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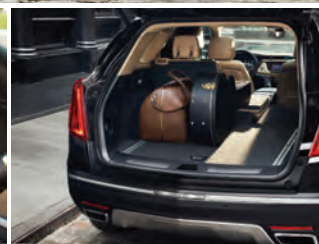
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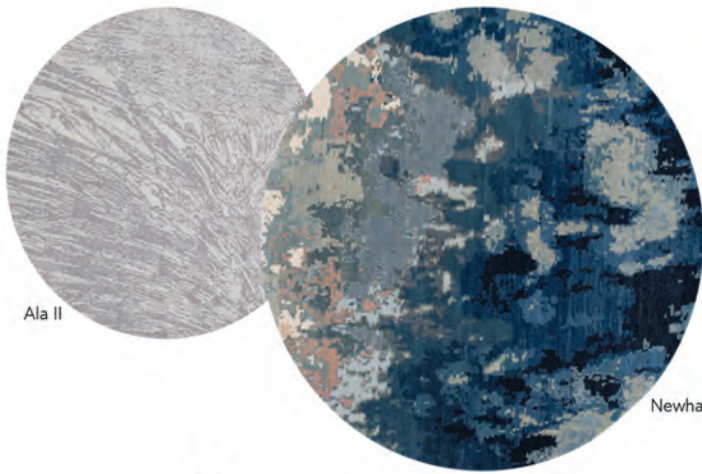
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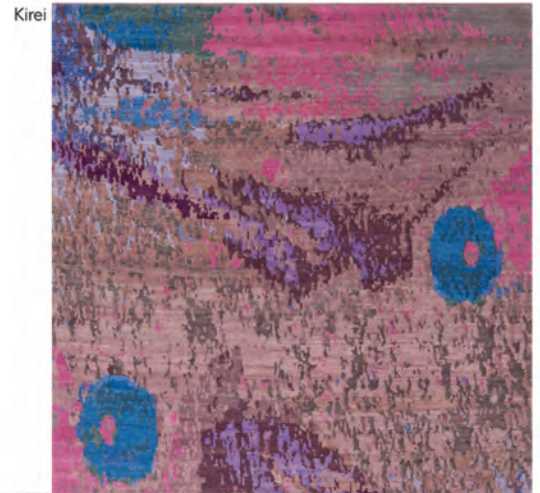
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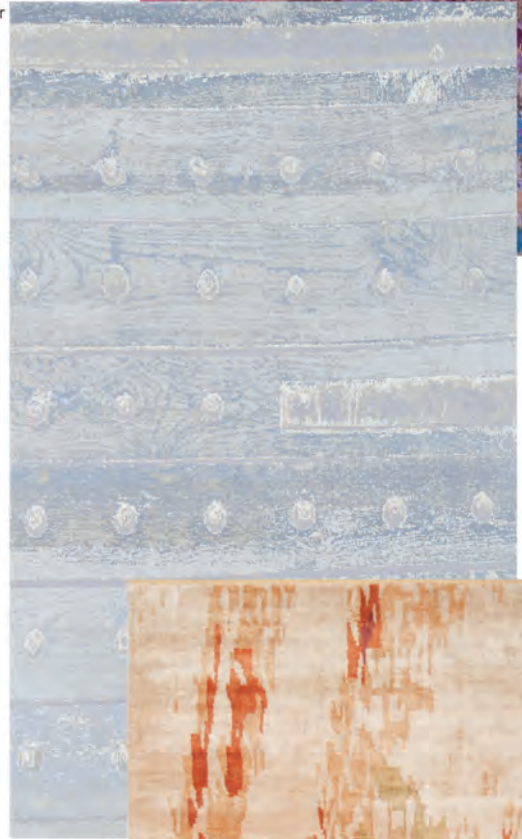
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ON THE COVER



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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.

After one of the warmest falls on record, winter is finally here and we are enjoying our first batch of fresh snow. Now that the temperatures have dipped below zero, we find ourselves tempted to stay in and hibernate, and in our gadget guide you will find some fun additions to your home to help keep cabin fever at bay. And for those willing to brave the cold, our food guide will lead you to some of the best comfort food places in the city that will offer ample and warm reward for getting outside.

In a year full of changes, we mourn the loss of the great Jewish-Canadian artist Leonard Cohen but also celebrate his last album with our review of *You Want It Darker*. We continue to honour our other cultural leaders who are still forging ahead, such as Bill Friedman who shares with us his fascinating career as a mature bodybuilder. And we talk to the owners of the Toronto fashion institution "Original" who remind us of the importance of staying true to yourself, your personal style and your dreams, no matter your age.

Our cover story features Robert Lantos, one of Canada's most successful producers whose movies have brought the lives and stories of Jewish people to the world stage. Lantos sat down to speak about his career and life's wisdom with Ieden Wall, one of our writers who is also featured in an article about Wall's comedic career and his own personal struggles.

As avid supporters of Israel, we applaud MPP Gila Martow's success in passing a motion in the Ontario Legislative Assembly to support Israel and condemn the BDS movement in our article *Standing Against Intolerance*. Also we are delighted to celebrate Israel's technological innovations with our report on a rising star Israeli company who creates bone tissue artificially grown from cultured coral.

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.

Sincerely Yours,

A handwritten signature in black ink that reads "Michele Michaelov".



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From tender years to Father's rights:

THE CHANGING LANDSCAPE OF CHILD CUSTODY DISPUTES IN ONTARIO

WRITTEN BY:
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ROBYN SWITZER, J.D., M.A.

When parents separate, there are two major questions to be answered: With whom will the children live? And who will make major decisions for the children? In Ontario, we call parental decision making 'custody', and residential arrangements 'residence' and 'access'. Joint custody implies that parents make major decisions together. Primary residence implies that a parent's home is home base, while the other parent - the 'access parent' - visits with the child according to a fixed schedule.

For the better part of this century, courts and judges took it as common sense that children of a certain age, typically younger than age seven, should reside with their mother and have access to their father, unless the mother was unable to meet the child's needs. This common sense presumption was named The Tender Years Doctrine. Judges across Canada relied on this doctrine to decide child custody disputes. For example: In British Columbia:

There must be, as has been stated by the higher courts so many times, a very strong case before very young children of the ages of these children [of tender years] can be taken away from the mother's custody. This is not a rule or presumption of law so much as a rule of human sense . . .¹ In Ontario: . . . this infant is a little girl of very tender years. No father, no matter how well-intentioned or how solicitous for the welfare of such a child, can take the full place of the mother. Instinctively, a little child, particularly a little girl, turns to her mother in her troubles, her doubts and her fears. In that respect nature seems to assert itself. The feminine touch means so much to a little girl; the frills and the flounces and the ribbons in the matter of dress; the whispered consultations and confidences on matters which to the child's mind should only be discussed with Mother; the tender care, the soothing voice; all these things have a tremendous effect on the emotions of the child. This is nothing new; it is as old as human nature and has been recognized time

[1] Bratland v. Bratland (1976), 1976 CarswellBC 113, 29 R.F.L. 34 (B.C. S.C.) at para. 22 MacDonald L.J.S.C.

after time in the decisions of our Courts.² In Prince Edward Island: *One aspect of the matter to which I must direct my mind is the principle that it is normally the better practice to give the custody of young children to the mother, applying the "tender years" principle, particularly as it applies to young girl children.*³ And even at the Supreme Court of Canada: *...there is a well-established tendency that the custody of children of a tender age should be given to the mother. . . .the view that children of tender years should be given to the custody of their mother [is not regarded] as any rule of law. . . it is as old as human nature . . . it is a principle of common sense.*⁴

The net effect of this doctrine was that women were granted custody of children in the great majority of cases. However, beginning in the late 1970's, courts began to abandon the Tender Years Doctrine in favor of a holistic view of children's needs and the bond with, and parental capacity of, each of the parents, regardless of sex.

In 1993, this issue was addressed by the Supreme Court of Canada, which set out a new vision of child-rearing in Canada. The court recognized the changing nature of the Canadian family, and acknowledged that "popular notions of parenthood and parenting roles have undergone a profound evolution both in Canada and elsewhere in the world in recent years."

One of the central tenets of this new vision is that child care both is no longer and should no longer be exclusively or primarily the preserve of women. Society has largely moved away from the assumptions embodied in the tender years doctrine that women are inherently imbued with characteristics which render them better custodial parents.... In addition, the increased emphasis on the participation of fathers in the raising of children and financial support after divorce gave rise to claims by fathers and fathers' ▶

[2] 1955 CarswellOnt 165, Ontario Court of Appeal, Bell v. Bell, 1955 CarswellOnt 165, [1955] O.W.N. 341
[3] DeJong v. DeJong (1980), 14 R.F.L. (2d) 222, 1980 CarswellPEI 13 (P.E.I. S.C.) at para. 10 McQuaid J.
[4] Talsky v. Talsky (1975), 62 D.L.R. (3d) 267, 7 N.R. 246, 21 R.F.L. 27, [1976] 2 S.C.R. 292, 1975 CarswellOnt 855, 1975 CarswellOnt 166 (S.C.C.) at para. 48, 50 Spence J. (dissenting) (Beetz J. concurring)

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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.

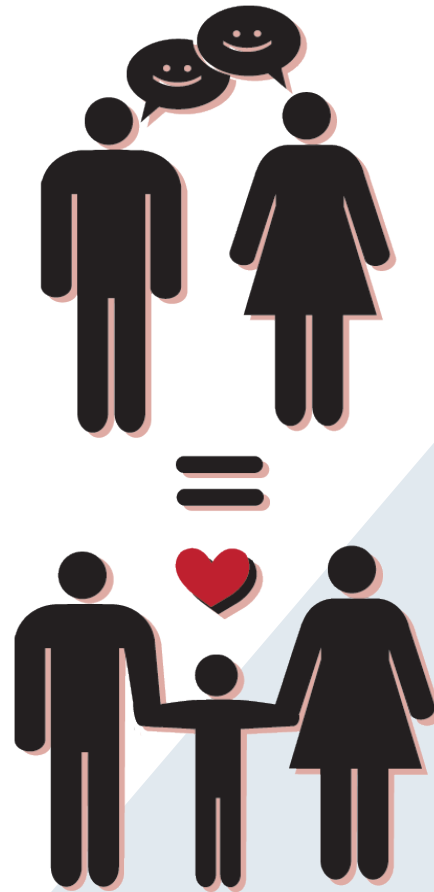
Ilana is an active participant on the High Conflict Forum and is a member of the Family Dispute Resolution Institute of Ontario (FDRIO). She is a certified member of the OACCPP, was a board member of the OACCPP, chaired the Professional Conduct Committee, and sat on the Ethics and Governance & Risk Management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

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*rights groups for legislative changes that would entitle them to the benefit of neutral presumptions in custody decisions.*⁵

The court went on to acknowledge that the new normal had become joint custody awards based upon the new common sense belief – that children’s best interests are served by maximizing the involvement of both parents in decision-making, and by ensuring adequate and appropriate parenting time with both parents.

