extensive shopping and dining districts, and Wishing Star Park recreational area. The resort theatre will be performing the first Mandarin production of "The Lion King" and the themed lands include: the pirate-themed Treasure Cove with a "Roaring Rapids" raft ride; Tomorrowland that features a Tron-themed rollercoaster called the "Lightcycle Power Run"; Fantasyland with the world's largest and most interactive Disney castle; and the Gardens of Imagination for enjoying the wonders of nature including Garden of the Twelve Friends that showcases Disney characters as the twelve signs of the Chinese zodiac.



### MONTE BIANCO SKYWAY, COURMAYEUR, ITALY

With its first winter season in 2015/2016, this new cable car service offers an unparalleled, spectacular view of the Western Alps in rotating glass-walled cable cars as you travel to the summit of Monte Bianco. Besides providing quicker access to the Vallées Blanche area for backcountry skiing and snowboarding, this cable car route offers multiple destinations along the way to the top, including: a botanical garden with more than 900 rare alpine species; a restaurant and a café both offering a stunning view while you dine; and an experimental high altitude winery. The top of the route brings you to Punta Helbronner, with a terrace offering a 360 degree view of the picturesque mountains and a permanent exhibition of gorgeous crystal specimens found in the local area by collectors over the years.

### MONNAIE DE PARIS, FRANCE

Founded in 1864, the national "Mint of Paris" has not only been producing coinage for France and other countries for more than twelve centuries, including the modern-day euro coins, but also hosts exhibitions and offers workshops in the art of metalworking. This long-standing cultural institution has gone through many changes over the years, and the most recent renovation project "MetaLmorphoses" is in the finishing stages, with expansions including: new cultural and exhibition spaces; new retail spaces featuring artistic creations and metalwork by talented craftspeople; and two new gourmet restaurants including one run by celebrated French chef Guy Savoy.





# La Crème DE LA Crème Glacée

BY CHRISTINE HOGENKAMP

For a nation that spends a significant part of the year locked in ice and snow, we are surprisingly enthusiastic when it comes to consuming ice cream and other frozen desserts. Maybe it's because ice cream evokes some of our fondest childhood memories of that perfect, seemingly endless summer, where an ice cream cone brought sweet relief to a hot, sunny day. Or because there are so many different flavour combinations out there to satisfy every person's tastes, from the classics like chocolate, vanilla and strawberry to more unusual and exotic combinations of fruit and other flavours. Ice cream is such a big part of pop culture that your favourite flavour of ice cream is often seen as a defining part of your personality. Here are a few places in the GTA that keep our love of ice cream as fresh as ever..



## WOOFFLES & CREAM

8360 Kennedy Road, Markham | 647-281-0487

[facebook.com/woofflesandcream](https://facebook.com/woofflesandcream)

For a sweet treat a bit farther north, Wooffles & Cream is soft-serve ice cream place with a twist, and the twist here is their Asian-inspired soft-serve flavours paired up with Hong Kong style egg waffles, both sweet and savoury. They make these fluffy, airy yet crispy waffles with their unique bubbled shape by using a specially-shaped hot griddle to make them fresh for each order, which means that sometimes the line in the store can be a bit slow to move, but it's definitely worth the wait. Even though these egg waffles are very tasty on their own (with new flavours available on a limited time basis), they are even better when paired with soft-serve flavours like green tea (matcha or Hojicha), black sesame seed or classic vanilla, along with toppings for parfaits like Blueberry Cheesecake. They also offer Italian sodas in whimsical flavours such as Mango'n'Jello and Kumquat Lemon, which go great with some of their more salty waffle creations.