As it turns out, social science evidence supports the new common sense – research suggests that children benefit from the active involvement of the father. Children have a right and need to know both of their parents and have a relationship with each of them. What each relationship looks like varies, however, generally speaking social science research has given much credence and support to having father’s involvement in their children’s lives, whether the children are female or male in gender.

In most families, the mother plays a very instrumental role in children’s lives, especially when they are of tender years, where routines, predictability and structure are very important and needed. Father’s, on the other hand, are very critical in helping build self-esteem for their children. Neither fathers nor mothers have cornered the market on being able to be nurturing and caring.

Social science research does highlight the significance of a father’s ability to help a child feel empowered and able to take on risks. Take the simple example of a child at the local park. Generally, mothers will delineate rules and be hawkish in their involvement, i.e. by telling a child “don’t go higher than the fourth step of the ladder,” “you cannot go down the higher slide until your older,” “we need to leave now as it is your bath time” etc. Fathers are typically less regimented in nature and allow their children to explore more freely, allowing them to take risks and even encouraging them to do so, i.e. by saying “you can go

higher than that on the ladder,” “why don’t you try the taller slide,” etc.

As seen from this example, often mothers are instrumental in nature, bringing in structure and predictability, while fathers bring attributes of risk taking and encouragement to push the envelope. Both are needed in child development. Evidence underscores the importance of the fathers’ ability to build self-esteem by encouraging exploration and adventure.

Fathers should take pride in their new-found role after separation and within the family court system. There are ominous statistics for children who grow up without a father and troubles can include behavioural issues, academic issues and peer related issues just to name a few.

We now know that children as young as infants can attach to more than one figure at a time (concurrent attachment) and thus fathers should also be very involved even if the parents split when the child is a baby or infant.

[5] Young v. Young, [1993] 4 S.C.R. 3, [1993] 8 W.W.R. 513 at para. 38

Normative differences between mothers and fathers have been greatly exaggerated in movies, story books and the like, where fathers are there to play and mothers to soothe. Evidence now shows that mothers and fathers respond more similarly than differently regarding soothing, playing and teaching.

As a result, the legal landscape today is much changed since the Tender Years Doctrine was abandoned by courts. Today, custody and access decisions are made based upon a number of factors, including prior parenting patterns, the capacity of each parent, and the interests of the child.

Ontario courts have stated that there is a rebuttable presumption that an order for joint custody is best for a child, absent evidence to the contrary. In order to find evidence to the contrary, courts look at past parenting patterns, the bond between the child and each parent, and the ability of the parents to make decisions jointly after separation. Conflict is associated with negative outcomes for children, and courts will avoid making orders that exacerbate conflict. If parents can't agree, it may not be best for the children to force them to make decisions jointly.

Frequently, very young children in Canada continue to be cared for primarily by their mother. Where the parents of a very young child separate and the primary caregiver has been the mother, unless the mother can be shown to be an inadequate parent, courts will most often maintain the status quo and place the child in the mother's primary care. The Supreme Court of Canada has recognized this as well: *...courts, in my view, must be conscious of the gap between the ideals of shared parenting and the social reality of custody and childcare decisions. Despite the neutrality of the Act, forces such as wage rates, job ghettos and socialization about care giving still operate in a manner that cause many women to "choose" to take on the care giving role both during marriage and after divorce.... Moreover, research uniformly shows that men as a group have not yet embraced responsibility for childcare. The vast majority of such labour, both before and after divorce, is still performed by women, whether those*



women work outside the home or not, and women remain the sole custodial parent in the majority of cases by mutual consent of the parties. . .The person who has performed the primary care giving role within the marriage as a rule retains that obligation upon separation and divorce. Thus, the lived experience of childcare for both women and children after divorce has changed much less than we might suppose or wish.⁶ However, more and more often, cases are coming before the court where the father is either a stay-at-home parent, a

primary care provider, or at the very least an equal primary parent. In these cases, again absent evidence that either parent is somehow inadequate, courts will often elect to adopt the pre-separation arrangement and opt for joint custody and shared parenting.

In a changing familial landscape, outcomes at court have also changed. For more information about the legal matters discussed in this article, please contact a family lawyer in Ontario who can answer your questions or direct you to appropriate resources. ■

[6] Young v. Young, [1993] 4 S.C.R. 3, [1993] 8 W.W.R. 513 at para. 49

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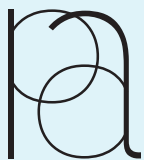


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AN IMPRESSIVE BODY OF WORK:



BILL FRIEDMAN

BY JANET SHACTER



Bill Friedman is a successful lawyer and a champion bodybuilder who's still competing at the age of 70. His passion for the sport and his complicated relationship with his son were the subject of 2007's award-winning documentary, *The Bodybuilder and I*, made by Bill's son Bryan Friedman. The *Jewish Review* sat down with Bill Friedman, to talk about his life as a bodybuilder and what's changed for him in the past ten years. ▶

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JEWISH REVIEW: When did you become interested in competitive bodybuilding?

BILL FRIEDMAN: I began training seriously in 2002. I was divorced, and I guess initially I just wanted to feel better about myself. I had been running my own law practice for five years at that point after having worked for some very large firms. I had a smaller roster of clients and more control over my schedule, so it was feasible to start training seriously.

JR: What was it about competitive bodybuilding that captured your interest?

BF: I was working out with a trainer twice a week – Harley Pasternak, who incidentally has since gone on to become a very successful trainer to the stars in Hollywood! Anyway, it was working with him that started it for me. I liked the way weight training made me feel, and I liked the results I was seeing, so three months after I started working out with Harley ▶

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and with his encouragement, I decided to enter my first competition, which was being held in California.

JR: What did training for your first body-building competition entail?

BF: The competition was about eight months out at that point, and I had to get my body fat to 7%, which was the requirement for my age category. I started training twice a day, hours at a time. I had no expectations of how well I would do, no knowledge of what I was up against. I came 4th in that competition and from that point I was hooked. I've always been goal-oriented. By 2005, I had won my first World Grandmaster championship.

JR: And then, in 2007, your son Bryan's movie, *The Body Builder and I*, was released and put you into an even more intense spotlight. Tell us about making the film.

BF: When Bryan decided to make the film in 2005, he had already graduated from NYU film school and had won an emerging director award from the CBC. He was very focused on building a career as a filmmaker. He had come to see me and told me that he thought that following me as I trained for my next competition would make an interesting documentary. I thought he was nuts to want to make a film about me, but he said that bodybuilding as a subject was

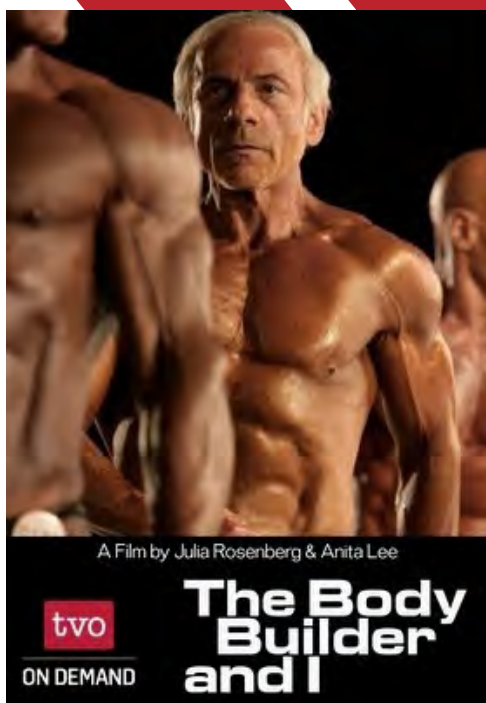
quirky and "edgy" enough to be interesting, so I agreed. I did it for him.

JR: You had no idea at this point that the film was going to explore the father-son relationship between you and Bryan, and expose his feelings of estrangement from you.

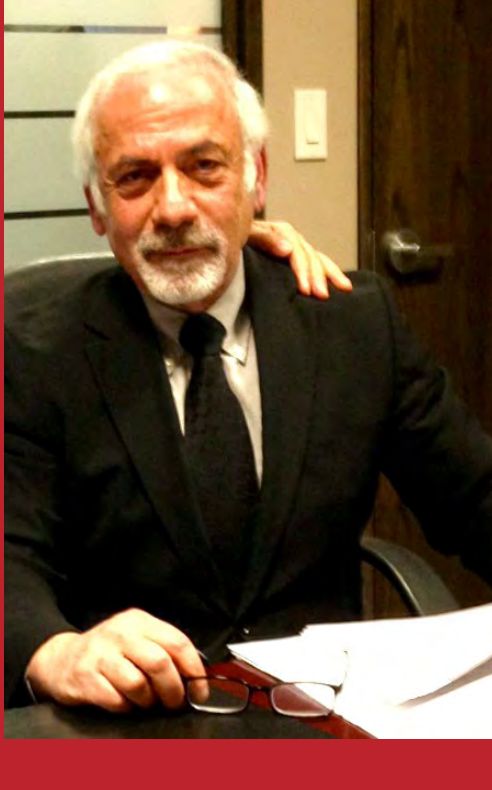
BF: I had no idea until the film was almost finished. It was scheduled to be shown at the Hot Docs competition in 2007, and someone had seen it in its final editing stage and told me that I might have some concerns about how I came across. So I called Bryan and he showed me the final version, and I was shocked. I really had no idea! So we had to have a conversation about how we both felt, and that conversation was the turning point in our relationship. I realized that I couldn't deny Bryan's feelings about me, and that it was my role as a parent to help him deal with them.

JR: The film was very well received and got lots of publicity. How difficult was it to talk to the media about the personal aspects of the film?

BF: Actually it wasn't difficult because the opportunity to talk about the film and the complicated relationships between children and their parents had a very positive impact on a lot of people. I remember an interview where the interviewer came up to me with tears in his eyes after he had screened the



"I STARTED TRAINING TWICE A DAY, HOURS AT A TIME. I HAD NO EXPECTATIONS OF HOW WELL I WOULD DO, NO KNOWLEDGE OF WHAT I WAS UP AGAINST. I CAME 4TH IN THAT COMPETITION AND FROM THAT POINT I WAS HOOKED."



film prior to interviewing me. He told me that the first thing he did was call his son who he hadn't spoken to in years. It's amazing to have that affect on people. I used to say that I had a licence to practice law but no licence to be a good parent, and that's true for everyone no matter what you do.