BEAN AND BAKER MALT SHOP

### BEAN AND BAKER MALT SHOP

326 Harbord St., Toronto | 416-536-SODA  
beanandbaker.com

This corner shop gem in the heart of Bickford Park is like a time machine, letting you step back decades into the days of the classic American malt shop experience. As you are served by staff nattily dressed in the "soda jerk" uniform including red bow-ties and neatly-folded paper caps, you can take in the old-school diner décor complete with checkerboard floor and retro vinyl seating. Besides serving premium ice cream such as Kawartha Dairy and dairy-free organic ice cream made with coconut milk (both are also used in their delicious floats, milkshakes and sundaes), the malt shop specializes in handcrafted sodas (with flavours such as Root'n'Cola, Lemon-Rickey, Gramp's Ginger and Vanilla Cream) and a variety of baked goods. Grab your sweetheart and head on down for a treat, like a warm cherry pie pocket à la mode or grab two straws and share a classic ice cream float.

### ED'S REAL SCOOP

3 locations around Toronto  
edsrealscoop.com

Unlike some ice cream places that feature frozen products made by other companies, Ed's makes all of their ice cream and frozen desserts in-house. In fact, Ed's ice cream is one of the ice cream brands most likely to be found in top ice cream shops across the GTA, as they also do wholesale ice cream sales and offer over a hundred different ice cream flavours, each made with care and the best ingredients. At their three locations, not only can you enjoy these flavours as a scoop or three in a cone, sundae or milkshake/float, they also offer other frozen goodies such as ice cream cakes and pies, frozen yogurt, gelato and sorbet (dairy-free and vegan-friendly) and a special Italian dessert called an affogato, which is a scoop of ice cream served with a shot of hot espresso poured over the top. On a warm afternoon, there is usually a line to get your own frozen treat but it's definitely worth the wait!

### GREG'S ICE CREAM

750 Spadina Ave., Toronto | 416-962-4734  
gregsicecream.com

Another great source of made-in-house ice cream, Greg's has something of a cult following, and with over a hundred flavours on rotation, you never know what will be available on any given day. Yet this just adds a sense of thrill when you make your way to their location at Bloor and Spadina, as it encourages you to try new flavours and find new favourites. Some of the choices seem deceptively simple yet offer previously-unexplored taste experiences with all-natural ingredients, such as Sweet Cream and Stout, or sweet combinations like Coconut Pineapple Rum and Spicy Mexican Chocolate. Be warned, when they scoop their ice cream, they scoop it generous and large, so don't order more than your stomach can handle! They also make excellent milkshakes, sundaes and banana splits, and they have outdoor seating available in the warm months for that perfect summer afternoon experience.



SOMA

### SOMA

Distillery District and King St. locations  
somachocolate.com/pages/gelato

While SOMA is best known for their beyond-amazing chocolate products, they also offer some of Toronto's best gelato (though at the Distillery District location they are only available during the warm months of the year), with an emphasis on using local ingredients such as Ontario peaches, apricots and strawberries. These mouth-watering, ultra-gourmet gelatos

and sorbetos will take your tastebuds to a whole new level of bliss, with flavours such as Dulce de Leche, Whisky & Chocolate, Ontario Sour Cherry and Rootbeer Toffee. And if your mouth gets too cold, you can warm it back up with one of their famous hot chocolates, including their spicy Mayan drinking chocolate, or just take a gelato break with one of their exquisite handmade chocolate truffles or one of their many other intense, award-winning chocolate treats. ▶



## ARCTIC BITES

21 Baldwin St., Toronto | 647-347-2818  
arcticbites.com

Arctic Bites offers a different type of ice cream experience, and one not often seen in Canada, with their Thai-style ice cream rolls. This style of ice cream is also referred to as “stir-fried ice cream”, due to the unique technique used to create each serving literally from scratch, right in front of your eyes. They use a special device called an “ice grill” that creates a sub-zero surface where the mixed ingredients (both liquid and solid) are poured and then remixed and chopped up until it slowly freezes into a flat layer of ice cream that is then expertly scraped into neat little ice cream rolls that they fit into a paper cup. The end result is like nothing you’ve ever seen before, but tastes like pure ice cream heaven, with combinations that nicely mix eastern and western flavours, such as Two Can Sam (which features wheat flavoured ice cream with Froot Loops topping) and Taro with



ARCTIC BITES

a Twist (taro-flavoured ice cream mixed with coconut shavings, topped with mini mochi bites, condensed milk drizzle and a thin Pizelle waffle cookie). Give yourself some extra time to visit, as the store line usually moves a bit slowly due to how long it takes for each serving to freeze on the grill, but the results can’t be beat.