JR: So you ended up being kind of a spokesman for your generation?

BF: There are a lot of us Baby Boomers who were raised by parents who were traumatized by their experiences. I was born in 1946 and my parents were survivors of Auschwitz. My father never spoke about it. So it's taken me my whole life to really understand that legacy, why we close ourselves off from emotions, why we act the way we do. Now I can say that I'm comfortable in my skin. I'm close with all my kids, and I really want to share what I know to be true with them.

JR: What's your fitness routine like now? Is bodybuilding harder now that you're 70?

BF: It's not harder, but staying focused is hard. My practice has really grown so the demands on my time are greater. But I'm an early riser and I still work out four times a week. I always say: it's not willpower, it's want-power. I want to maintain my energy and stamina, so training is not a chore. I'm planning to compete again in June, in Las Vegas.

JR: What about retirement?

BF: That's not really in the plans. There's a lot I want to do, professionally speaking. But I would like to take a trip next year with my kids to Poland and Israel—a voyage of self-discovery and legacy. And I would like to write about my life, and leave a testament of some sort. It's all about passing on the lessons I've learned. ■



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Adding LIFE to YEARS

BY GARRY FOSTER

The old adage of “reap what you sow” could not be timelier as a mantra for our community today and for future generations in our ongoing battle against Alzheimer’s disease and related dementias. The plans we make today will impact the future of brain health and aging care tomorrow.

Innovations in the field of aging help us to live longer lives; it is important to reflect upon the quality of those lives. We can - and should - ask ourselves: “How can we also add life to years?”

We must strive to find every opportunity to make the lives of older adults – and indeed everyone at every age - more enjoyable, more engaging and, ultimately, more fulfilling. We must all learn to “age better.”

Currently, an estimated 564,000 Canadians are living with dementia. By 2031, this figure is expected to rise to 937,000, an increase of 66 per cent if the tide goes unturned.¹ There are over 9.9 million new cases of dementia each year worldwide, implying one new case every 3.2 seconds.²

However, the above “facts” aren’t set in stone. We can all change the course of aging and enhance brain health by focusing efforts on



delaying the onset of dementia through more education and dissemination of our research findings on how lifestyle choices can help improve cognitive function and slow down the advance of dementia. Staying “brain healthy” includes making food choices that help the brain stay in top shape; volunteering for a sense of purpose and socialization – which has also been shown to help cognition – and staying fit, can all help optimize brain health.

The recent release by the Standing Senate Committee on Social Affairs, Science and Technology of its report titled, *Dementia*

[1] Alzheimer Society of Canada, 2016 Fact Sheet. [2] Alzheimer’s Disease International, World Alzheimer Report 2015.

in Canada: A National Strategy for Dementia-Friendly Communities, signals that change is on the way in how we care for and educate Canadians on how best to address this threat to our collective well-being.

Baycrest was privileged to address the Senate committee earlier this year, when the government was gathering information on how best to move forward on a National Dementia Strategy. We contributed vital research statistics and shared knowledge about essential care practices. We and the entire dementia stakeholder community have been calling on government for years to enact a pan-Canadian plan, much in the way it had launched concerted efforts in campaigns targeting heart health (e.g., the "Participaction" program) and smoking cessation.

It is up to all of us to continue to reinforce and encourage our government to make a national dementia strategy a reality by working to advance care practices and research into brain health and aging.

Succeeding in such a mission requires the dedicated support of a strong and engaged community; and Baycrest was founded by just such a community. From its inception as the Jewish Old Folks Home in 1918, through its century-long evolution to becoming what it is today - a world-leading care, research and innovation hub in aging and brain health that plays a vital role in our population's brain health - it remains guided by the same Judaic principles of *tikkun olam* and care for the aged, as it was at the start. Today, we directly support the fight against dementia and cognitive impairments by partnering with thousands of like-minded caregivers, scientists and businesses, all helping us move towards a further understanding of how to optimize brain health so we can shape the future of aging in ways that will increase dignity and preserve vitality.

One cannot overemphasize the importance of innovations in our work on brain health and aging care for our collective future. The Canadian Centre for Aging and Brain Health Innovation (CC-ABHI), housed at Baycrest, is a \$123.5 million national hub and network dedicated to the development,

validation, commercialization, dissemination and adoption of brain health and seniors care products and services.

The provincial and federal government, along with 40 leading industry, academic, public sector and not-for-profit sector partners, realized that investing in CC-ABHI at Baycrest will lead to both research outcomes in aging healthcare and revolutionary products designed to assist the caregiving community. Combined with additional commitments from the Baycrest Foundation and Centre, CC-ABHI is a vital "living lab" for testing and validating new products and services, helping fan the spark of new ideas that could save minds and change lives. The innovations being developed through the

work of CC-ABHI will help older adults maintain their independence in the community for longer periods of time and live their best life. Already, CC-ABHI has successfully begun trials on new brain health innovations in care for older adults and secured partnerships with healthcare sector industry leaders that will pay dividends for the future of brain health.

Baycrest's success in this endeavor is not only the Jewish community's success, it is, as the saying goes, also "a light onto the nations" that helps guide the international community of caregivers, scientist-clinicians and healthcare practitioners towards a moment in history when Alzheimer's disease, related dementias and cognitive impairments of all kinds are overcome.

We are adding life to years to an aging population here in Canada and worldwide, and helping to shape the future of brain health by being a crucial resource for our governments' public health initiatives. I believe one of our community's most cherished axioms also holds true for the fight towards a cure for dementia: "If you will it, it is no dream." There is hope because our dedicated community

continues to support and push forward the vision of Baycrest.

To find out more about Baycrest and brain health, visit www.baycrest.org or to donate, visit www.baycrest.org/give Portions of this column were first published in the Fall 2016 Charitable Giving & Estate Planning Guide. ■

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Entering their 22nd year at The Marco Polo, the Schechter sisters build on decades of hospitality instilled in them by their father and grandfather of The Caribbean Hotel fame in Miami Beach. No detail is overlooked, from guest arrival to departure, and every moment in between. Guests at the Marco Polo are treated to a Pesach experience that everyone in the family can enjoy.

The program includes world-renowned scholars-in-residence who provide lectures and thought-provoking discussions on everything from education to politics, to religious thought and philosophy. Gourmet, glatt kosher meals are prepared by renowned chef Andy Serrano, with menu options to suit the

tastes of every guest. A nearly 24-hour a day tea room and daily poolside barbecues guarantee that no one ever goes hungry.

For the kids, day camp isn't something they have to do – it's something they can't wait to do. Under the leadership of the inimitable Lawrence Stroll of Atlanta, kids can't wait to finish breakfast to see what the day has in store for them. From games to crafts to their famous scavenger hunt – parents can relax knowing their children are being cared for in a super fun environment.

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DOG LOVER AND ENTREPRENEUR KORYN GREENSPAN HAS SOME ADVICE FOR PEOPLE WHO ARE CONSIDERING A FOUR-LEGGED ADDITION TO THE FAMILY.

— JANET SHACTER

As the owner of *Urban Dog Walks*, a full service dog walking company situated in Toronto, Koryn Greenspan has years of dog-handling experience. She loves helping people connect with our four-legged friends and act responsibly as dog owners. The *Jewish Review* recently sat down with Koryn for some advice on introducing a canine companion to the family.

Jewish Review: At what age do you feel kids are ready for a dog in the home?

Koryn Greenspan: I love seeing families with dogs as well as kids with dogs. When properly managed, raising children with dogs provides a deeper level of caring,

instills earlier responsibility, and a whole other element of fun is mixed into daily life for the little ones, the dogs, and for you the parent. What parents need to remember is that children are still children. Just as they are not yet ready to care for themselves, they too are not yet ready for the responsibility of caring for a whole other being such as a dog. As long as responsibility and expectations are managed from the start I'd say any age is really the best age to bring a dog into the home. Just keep in mind that for the most part you will be the dogs caregiver, not your child.

JR: How can a parent determine how a young child will behave around a dog?



KG: Take a walk with a friend who has a dog or go to PetSmart (a pet friendly leashed environment) and have your child watch a puppy class. Educate your child about what to do if a dog jumps or if a puppy nips at their hands or ankles. Show them how to manage and control their interactions with puppies and dogs. Off leash areas are a great opportunity for you and your child to be in close proximity to dogs while at the same time being protected by a fence. Take your child to these parks. First hand exposure is the key to their understanding of how dogs work and this will help to allow them to witness how loving, playful, and caring dogs really are.

JR: Is a smaller dog easier to handle than a bigger dog?

KG: Given the right environment and proper provision of any dog's needs, all dogs are relatively easy to handle. The key is to finding the right dog for the right home and the right handler / family life. Small dogs have different needs

from that of their larger contemporaries however that does not necessarily mean they are easier to handle. ALL dogs have different needs and I have met some very little dogs who have given their humans quite a run for their money ;)

JR: How many walks per day does a dog need?

KG: One of the greatest gifts you can give your dog is consistency; once you have a schedule for the week I would suggest trying to stick to it as best you can. There are two basic types of walks that every dog requires in a day. 'business transactions' so to speak, and leisure/exercise walks. Both are completely necessary every day. I'd say at a minimum four 'business transactions' walks as well as two ▶

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others for an exercise, mind-engaging walk or run. Both of these walks should be 45 minutes to an hour minimum.

JR: Is the number of walks different with puppies than with older or senior dogs when house training?

KG: Every dog is different, every dog has different needs, and every dog is at a different stage in their overall health and physical needs. With that being said, as a general rule of thumb, senior dogs do have an advantage as, for the most part, they are house trained and can go six or more hours without needing to be let out.

When effectively executed, house training for puppies can be accomplished in three to seven days. However, before three months, puppies do need regular supervision as well as as many opportunities to go outside as possible. Training starts the minute you bring them into their new home and the responsibility to provide consistency in scheduling, as well as house training expectations is for you to set and for them to follow. Set them up for success in all areas of their new life, especially in the area of house training. Remember, they WANT to go outside. Dogs are clean animals and respect the place where they sleep the most.

JR: How long can you leave a dog between walks?



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KG: Ultimately, you know your dog the best and will know what your specific dogs needs are in order to ensure their overall success of happiness inclusive of their mental and physical wellbeing. With that being said, as a general rule of thumb, and at a minimum, four outs for 'business transactions' and two solid 45 minutes – one hour walk every day. And, kindly remember 95% of "bad" dog behavior occurs when their needs are not being met. Find out what their needs are with regard to exercise and mental engagement on the daily and simply put, give it to them. The success of your dog depends on it.

JR: Should you crate your dog, and why?

KG: New puppy – yes crate! Middle aged dog – depends on how you feel. With a senior dog, likely not.

The greatest gift you can give a puppy is a crate. Remember, dogs are innately pack animals. By giving your puppy a crate, you are giving it a home, a place, a spot, and a den to call its own. If effectively managed this will become one of their favorite places to be and can be an incredibly valuable tool while house training.

As your dog matures, you will fall into a groove. When this happens some people choose to use the crate some of the time (when they go out), most of the time (for sleeping purposes as well), and rarely if ever (the crate is left in the home just in case and for the comfort of the dog).

With senior dogs, AKA beloved beauties, rarely if ever is the crate used and this is most definitely ok. By this time you and your dog are in such a routine that the use of a crate is usually secondary to the function & happiness of their daily lives (unless the crate is still used on the daily which is a perfectly acceptable option).

JR: How many dogs can you walk at one time - sometimes it looks like dog-walkers are about to get dragged away?

KG: Dog walkers in Toronto are legally allowed to walk a MAX of six dogs at a one time, a rule that I personally believe in. All of my *Urban Dog Walks* employees abide by this guideline.

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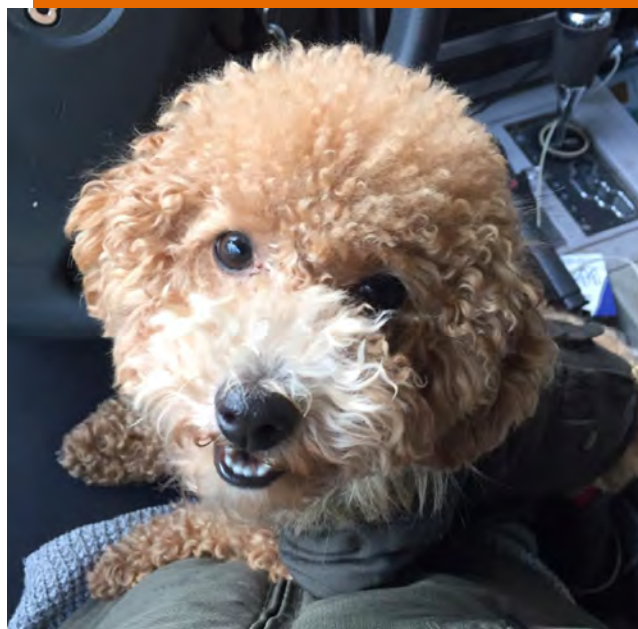
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JR: What do you do about dogs who just don't get along with other dogs?

KG: *Urban Dog Walks* conducts meet and greets prior to all walks and upon joining the *UDW* family. I like to get a sense of each of our clients personalities, and what their needs are. The integrity and safety of each existing pack is always top of mind and if a personality conflict were to arise they are simply placed in a different group or transitioned into a different walking structure. We are so hands-on that any conflicts, should they arise, are spotted a mile away and managed right from the start. Thankfully, there has never been an instance where a true conflict has or would ever occur.

UDW does offer a solo walk option. Some dogs just prefer to be on their own, and we are always happy to provide one on one time when required. The daily solo walk option is an alternative to our daily group walks.

JR: Allergies being what they are - are there any really 'hypoallergenic' dogs?



KG: Good news, hypoallergenic dogs do exist, and are not unicorns! Ready, Set, Doodle!

With regard to hypoallergenic dogs they are a literal G-Dsend. I know many an allergic human who snuggles up on the daily with their doodle and they could not be happier about it. Word to the wise, this breed does require regular grooming as their fur tends to matt very beyond extremely easily. I work with a dozen or so doodles and they are divine. Being hypoallergenic is the extra bonus, they are all just too sweet all of the time. ■

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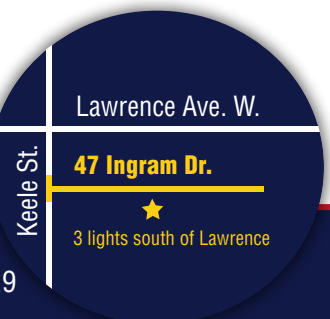
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LEONARD COHEN'S LAST ALBUM SHINES WITH BRIGHT DARKNESS, A FITTING MUSICAL EPITAPH FOR THE LIFE OF A MAN WHO EMBRACED CONTRADICTIONS AND LEARNED HOW TO TURN MOMENTS OF DUSK INTO DAWN, EVEN IN HIS TWILIGHT HOURS.



Another BLACK STAR FALLS

— CHRISTINE HOGENKAMP

In a year that saw both David Bowie's passing and his final album *Black Star* taking the world by surprise as an artistic last will and testament, Leonard Cohen's last album can be seen as another 'memento mori' that is both more subtle and less startling. Even though at the time of the album's release, there was no indication that Cohen was in danger of passing on, his medical problems of the last few years were well-known and he also had a reputation as an artist whose relationships with human frailty and the passing of time often seemed as intimate as any romance.

You Want It Darker can be read as a sort of love letter with mortality, not in the sense of passive adoration, but a more complicated heart-to-heart, with moments of anger as well as acceptance, joy mixed with sorrow. Songs like "Travelling Light" act as part of a refrain found many times within the album, highlighting a man who has lived a long life with an end slowly coming into view:

***"I'm traveling light
It's au revoir
My once so bright, my fallen star
I'm running late, they'll close the bar
I used to play one mean guitar"***



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This inescapable sense of self-awareness stands at odds with Cohen's references to missing memories and forgotten loves. On the song "Leaving The Table" Cohen sing-speaks of this feeling of frustration, sometimes with bitterness at the limitations and failings of his more fragile physical self:

*" I'm leaving the table
I'm out of the game
I don't know the people
In your picture frame
If I ever loved you or no, no
It's a crying shame if I ever loved you
If I knew your name
You don't need a lawyer
I'm not making a claim
You don't need to surrender
I'm not taking aim
I don't need a lover, no, no
The wretched beast is tame
I don't need a lover
So blow out the flame"*

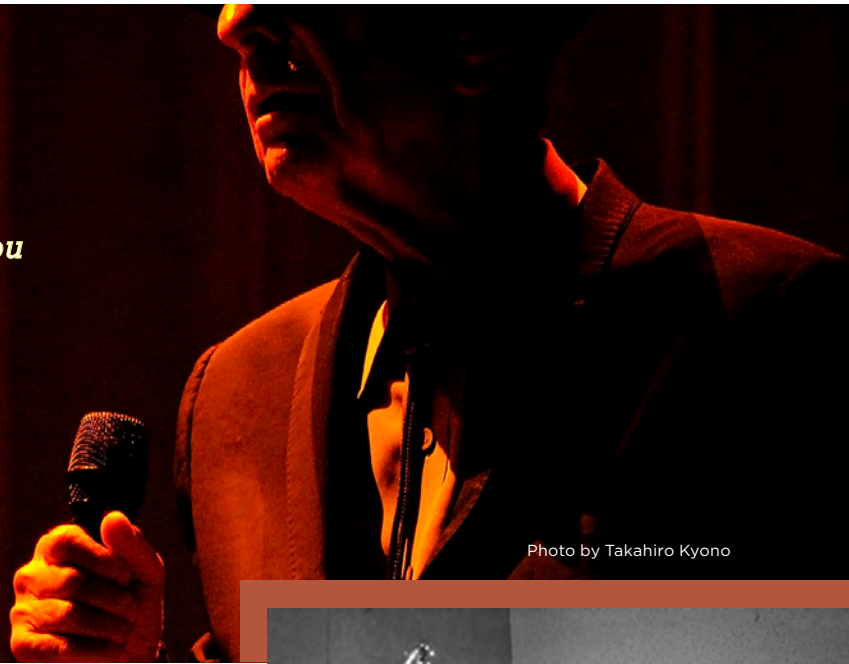


Photo by Takahiro Kyono

And on the title track "You Want It Darker", Cohen's conflicted feelings come to a head; his dialogue with the unknown by turns speaking of refutation and rejection ("If thine is the glory then mine must be the shame") and also acceptance ("Hineni, hineni, I'm ready, my lord"). This deliberate evocation of the Jewish phrase "hineni" – the phrase "Here I am" spoken by Abraham when halted by angels in the sacrifice of his son Isaac – is echoed in the melody of the song, which is also touched with the transcendent, pure vocals of the choir of the Shaar Hashomayim Congregation, located in Montreal's Westmount neighborhood.

This choice of synagogue was no random act, but another deliberate move on Cohen's part, not only to evoke the sounds of Cohen's Jewish upbringing but to include that specific synagogue, which is considered to be the Cohen family synagogue, as Cohen himself was born and raised in Westmount. Founded in 1946, the Shaar Hashomayim Congregation is both Canada's oldest and largest Ashkenazi synagogue, and is considered a respected Montreal institution where both Cohen's great-grandfather and grandfather served as presidents, with their portraits still found hanging on its walls. ▶



Photo: "Ladies and Gentlemen, Mr. Leonard Cohen" 1965 documentary by Donald Brittain and Don Owen

**COHEN'S LAST ALBUM IS HIS LAST GIFT TO THE WORLD,
TO REMIND US THAT EVEN IN DARK TIMES THAT THERE
CAN BE LIGHT, THAT BEAUTY AND GRACE CAN BE FOUND
IN THE STRANGEST PLACES, THAT IT'S NEVER TOO LATE
FOR REDEMPTION OR REBIRTH.**

“YOU WANT IT DARKER CAN BE READ AS A SORT OF LOVE LETTER WITH MORTALITY, NOT IN THE SENSE OF PASSIVE ADORATION, BUT A MORE COMPLICATED HEART-TO-HEART”

During the recording phase of *You Want it Darker*, Cohen reached out to the current cantor of Shaar Hashomayim Congregation, a man by the name of Gideon Zelermyer with whom Cohen had previously developed a friendship through email over a mutual appreciation of choir music. Cohen explained to Zelermyer that he was looking to recreate the sounds of his youth on his latest album by incorporating the sound of a genuine cantor male choir. Zelermyer was ecstatic at the idea of being asked to contribute to Cohen's music period, but once he had heard some of the tracks in progress, his excitement became tempered with solemnity as he recognized the religious evocations in Cohen's lyrics, such as the Kaddish prayer “Magnified and sanctified / Be thy holy name” which is featured in the new album's title track. It was clear to Zelermyer that Cohen's latest works were his way of trying to make peace with himself and his maker as he approached the end of his life. Cohen was reaching out to his roots, returning to the places and teachings of his childhood, to the spiritual mysteries that had sent him on a quest for answers throughout his life, leading him as far as his time as Zen Buddhist monk and back again.