SWEET JESUS

## SWEET JESUS

Queen St. East and John St. locations  
sweetjesus4life.com

With a hipster-friendly look that seems ready-made for Instagram aficionados, its almost-as-popular espresso bar and its location close to trendy Queen St West, Sweet Jesus brings a youthful energy to its frozen desserts, with their intriguing takes on two traditional treats: soft-serve ice cream and the popsicle. They make their popsicles in the style of the Mexican “paletas” (which traditionally uses real fruit juice and fruit chunks) and they come in an ever-changing variety of interesting combinations, such as peppered mango with mint or the “Black Heart” with fresh raspberries, cava champagne, and cinnamon hearts. But it’s their soft-serve ice cream that has gotten Sweet Jesus the most attention and what keeps people lined up right out of the shop on a regular basis, not only for the six delicious soft-serve flavours available besides the regular vanilla, but the eccentric, over-the-top combinations of dips and toppings that just beg to be photographed. Prepare to be amazed at such creations as Krusty the Cone (vanilla soft serve, pink & blue cotton candy, and cotton candy drizzle) or the Strawberry Shortcake (caramel and strawberry/rhubarb twist soft serve, cake, strawberry sauce, Ontario strawberries) and even their espresso bar has some truly decadent themed lattes, smothered with flavoured whipped cream and even more toppings.

## SWEET OLENKA'S

4 locations across Toronto

[sweetolenkas.ca](http://sweetolenkas.ca)

With four locations including one in Kensington Market, Sweet Olenka's already has a reputation as a baking powerhouse, but along with their cute, colourful and often humorous custom-made cakes and truffles, they have also gained a reputation for their equally-adorable handmade ice cream bars, including some vegan options. Using the same made-from-scratch ice cream that they also offer in the more conventional cone or cup format, Sweet Olenka's ice cream bars come in cute themed shapes and decorations, such as cartoony kitty faces (strawberry), pawprints (coconut) or oversized chocolate bars. And those that come in the more usual bar shape are dipped and drizzled with flavoured chocolate (another Sweet Olenka's specialty) in a way that gives each bar a very elegant look, in flavours such as red velvet, salted caramel and raspberry white chocolate.



## DUTCH DREAMS

36 Vaughan Rd., Toronto | 416-656-6959

[dutchdreams.ca](http://dutchdreams.ca)

Not only has Dutch Dreams been offering over 60 flavours of ice cream (including 32 kosher flavours) for the past 30 years, they also specialize in Dutch treats which are not often found in Toronto or surrounding area. Their store looks like a child's fantasyland with its unique mixture of kitschy knick-knacks and whimsical, colourful décor both inside and out, including the pastel milk cans that sit outside the shop. Many of their ice cream treats, such as their sundaes and the Royal Dutch Banana Split, feature freshly baked waffle bowls and ice cream can also be scooped into topping-coated waffle cones, both made in-house from a Dutch family recipe. More delights from the family recipe book include their Dutch waffles and pancakes, served with a heavenly helping of fruit and whipped cream. They also do catering and parties, where you can enjoy one of their most ambitious and unique dessert offerings: the Super Royal Dutch Baked Alaska (with all Kosher ingredients), a dessert featuring ice cream covered with a layer of cake and a hearty dash of Grand Marnier and then topped with toasted meringue, fresh fruit and toasted sliced almonds.