Acting as both collaborator and producer, Cohen's son Adam was also an integral part of his musical efforts with *You Want it Darker*. A respected musician in his own right who has spoken openly of his struggles to succeed outside of his father's long shadow, Adam was able to rescue the unfinished album from where it had languished on the sidelines for over a year, due to Cohen's various physical ailments including severe back injuries. Together they arranged for the remaining music to be recorded in the living room of Cohen's Los Angeles home with Cohen seated in a special medical chair (after which his recordings would then be emailed to the other participating musicians for them to listen to and then record and send back their own additions) and this intimate arrangement allowed Adam's father to record some of his most compelling vocals despite dealing with considerable chronic pain. Adam's attention to detail and production skills are evident on the album as an understated deft touch, with each musical component providing a low-key yet velvet-rich background to Cohen's gravelly vocals, which pleasantly glide in a unique vocal style somewhere between sung melody and spoken word. ▶



You Want It Darker Album Artwork



*Hon. Peter Kent, MP
Thornhill*

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60 VERSIONS

of LEONARD COHEN'S

HALLELUJAH

JEFF GUTT

(A DETROIT CHRISTMAS, 2014)

THE CANADIAN TENORS

(THE CANADIAN TENORS, 2008)

MICHAEL BOLTON

(GEMS-THE DUETS COLLECTION, 2011)

RMASTER FEAT. INGO LASS

(NEW ANIME NATION, VOL 3, 2014)

SUSAN BOYLE

(THE GIFT, 2010)

PETER HOLLENS

(PETER HOLLENS, 2014)

BIRD OF PRAY

(MORE SAD SONGS, 2011)

KELLET MOONEY

(TOMORROW, 2011)

ALEJANDRO FUENTES

(HALLELUJAH-LIVE, 2006)

THE PITCHFORKS

(REFRACTION, 2012)

JAKE COCO

(UNDER THE COVERS, VOL 5, 2013)

BON JOVI

(LIVE AT MADISON SQUARE GARDEN, 2009)

STREET CORNER SYMPHONY

(THE SING OFF: SEASON 3, 2010)

MICHAEL HENRY

(SIMPLISTIC DUPLEXITY, 2011)

FRANCESCO LAZZARI

(LOVE STORIES, 2011)

OIS EASY

(INFINITE CONTEMPORARY LOUNGE, 2014)

IL DIVO

(THE PROMISE, 2008)

JASON MANN

(SOUL, 2010)

SONS OF SERENDIP

(SINGLE DOWNLOAD, 2015)

LISA LOIS

(SMOKE, 2009)



Photos: "Ladies and Gentlemen... Mr. Leonard Cohen" 1965 documentary by Donald Brittain and Don Owen

Their recording sessions afforded the Cohen men an unexpected opportunity to bond over more than just the music, as Cohen's ability for intense creative focus and enthusiasm proved infectious. There were times for laughter and the kind of esoteric conversations that come from spending hours working in the same room (and possibly the effects of a little medicinal marijuana), and also times where they sat in companionable silence, soaking up the sounds of their musical efforts. This familial closeness conjures up once more Cohen's desire to return to his roots through his music, with the collaboration between father and son giving the new songs an inviting tenderness that reflects their mutual love and respect. Adam told Maclean's magazine at the time of the album's release: "Wanting to serve my father faithfully was at the core of this project."

It's not hard to imagine that having an opportunity to serve a man not only so full of talent but also brimming with personal strength must have been inspiring for all those involved in the album's creation. Leonard Cohen is an artist who has risen from the ashes of professional failure and personal strife on more than one occasion in his life, with a phoenix-like ability to turn those ash-grey times of hurt into bright flames of word and song. Cohen's dedication to his craft has served him all his life, in part by giving him a focal point that allowed him transcend the darker moments in his life by channeling them into his music. The lyrics on *You Want It Darker* gave Cohen an outlet for the fears and uncertainties of a man approaching the end of his life; sometimes his lyrics sound like a whispered last confession and sometimes like a dying man's last plea, like on the song "Steer Your Way":

*"Steer your way through the pain
that is far more real than you
That's smashed the Cosmic Model,
that blinded every view
and please don't make me go there,
though there be a God or not
Year by year, month by month, day by day
Thought by thought"*



**FAN-MADE MEMORIAL OF LEONARD COHEN
AT HIS MONTREAL HOME IN NOVEMBER 2016.**

That honesty and vulnerability, Cohen's willingness to admit his flaws and fears, is one of the things that makes Cohen such a great artist. Having worn many artistic hats over the years – singer, songwriter, poet, novelist, even painter – one of the elements that has remained consistent in Cohen's work is his ability to connect to those around him, to offer up his heart and (almost) all its secrets. Cohen's last album is his last gift to the world, to remind us that even in dark times that there can be light, that beauty and grace can be found in the strangest places, that it's never too late for redemption or rebirth.

Canadian musician Rufus Wainwright, who is also the father of Cohen's granddaughter Viva, paid tribute to Leonard Cohen after his passing and his words sum up what many fans feel about the beloved Canadian legend: "Like for most of us, for me he dwelled in a higher strata inhabited by some living but mostly passed icons who seemed to have this direct line to the galaxy, whilst at the same time knowing exactly when to take out the trash. Formidable in both the sacred and the mundane... Farewell, Leonard, we need you now up there as much as we did down here." ▶

60 VERSIONS of LEONARD COHEN'S HALLELUJAH

BABY LULLABY

(BABIES BEDTIME, 2014)

ON THE ROCKS

(FULL COVERAGE, 2005)

ANNA CLENDENING

(AMERICA'S GOT TALENT, 2014)

CELINE DION & THE CANADIAN TENORS

(OPRAH WINFREY, 2010)

JOSH VIETTI

(BEST OF BOTH WORLDS, 2012)

STRAIGHT NO CHASER

(UNDER THE INFLUENCE, 2013)

NOAH GUTHRIE

(HALLELUJAH, 2014)

RHEMA MARVANNA

(BELIEVE, 2011)

ALEXANDRA BURKE

(OVERCOME, 2009)

DAN HENIG

(HALLELUJAH, 2013)

ADAM SANDLER

(12-12-12 CONCERT FOR SANDY
RELIEF, 2012)

KATE VOEGELE

(ONLINE SINGLE, 2008)

THE KING'S SINGERS

(FROM THE HEART, 2010)

JAI-JAGDEESH

(OF HEAVEN & EARTH, 2013)

ALLISON CROWE

(TIDINGS, 2014)

POPA CHUBBY

(POPA CHUBBY LIVE, 2005)

RENÉE FLEMING

(DARK HOPE, 2010)

WILLIE NELSON

(SONGBIRD, 2006)

DAMIEN RICE

(ROCK AND ROLL HALL OF FAME
VOLUME 10: 2008-2009)

JUSTIN TIMBERLAKE

(HOPE FOR HAITI CONCERT, 2011)

60 VERSIONS of LEONARD COHEN'S HALLELUJAH

MICHAEL MCDONALD

(SOUL SPEAK, 2008)

NEIL DIAMOND

(DREAMS, 2010)

JAKE HAMILTON

(FREEDOM CALLING, 2011)

FADI PETER

(YOUTUBE PERFORMANCE, 2014)

BONO

(TOWER OF SONG: THE SONGS OF
LEONARD COHEN, 1995)

JASON CASTRO

(JASON CASTRO, 2010)

MAGHAN GRAY

(JUST PIECES OF ME, 2014)

CHRIS BOTTI

(CHRIS BOTTI IN BOSTON, 2009)

HANNAH TRIGWELL

(THE COVER SESSIONS, 2011)

BRIAN CRAIN

(PIANO AND LIGHT, 2011)

JAKE SHIMABUKURO

(PEACE LOVE UKULELE, 2011)

PARAMORE

(THE FINAL RIOT!, 2008)

LEONARD COHEN

(VARIOUS POSITIONS, 1984)

BRANDI CARLILE

(LIVE AT BENAROYA HALL, 2011)

BOB DYLAN

(MANY LIVE PERFORMANCES, 1988)

K.D LAND

(HYMNS OF THE 49TH PARALLEL, 2004)

REGINA SPEKTOR

(LIVE AT THE JEWISH HERITAGE
FESTIVAL, 2005)

RUFUS WAINWRIGHT

(SHREK: MUSIC FROM THE ORIGINAL
MOTION PICTURE, 2001)

JEFF BUCKLEY

(GRACE, 1994)

JOHN CALE

(I'M YOUR FAN, 1991)

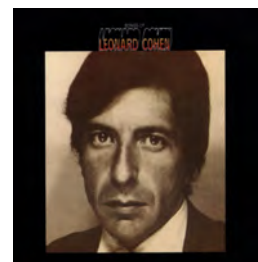
FACTS ABOUT LEONARD COHEN:

- Born September 21, 1934 in the Westmount neighborhood of Montreal to mother Marsha Klonitsky (daughter of Talmudic writer Rabbi Solomon Klonitsky-Kline) and father Nathan Cohen who owned a successful clothing store and died when Leonard was nine years old.
- Formed his first musical group while at Westmount High School, a folk group called the Buckskin Boys.
- Won the Chester MacNaghten Literary Competition with his two poems "Sparrows" and "Thoughts of a Landsman" in 1951.
- Graduated from McGill University in 1952 with a B.A. and was also president of the McGill Debating Union.
- First published his poems in 1954, in the magazine CIV/n, and his first book of poems "Let Us Compare Mythologies" in 1956.

- Leonard published 13 books throughout his life, including his most recent book "Fifteen Poems" which was published in the year 2012.