## BOOYAH INC.

16 Vaughan Rd., Toronto | 647-347-2001

[booyah-inc.com](http://booyah-inc.com)

If you are more interested in exploring the future of ice cream than waxing nostalgic about its past, Booyah is right there at the cutting edge of dairy-based dessert technology. Not only do they offer decadent ice cream sandwiches, their best-known ice cream treat featuring seven types of cookie that are baked right in the store (including vegan and gluten-free options), but they've also created some new innovations such as the ice cream taco, which is like a three-scoop ice cream sundae captured in a uniquely-shaped waffle cone. Also new are the "sweet pockets" that combine (through some sort of food science wizardry) both hot and cold by having ice cream that stays relatively unmelted inside a pastry that they heat up with a special space-age heating machine. Their futuristic outlook is also reflected in their clean, minimalist shop aesthetic with neat white and black tiled walls and counters.



# LIFE IS A *Cabaret*

TORONTO THEATRE LISTINGS | SUMMER-FALL 2016



## TORONTO CENTRE FOR THE ARTS

July: Best of Fringe  
Aug: Little Shop of Horrors  
Sept: Marina Rossell Canta Moustaki  
Sept: Chaartaar Band Concert



## BLUMA APPEL THEATRE

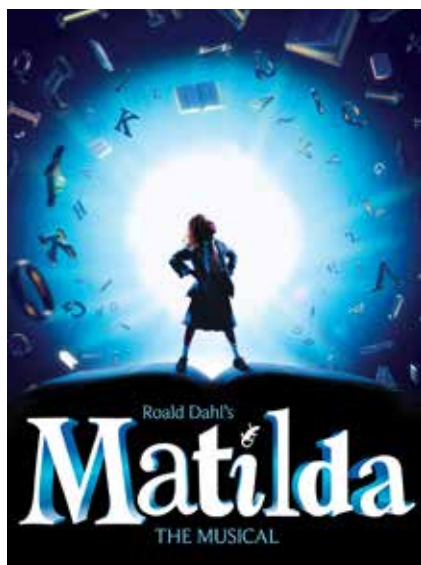
Sept-Oct: Concord Floral  
Oct: Juilliard Quartet  
Oct: Havana Nights  
Oct: Janina Fialkowska  
Nov: Quatuor Authur-LeBlanc  
Nov: Danny Driver  
Nov: Constellations

## SONY CENTRE FOR THE PERFORMING ARTS

Oct: Amadeus Live  
Nov: Pet Shop Boys:  
The SUPER Tour

## YOUNG CENTRE FOR THE PERFORMING ARTS

July: The 39 Steps  
Aug: A Doll's House  
Sept: Uptown Manhattan



## ED MIRVISH THEATRE

July-Oct: Matilda the Musical

## PANASONIC THEATRE

Oct: Graeme of Thrones, the Parody  
Nov: Fight Night  
Nov-Dec: The Man in Black