- Recorded and released fourteen music albums starting with his first album "Songs of Leonard Cohen" in 1967.
- Was ordained as a Zen Buddhist monk in 1996, though he said he considered himself still Jewish and when he passed away, he was laid to rest with a Jewish rite.
- Has been romantically involved with a number of women throughout his life including Janis Joplin and Suzanne Elrod, with whom he had his two children Adam and Lorca.
- Discovered in 2004 that his long-time manager Kelley Lynch had secretly drained most of his financial savings; Cohen took her to court and won but was unable to collect the awarded nine million dollars from Lynch. This dire-straits situation prompted Cohen in 2008 to launch his first world tour in fifteen years, and was considered a great success, allowing Cohen to visit many places he had never been to before in a series of tours that spanned nearly five years.
- Has won many awards for both his music and his written words throughout his career including the Governor General's Award for his poetry (which he refused), the Grammy Lifetime Achievement Award and his induction to the Canadian Music Hall of Fame. ■





THE ORIGINALS: **DONNA SASLOVE & SIMON LUGASSY**

— JOSEPHINA LEA MASCIOLI
MANSELL & JANET SHACTER

Today, when so many fashion retailers are flogging mass-produced knock-offs, it's rare indeed to find someone who has the individuality and artistry to go their own way, and succeed. Donna Saslove and Simon Lugassy, owners of Original on Queen Street West in Toronto, have been doing precisely that since they opened their first store, F/X, on Yonge Street in 1989. ▶



“WE WERE BOTH WORKING FOR OTHER PEOPLE AND ONE DAY SIMON SAID, “I DON’T WANT TO WORK FOR ANYBODY ANYMORE.” AND THAT’S HOW IT ALL BEGAN.”

Known for a distinctive mix of style influences, from Goth to glitter, their merchandise has always included vintage pieces, private label, and cutting edge designers such as Jean-Paul Gaultier, Vivienne Westwood, Anna Sui, and Betsy Johnson. More importantly, their shop has always prided itself on having a wide mix of patrons, from bat mitzvah girls to movie stars and every woman in-between.

Josephina Lea Mascioli Mansell was one of those clients. In addition to being the publisher and editor-in-chief of JO LEE Magazine, she’s a celebrated fashionista who came to know the couple in August of 2010 when she was without a gown for an important black-tie dinner. After searching online for a designer she admired, she was directed to the store. Donna and Simon worked their magic and a beautiful relationship ensued; the dress they found for her that day was the first of many in her wardrobe to have been curated by Donna and Simon.

Paying homage to their amazing journey and abundant talent, she sat down with the couple for an interview.

JO LEE: Donna and Simon, from the first afternoon we met, I said to myself, “These two are rare!” How did you create this incredible dream enterprise? What was the pull that led to becoming the “business-savvy” couple that no one, today, can hold a candle to?

DONNA SASLOVE: We were both working for other people and one day Simon said, “I don’t want to work for anybody anymore.” And that’s how it all began.

SIMON LUGASSY: I really never liked the retail business and I said, “Never, ever, ever, would I get ▶



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into retail." I just didn't like it. But Donna was so talented at it that when she graduated in design and began working for a store in Toronto's Hazelton Lanes: she was the store. She was the brand. The women would come, wanting only Donna to dress them. I was managing and beginning to own shoe stores and becoming involved in distribution. But I always looked at Donna and thought, "That girl is the store," and it really upset me that she wasn't the owner.

JL: Donna, was there a synergy with what Simon was thinking – "maybe we should create together"?

DS: No, it wasn't like that. We were already together. From the second we met, we were a couple. We were from different backgrounds but the same world. My family being more formally educated – doctors and lawyers and such, while in Simon's world it was more about business. Can you believe – we met in a gay bar!

SL: I had returned from L.A. where I was acting and modeling, and went to this bar where Donna was with one of her gay boyfriends. They were all blond and good-looking and sitting in the corner. I'm checking out Donna and finally I walk over and say "hello." But her boyfriend thought I was coming to see him.

DS: My side of the story is that my friend and I are in this bar and we were both looking at Simon and discussing which one of us was going to get him! My friend was certain he would. I said "I don't know, I don't know. We'll see how it works out." And Simon came over and said "hi" to me and eventually we exchanged phone numbers.

SL: She said she was Jewish and I thought she was joking.

DS: And I thought he was Italian.

SL: As young as I was, 19 or 20, I knew I wanted to do something, something on my own. My world was that of business. It was very hard for someone as young as I was to be able to look at my parents and say, "I don't know what I want to be but I know I want to do something." This kind of thinking was how it all started.

JL: Tell me about your decision to go to the U.S.


SL: Canada was afraid of us. We wanted to open in Toronto but no one would give us an opportunity. They didn't want to rent to us because we were too young. Everywhere we went, the situation was the same.

DS: Simon was working for the Romika Shoe Company, the European comfort shoe, and they wanted to open ▶



Donna and Simon's wedding, October 25, 1987.





shoe stores in the United States and we wanted to move. But I didn't want to go just to sell those shoes. We wanted to open a shoe store with fun stuff. Nice designer clothes.

SL: Romika agreed so we went to Miami in 1985 and we liked the idea because Donna's grandparents were there. One day, we were coming off Miami Beach, and saw the ideal location. We began negotiating with the business office and the next thing we knew, we were opening a store in a Florida mall with Romika backing us.

DS: Simon had performed miracles in Toronto with their product. That's why they gave us the opportunity.

SL: So off we went.

DS: It was a cute little location, perfect! Not too big, and it was fun! I was matching Jean Paul Gaultier with comfort shoes and making a fashion statement. Everyone seemed to love it.

SL: And the next thing, we're not selling any shoes.

DS: That was because back then the Miami Beach ladies weren't going to pay \$150 bucks for a pair of Romika shoes, no matter how comfortable they were! The deal between us was I wasn't going to move to Florida unless we had clothes. The clothing was always part of it because I was not moving for those shoes... even though they were fabulous shoes.

JL: How long did it take you to realize a profit?

DS: We did everything very quickly including realizing a profit! We opened in a few months and the next thing we knew, we were working seven days a week. It was good, we learned a lot there. We got a lot of exposure to different things that we would never, ever have seen here in Canada.

JL: So, why did you leave Miami?

SL: Because we started to see reality. There were a lot of bad things happening there.

DS: We went to New York for a few days and found a really nice location for a store on the Upper West Side. We negotiated, talked to builders and returned to Miami to close our doors and move. When we got home, ALL of our valuables and money had been stolen. It was our last week of business, the banks were closed, and thinking we were organized and safe, we'd stored cash from the store at home. Much of the money we were to open with in New York was gone. We felt we had no choice but to come back to Toronto. Simon's sister was getting married and offered her apartment – we could stay there until we restarted our life. ▶

Photoshoot on location at Original.
Photography by Barbara Cole.

SL: The next thing we knew, we were opening a store on Yonge Street near Wellesley– that was our first, in July 1989. And then, we opened many stores – 11 locations.

JL: How did you build your reputation and stay at the forefront of fashion?

DS: As I said, the first Toronto F/X boutique was on Yonge Street. Then we opened F/X on Queen West in 1991. We kept moving to the next “happening” area, sometimes closing locations when it made sense. Queen Street was so hot, we opened a second boutique right next to the other one. The first Queen F/X store was one-of-a-kind dresses. The other was everything else. Respectively, we opened on Yonge north of Eglinton Street and then the shop in Yorkville. After that came Spadina Avenue – a huge, 10,000 square-foot space where we had a candy bar, ice cream parlor, photo booth and great gifts. We did nail polish – I had 250 colors. And the best? We sold fudge. Salespeople and customers rollerbladed; it was like a department store that was continually changing.

SL: The location was amazing for a lot of things. Seriously, anyone who was anyone more than likely shopped there. We had fashion shows for some big names. Duran Duran held a huge fashion show and party in the store. Donna also produced an amazing show for Patricia Field around this time – before she did Sex and the City.

DS: We fell into things. Simon loves creating.

SL: I like building stores. So anytime there's something to build, I'm happy... But the funniest scenario was with our boutique on Cumberland Street in Yorkville. The Yorkville Association wanted to have us evicted from the area because we weren't traditional – until they realized we were attracting shoppers; we were good for the area! ▶

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DS: Never mind, the clients loved us. We were even featured in Yorkville postcards. We had men's wear on the second floor. Do you remember that? And through all this we had four kids, all boys, one after the other. I once came to work on the way home from the hospital after giving birth. We just kept going and the kids joined in.

JL: Easier said than done, I'll bet.

DS: Sometimes. Right after one of my boys was born, I had an important trade show I had to get to – there were things I had to buy for the store. I was breastfeeding. I got to the show, and they refused to let me in with my baby. This was New York, in 1993, I want you to know. It was terrible.

JL: Did you leave?

DS: No. I was mad. Alex, who worked with me, helped put the baby in a backpack and covered the baby with his coat. We smuggled him in!

JL: And he didn't cry?

DS: No, because I fed him. So I started buying – and when writing an order, Security showed up to kick me out, again. The people I was buying from said, "Over my dead body is she leaving. This order is paying my bills!"

JL: What made you condense the number of stores you had?

DS: At one point, we were thinking that it would be better to have one large store rather than several smaller locations. Then the landlord in our big location on Spadina sold the building – it was going to be knocked down. We had three kids, another on the way, and we'd just bought a new house. What, why are you making a face?

SL: Well it wasn't just a house. It was a mansion.

DS: We'd bought this huge house – far from downtown. Now we had a deadline to move the entire Spadina store – 10,000 square feet. Guess what we did? We ended up walking away from the house deal.

SL: Then I found this location at 515 Queen Street where we are now.

DS: No I did.

SL: Go ahead.

DS: Did I find it or did I not? Rents were \$20,000 to \$25,000 a month. That's a lot of money. ▶



Photoshoot on location at Original.
Photography by Barbara Cole.



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SL: So we bought this building instead of renting because we couldn't find a space within our budget to rent that was big enough for our store inventory.

DS: My story is – there were other people bidding on this building but we were the only ones who wanted the building as-is, and that's how we got it, drunks falling in through the doorway and all.

JL: How many square feet?

SL: Sixty-five hundred.

DS: But that's not the issue, you see. I need to have so much space because you never know who's going to walk in. And you have to have something for everyone or else what's the point?

SL: Pay the bills. That's the point.

DS: You know what I mean. If you own a dress shop, don't you want to have something for everybody who walks in your door? And we did have something for everyone. So now, at this point, we had four boys and one location – Original at 515 Queen Street West, and that turned out to be a great address, again.

JL: In 2006, there was a fascinating twist?

DS: That is when we were approached to sell F/X, and we did. I didn't think we should sell but Simon insisted that we could do it all over again one day if it felt right. "They're not buying you; it's only merchandise," he said. So it was a good idea and I listened. We sold our business after not having had real days off for 25 years. Isn't that right?

SL: You know what I think? I think a group of people with a lot of money thought they could run this operation and we said, "Give us the money." We went to Florida and "relaxed" for 2½ years.