## ROYAL ALEXANDRA THEATRE

Nov-Jan: Come From Away

## PRINCESS OF WALES THEATRE

Nov-Dec: The 7 Fingers Cuisine &  
Confessions  
Dec-Jan: The Illusionists



# SHAW FESTIVAL 2016

## FESTIVAL THEATRE

Apr-Oct: Alice in Wonderland

May-Oct: A Woman of No Importance

Jul-Oct: Sweeney Todd

## ROYAL GEORGE THEATRE

Apr-Oct: Our Town

Apr-Oct: Mrs. Warren's Profession

Jun-Oct: Engaged

## THE COURTHOUSE THEATRE

May-Sept: Uncle Vanya

June-Sept: "Master Harold"...and the Orphan Boys

June-Sept: The Adventures of the Black Girl in Her Search for God

## STUDIO THEATRE

Jul-Sept: The Dance of Death



# Stratford FESTIVAL

## AVON THEATRE

Apr-Oct: Shakespeare in Love

May-Oct: A Little Night Music

May-Nov: The Lion, the Witch and the Wardrobe

## FESTIVAL THEATRE

Apr-Oct: A Chorus Line

May-Oct: As You Like It

May-Nov: Macbeth

Aug-Oct: The Hypochondriac

## TOM PATTERSON THEATRE

May-Sept: Breath of Kings: Rebellion

May-Sept: Breath of Kings: Redemption

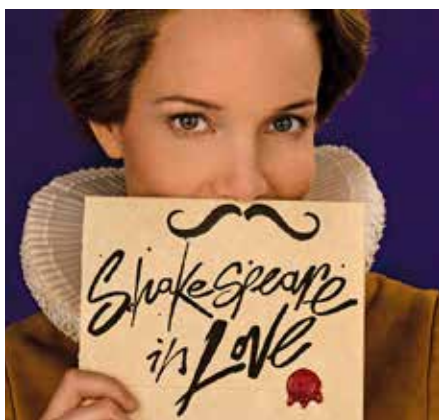
May-Oct: All My Sons

Aug-Sept: John Gabriel Borkman

## STUDIO THEATRE

Jul-Sept: Bunny

Aug-Oct: The Aeneid





# Summer & Fall

EVENTS GUIDE 2016

## TORONTO

### BEACHES INTERNATIONAL JAZZ FESTIVAL

July 2–24 | Unfolding each summer in the heart of the lakeside neighborhood, this celebration of music features a dynamic musical roster, multiple stages, and even an enticing line-up of gourmet food trucks.

### SCOTIABANK CARIBBEAN CARNIVAL

July 5–31 | An exciting cultural explosion of Caribbean music, cuisine, revelry and visual and performing arts. Over nearly fifty years, it has become a major international event and the largest cultural festival of its kind in North America.

### SUMMERLICIOUS

July 8–24 | Enjoy mouth-watering fare offered by some of the city's finest restaurants with three course, prix-fixe menus for lunch or dinner. Check out several of the over 200 participating restaurants and you can experience an amazing array of culinary excellence. Bon Appetit!



### ROGERS CUP

July 23–31 | Organized by Tennis Canada since 1892 and offering over \$3 million in prize money, the best male tennis players in the world will be coming to Toronto to compete for the prestigious Rogers Cup trophy, which is the third-oldest title in tennis.



### KRINOS TASTE OF THE DANFORTH

Aug 5–7 | Greektown hosts the annual Krinos Taste of the Danforth festival. This event brings the delectable cuisine out of local restaurants and into the streets. Listen to Greek bands while getting your fill of authentic souvlaki, stuffed grape leaves, grilled lamb and moussaka.

### CANADIAN NATIONAL EXHIBITION (CNE)

Aug 19–Sept 5 | This annual fair is fun for the entire family. Midway rides bring chills and thrills. The National Trade Centre boasts an International Marketplace with goods spanning the globe along with innovative products. Horse shows and dog shows entertain both young and old.

### SCOTIABANK BUSKERFEST

Aug 25–28 | The Scotiabank BuskerFest is Toronto's wildly successful international street performer festival – a showcase for hundreds of the most spectacular street performers on earth!

### TORONTO INTERNATIONAL FILM FESTIVAL (TIFF)

Sept 8–18 | The world's largest public film festival, screening more than 300 films from around the world in venues across the city.

### JFL42

Sept–Oct 2016 (TBA) | 42 Things. 10 Days. 1 Pass. Just for Laughs presents a new kind of interactive festival, JFL42. It's a 10-day festival featuring 42 'cool things' happening in the city.

### SMALL WORLD MUSIC FESTIVAL

Sept 15–25 | Capturing the world in a ten-day festival, Small World's signature annual program returns in 2016 for its 15th year, bringing the sounds of Mali, Korea, Cuba, Ethiopia, Palestine, Spain, Estonia and more to Toronto stages.



# MONTREAL

## ZOOFEEST

July 7–July 30 | Zoofest is a new festival spotlighting emerging talents with alternative programming including comedy, theatre, music and other genres. Its purpose is to create a wild adventure and unique experiences.

## MONTREAL COMPLETEMENT CIRQUE

July 7–July 17 | For 11 days, Montreal moves to the rhythm of circus arts. Its venues, streets, parks, and sidewalks become stages to showcase colorful, high-flying performances from here and around the world.

## FANTASIA INTERNATIONAL FILM FESTIVAL

July 14–Aug 5 | With a varied programming and an emphasis on the imaginative cinema of Asia, Europe and the Americas, Fantasia's offerings range from unique and powerful personal visions to international commercial crowd-pleasers rarely seen in North America.

## JUST FOR LAUGHS FESTIVAL

July 16–July 31 | A festival that celebrates humor of every kind has become a veritable tradition. From the parade to the galas, to the world's best comedians, the event changed the face of the city... and added a few laugh lines to those of its fans!



## MONTREAL FIRST PEOPLES' FESTIVAL

Aug 2–Aug 9 | A peaceful, joyous cultural event, drumming to the earth's heartbeat. With the words of ancient languages, millennial cultures live in the present time as Montreal once again becomes the New World's cultural metropolis.



## MONTREAL PRIDE

Aug 8–Aug 14 | One of the most important French LGBT festival in the world, Montréal Pride offers seven days of events and over 100 activities for all ages and all tastes, including the traditional community day on Saturday, and the iconic Pride Parade, Sunday at noon on René-Lévesque Boulevard.

## QUARTIERS DANSES FESTIVAL

Sept 6–17 | Showcasing all forms and hybrids of original contemporary dance in traditional and unusual venues, presented by local, national and international artists using a multidisciplinary approach that includes performances, installations, films, exhibits, meetings, discussions, and, workshops.

## JOURNÉES DE LA CULTURE

Sept 30–Oct 2 | The Journées de la culture are three days of interactive activities provided admission-free for Quebec residents, during which participants have opportunities to discover and appreciate arts and culture.





# OTTAWA

## ULTIMATE DINOSAURS

June 11–Sept 5 | Meet T-Rex's bigger, badder cousin in an exhibition that highlights large dinosaurs of the Southern Hemisphere and be introduced to 20 new and exotic species.

## OTTAWA CHAMBERFEST

Jul 21–Aug 3 | The world's largest chamber music festival presents concerts in beautiful Ottawa churches and offers a wide array of music.

## CAPITAL RIBFEST

Jul 28–31 | Capital Ribfest, the new big BBQ foodie experience, will be taking over downtown Ottawa. Free admission, 10 new Ribbers, live music, craft beer and much more!

## OTTAWA BUSKER FESTIVAL

Jul 28–Aug 1 | Celebrating 25 years! Very unorthodox entertainment by street performers from around the world. Clowns, jugglers, acrobats and magic tricks. Free admission but donations appreciated.



## BYTOWN DAYS

Jul 30–Aug 1 | Come celebrate the creation of the Rideau Canal UNESCO World Heritage Site and Bytown, now Ottawa, Canada's Capital! Enjoy 'educating' experiences by the scenic Ottawa Locks just east of Parliament Hill near the Bytown Museum. This year's event will celebrate the workers who laboured to build the Canal, their families, and their lives - lived and lost. Highlights include a 'Ceilidh' music & dance celebration, costumed characters and FREE interactive activities.



## SOUND OF LIGHT

Aug 6–20 | An international fireworks competition with the greatest pyrotechnic experts—five unforgettable evenings of magical moments, colorful lights and melodic sound.

## CAPITAL FAIR

Aug 19–28 | Music, food, midway rides, animals and a demolition derby!

**Ottawa**  
**CRAFT**  
**BEER**  
**festival**

## OTTAWA CRAFT BEER FESTIVAL

Aug 26–28 | Three days in Landsdowne park featuring 150+ Craft beers & 40+ breweries, Beer School and Beer University, National Capital Home Brew Competition winners, fantastic foods from some of Ottawa's best eateries, and music throughout the weekend.

## GATINEAU HOT AIR BALLOON FESTIVAL

Sept 1–5 | Come to Canada's largest balloon festival where hot air balloons fill the Gatineau sky and exciting shows and activities take place. Included: live stage shows, fireworks, amusement park rides, arts & crafts, classic car show, balloon rides & more.





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