DS: Not entirely true.

SL: Bottom line – for the 2½ years, we took care of our kids. We went to Israel. Donna did all the costumes for Fiddler on the Roof and Oliver! at our kids' schools – and I was on my boat, I was at the golf course all the time. I was bored. After 2½ years, the purchasers of F/X went out of business. It was a lot more work than they expected it to be. They moved out and we moved back into this location.

JL: You incorporated as F/X Original, but called the store Original?

DS: We did a total renovation. Simon did the whole thing. The original floors were kept – the glass front is brand new. The name of the store is Original because in the '40s it was known as Original Furniture. You can see it in the marble floor at the entrance. Our son preserved their logo – he developed ours from theirs, copying the exact writing that was on the floor and on the old dark sign in the basement with the original glass embroidery. It's etched and it's wonderful. We worked with history.

SL: We had to decide if we were going to open for prom ▶



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season – March Break. It was December 29. By January 1st we had to know because the buying and renovations to open were going to be huge. We opened on time.

JL: How old is the building?

SL: Probably as old as Toronto. The original owner's son was 95 years old, and so happy with what we'd done. I can remember him standing, watching, saying, "It looks even better than before."

JL: You don't advertise...ever?

DS: Never have. We're involved with a lot of people. Production houses, film houses. Our stores have been an iconic stopover for a lot of people and events over the years – we have word-of-mouth.

JL: I'll bet you could name names that have come through

SL: Over the years there were so many: the Rolling Stones, Darryl Hannah, Pat Field, Billy Newton Davis, Goldie Hawn, and lots more. They didn't want to leave. Elizabeth Perkins – nice girl.

JL: What's the click? What makes Original different from anything else out there?

SL: Most retailers are doing it for the money. What they're doing is buying the top 10 items that sell. We're not that kind of a business. Donna is not that kind of a buyer.

DS: I buy what I like and what I would like to see on others.

SL: And you know what, you've got to fill the stores up as much as you can.

DS: Service is THE most important thing.

"A LOT OF PEOPLE CALL THIS DRESS HEAVEN. WHEN THEY WALK UPSTAIRS - IT'S LIKE A VERY LARGE CLOSET THAT YOU'VE ALWAYS WISHED YOU COULD PLAY IN FOR DAYS. PEOPLE ALWAYS SAY, "LOCK US UP OVERNIGHT."

Photo: June 5, 2010: Donna and Simon with their boys: (left to right) Samson, Adrian, Rafael and Jesse.



JL: Ah! But that connection you have – it's different!

SL: It's because of Donna! She has the best colour sense, the best fashion sense...she knows how to dress a woman, and people trust her. The designers know it too. She's the one they want to talk to at the shows. You know what's amazing, when a girl comes in and she's large, and she's slinking away in the corner as her mother is saying, "Come on honey, they'll find you a dress." And we take that girl and we dress her from top to bottom!

DS: That's my favourite client. It's because of that girl that we have this business. We always carried the widest range of sizes that we can get our hands on, and we always will.

SL: The mother has tears in her eyes. The daughter's looking at herself for the first time in her life and you can see she likes herself. And let me tell you something, that moment when that girl leaves here and she's happy and she sends you an online picture of how beautiful she was on that day with her date: that's when it's worth it all! It doesn't matter who you are. When you come in here to us – we'll dress you. If you've got \$200 we'll make you feel like you're buying \$2,000. Everybody feels special in this store.

JL: How difficult is making a good dollar in today's economy?

SL: There's no recession in this kind of business.

"THE SCARIEST PART OF NOT WORKING IS LOSING YOUR CONNECTIONS, AND LOSING YOUR WAY. IT'S NOT ABOUT THE MONEY – IT'S ABOUT BEING INVOLVED IN LIFE."

DS: Maybe instead of buying two dresses you're going to buy one and maybe think about it a bit longer. People are still getting married, there's still going to be bridesmaids, mother-of-the-bride, a bar/bat mitzvah, people going to parties. And people will still have birthdays – turning 18 or sweet 16 or 21. Many times we can do the whole family thing from youngest on up. A lot of people call this dress heaven. When they walk upstairs – it's like a very large closet that you've always wished you could play in for days. People always say, "Lock us up overnight."

JL: Tell me about your four boys.

SL: Well they're all good looking. None of them are even close to being alike but they are all artistic. They have big hearts, and we're close.

DS: They're all doing their own thing, and that's fine by us.

SL: At this point in my life spending time with our kids is very important to me. We just rented out the store in L.A because I didn't want to be away from home so much.

JL: What would you tell young people asking, "Where do we begin in business?"

DS: Don't get into a business if you're not willing to commit all of your time to it. If your intention is to just hire a manager I would say, "Don't open."

SL: At the end of the day: it's about having the business sense, the passion and the taste, and having the sense to listen to people who know what they're talking about. I've learned so much from the generation before me.

They were tough, they had to be to make it.

JL: Do you ever think of yourselves as the power couple?

DS: I never think about what we are. I think about what we can do tomorrow.

SL: There's no time to stop and analyze. Every day I feel like I'm standing on a stage. This is the store and this is my stage.

JL: And what do you say to women as they get older, Donna? Has your own sense of style changed?

DS: If anything, I'm freer now than I ever was. I think that's so important, to accept yourself and own it all. Style is not about age! I see younger women who tell me "I couldn't wear that because I'm 35." "Pardon?" I ask. I tell them they should try something fun.

SL: It doesn't really matter if you're not standing straight some day. It doesn't matter that you're not as good looking as you were. It's the miracle of life that is everything. Donna's grandfather was my hero. I remember he would come into the mall and watch us build the store. The way he stood, watching us work was so important to me because everything we did was important to him.

JL: So no plans for retirement?

SL: The scariest part of not working is losing your connections, and losing your way. It's not about the money – it's about being involved in life.

DS: Amen to that. ■



GA
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PRODUCER ROBERT LANTOS RECEIVING HIS GOVERNOR GENERAL'S PERFORMING ARTS AWARD IN OTTAWA

Robert Lantos

BRINGS SUNSHINE TO
HOLLYWOOD NORTH

— BY IEDEN WALL

As I turn onto the street where he lives, everything changes. Everything. The damp Toronto landscape has turned into vapour, giving way to new life. It's as if I walked right into one of his epic films and I'm a character in the story.

The slushy Canadian snow that had enveloped the road and much of the sidewalk has also vanished. It's gone back home, where it came from. It has no place here. The street is lined with lush palm trees that stretch from the ground to the heavens, like Jacob's ladder.

Heavy clouds have receded into the background, making room for a brilliant sun. The yellow rays fall from the sky and bath my face with golden light. In seconds, a wintery mid-town Toronto street has been transformed into old-time Hollywood.

Welcome to the Land of Lantos - a mighty state - born out of one man's dream, where creativity is the only currency and motion pictures are his stock-in-trade.

Robert Lantos was the first - and probably the last - big movie producer to bring Hollywood power and panache north of the border. He picked up the sagging Canadian film industry, put it on his shoulders and carried it right into the big leagues.

One cigar at a time. ▶

In 1956, a stocky 7 year-old Hungarian boy was called into the principal's office for violent behavior.

His parents - Mom Agnes and Father Lazlo - were in disbelief. What could have caused their even-tempered son Robert to strike a classmate square in the face?

The meeting in the principal's office turned into a moment of revelation - both for Robert and his parents.

Lantos recalls the incident, now 60 years later. As he prepares to speak about it, his sitting-posture moves from relaxed to defensive. His eyebrows furrow slightly and his deep brown eyes quickly turn from a mild twinkle to a searing glint.

This was a seminal moment in the life of Canada's iconic movie mogul.

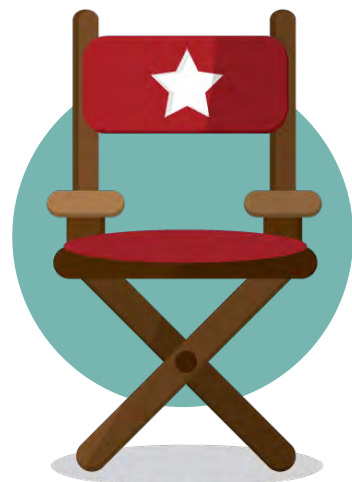
"I was quarreling with this boy in my class over a lunch bag. This boy called me a stink'n Jew in Hungarian, and I was overcome with the immediate impulse to punch the boy right in the nose," recalls Lantos.

What makes this childhood incident so memorable for Lantos is the fact that up until that point, he had no knowledge whatsoever of his Jewish heritage.

His parents, Hungarian Jews who survived the Holocaust, made the decision to raise their only child as a non-Jew. They had suffered enough and the last thing they wanted was for their beloved Robert to endure any of the torment and pain that befell them so tragically.

The next day following the altercation, both Lantos and the kid he'd popped in the schnoz, were summoned into the Principal's office with their respective mothers. From that moment on, Lantos has kept his Jewish identity close to his heart.

The University of Haifa recently awarded an honorary doctorate to the Canadian film producer, in recognition of his firm and uncompromising support for the State of Israel and his struggle against anti-Semitism, anti-Zionism, and the BDS movement.





Copyright © Photo Credit: Michael Gibson.

“SUNSHINE IS A PROJECT THAT HAS TOUCHED SO MANY PEOPLE ALL OVER THE WORLD. AS I TRAVEL ALL THROUGH EUROPE, TO THIS DAY, I GET PEOPLE COMING UP TO ME AND EXPLAINING HOW THIS SINGLE FILM HAS TOUCHED THEIR LIVES.”

Just a month ago Lantos flew back to Eastern Europe for yet another accolade. He was honored by The Camerimage Film Festival in November, along with two-time Oscar winner Jessica Lange in the grand hall of the Opera Nova in the town of Bydgoszcz, Poland.

Robert's movies have repeatedly explored the Jewish experience. The Lantos film pantheon is pillared by several holocaust movies but the one that holds a special place in his heart is *Sunshine*, starring golden-globe winning actor Ralph Fiennes.

Sunshine is a 1999 historical drama film written by Israel Horowitz and István Szabó, directed and produced by Szabó. It follows three generations of a Jewish family (originally called Sonnenschein, a name that literally means "sunshine" in German, but later changed to Sors, meaning "fate" or "destiny" in Hungarian) during the changes in Hungary from the beginning of the 20th century to the period after the 1956 Hungarian Revolution. While the film's lack of commercial success was a mild disappointment for the renowned producer, the project was rich with solace and personal satisfaction. ▶



PRODUCERS ROBERT LANTOS, ARI LANTOS AND DIRECTOR ATOM EGOYAN ON THE SET OF *REMEMBER*.

Copyright © Photo Credit: Sophie Giraud.

“Not everything has to be about money,” asserts Lantos. “One of the rewarding moments for me was just after the first screening of *Sunshine*, both of my kids turned to me and said: ‘Wow Dad, now I know where our grandparents came from and what they went through.’”

“*Sunshine* is a project that has touched so many people all over the world. As I travel all through Europe, to this day, I get people coming up to me and explaining how this single film has touched their lives,” says Lantos, beaming with pride.

When asked about the huge spike in anti-Semitic incidents around the globe, Lantos takes a big deep breath in and looks into the distance. For the first time in the interview, he looks

distraught. Noticeably troubled. He is somewhat exasperated at how to effectively engage this topic without losing his cool.

“Ieden, a lot of people have grappled with this question. We Jews have an incredible drive to succeed. Whatever obstacles that are in front of us, we seem to be able to rise above them, or go under them, or get around them,” says Lantos. “As a result of our resourcefulness and innate survival skills, we have a rather high incidence of success. And this success breeds envy,” explains the mogul.

“When success becomes so disproportionate to the weakness of its numbers, this gives way to a toxic cocktail; and the result is part envy and part suspicion,” Lantos adds.

“WE JEWS HAVE AN INCREDIBLE DRIVE TO SUCCEED. WHATEVER OBSTACLES THAT ARE IN FRONT OF US, WE SEEM TO BE ABLE TO RISE ABOVE THEM”



At 67, Lantos can sleep comfortably knowing that his name is indelibly etched into the tapestry of Canadian film and television. He has pushed the film art form substantially, using its broad strokes to paint the cultural identity of our nation on a global stage. He has inspired scores of independent filmmakers with his ability to fly in the face of the giant Hollywood marketing machines. And he has made more than a few shekels for all of his efforts.

So the obvious question is: What motivates him to keep going?

"Ieden, I like it. I still really like it," Lantos says with his eyes restoring a half twinkle. "It's kind of like an addiction. I am weaning myself off of it slowly. In the current state of the industry, it is becoming almost impossible to make the kind of films I like - but I got some stuff left," Lantos says with the will of a prizefighter, who knows he has one more good fight left in him.

For all of the stories of excess, egomania and hedonism that entreats the icon's legacy for due coverage; the Lantos of today - dare I say - seems to have mellowed. Funny how life does that. ▶



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DUSTIN HOFFMAN, PAUL GIAMATTI, ROBERT LANTOS
IN MONTREAL ON THE SET OF *BARNEY'S VERSION*.

**"LANTOS THE LION STILL ROARS ONCE IN A
WHILE BUT HE WHISPERS MORE THAN HE
EVER DID. HE HAS AGED GRACEFULLY."**



The arrogant grin of his youth has morphed into the contemplative gaze of an elder statesman. His old workhorses - audacity and bravado - have exchanged their well-tailored garments for a kind of off-the-rack humility. And his thrill for conquest has turned into a soulful reflection.

Lantos the Lion still roars once in a while but he whispers more than he ever did. He has aged gracefully.

Lantos comes from a country where 80% of the Jewish population was decimated - just savagely wiped out for no good reason. He knows, deep in his heart, he was chosen for greatness as much as he has achieved it. His gratitude is palpable. It's in his eyes. It's in his smile. It lights up the aura of Agnes and Lazlo's only child.

A good way to encapsulate his relationship with

the land of beer and honey, would be to say this: Canada opened her arms to him. And he gave her back all that he had to give.

You did good, boychick.

The interview ends and I get up to shake hands with Lantos. As I extended my hand for a final handshake, I remembered reading an article about him, a few nights prior. In the article, Lantos mentioned that he believed he had a special guardian angel watching over him; a divine angel that escorted him out of harm's way in Europe, to Uruguay and finally to Canada. As I walked out of his house I wanted to reach up and high-five this mysterious celestial being, and thank him for taking this spirited young Hebrew boy under his wing, flying him across the world and dropping him in a country called Canada. ■



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COUNTER INTELLIGENCE

INSIDE ISRAEL'S ELABORATE ANIMAL SPY NETWORK.

BY SIMON APFEL



December 2010 – several shark attacks occur off the South Sinai resort of Sharm el-Sheikh in Egypt. Egyptian officials blame the attacks on Mossad, claiming Israel deliberately introduced the man-eating sharks to sabotage Egypt's tourist industry, and citing a GPS tracker or "guiding device" found on one of the sharks as strong evidence.

August 2011 – a griffon vulture, caught by a hunter in rural Saudi Arabia, is turned over to security forces after it is found to be wearing a similarly "suspicious" GPS device and a "Tel Aviv University" tag on its leg. A similar case is reported in Sudan in December 2012. In both instances, authorities accuse the vulture of being an Israeli spy and take it into custody.

In the months that follow, Turkey detains a kestrel and a bee-eater, Lebanon a fish eagle, and Egypt a pigeon. Most recently, fishermen in Southern Egypt, noticing "suspicious movements", carried out a citizens' arrest on a stork, and Hamas captured an Israeli "spy dolphin" off the coast of the Gaza Strip.

From the Stuxnet computer worm to the high-tech bomb attacks on two leading Iranian nuclear scientists, Mossad are believed to have been behind some pretty daring escapades in recent times.

But is the existence of a crack animal espionage unit a step too far even for the world's most audacious and technologically advanced covert organisation? In this no-holds-barred expose, Simon Apfel lifts the veil on one of the most extraordinary military facilities known to man (or beast). ▶

It's morning in Sde Even-Chol, a small, arid settlement buried deep in the heart of the Negev desert, as a rather dazed-looking gazelle is being led out, reluctantly it seems, for its first training exercise of the day. A huddle of swarthy government-agent types stand around by a fenced enclosure drinking black coffee and exchanging dirty jokes. They know a grim day lies ahead of them.

Directly to the right, ripples are forming on the surface of what looks like a vast man-made pond, as a swan conscientiously goes about its ablutions, and fish dart about underneath, while a seal is stretched out on a nearby rock, its contented face upturned to the pale early-morning sun.

Overhead, a flock of gulls fly in formation. Their squawks mingle with animal cries of all variety which fill the desert air, and echo off the distant mounds that surround Sde Even-Chol's crater-like expanse.

Not for the last time that day, I rub my eyes at the strangeness of it all.

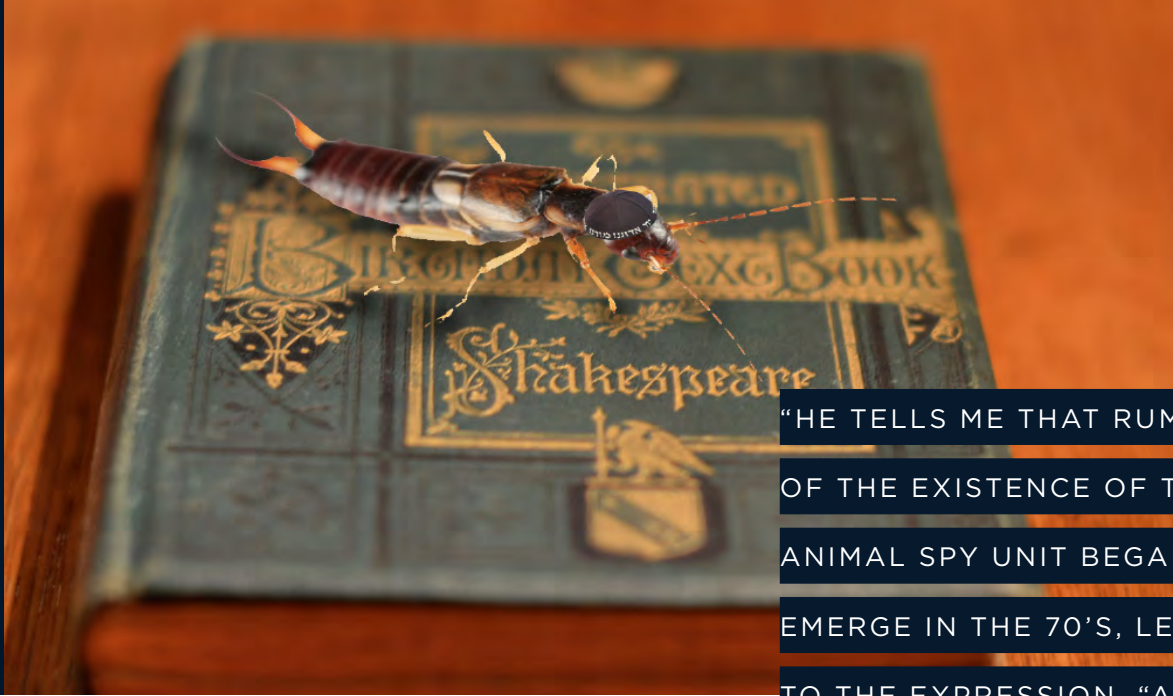
Sde Even-Chol is an undisclosed, highly secretive location. You won't find it on any map of Israel or tourist brochure. While the spate of recent high-profile arrests across the Middle East means revelations around the world's first and only animal spy unit are only now coming to light, it is believed that such a unit has been run from the site since the 1950's. Others trace the roots of the unit as far back as biblical times, pointing to the dove Noah sent forth to spy out the land after the end of the flood.

This is Israel's Animal Espionage Programme (PEA for short) (you kind of have to jiggle the words around - Mossad's excuse: "If Hebrew grammar can do that kind of thing, so can we.") Some people will go to ridiculous lengths to contrive a snappy acronym and this one isn't even particularly snappy. But I do like peas). Bar Rafaeli* (not his real name) is a high-ranking PEA officer and the person tasked with showing me around the site. He tells me that rumours of the existence of the animal spy unit began to emerge in the 70's, leading to the expression, "a fly on the wall", entering the public lexicon. I ask Bar about "the elephant in the room", but he slaps me, calls me an idiot and informs me the phrase is purely idiomatic. After a while, he apologises and starts telling me about his mother issues. I urge him to resume the tour.

By now the day's training exercises are in full swing.

In one room, a duck is undergoing drills to ensure that in a case of enemy capture, he doesn't quack under pressure. A hardened interrogation officer is firing cruel, merciless insults, saying his beak is too small and that he's rubbish at catching fish. But this duck is obviously a seasoned veteran of the programme. He sits there unmoved, the insults falling like ▶





“HE TELLS ME THAT RUMOURS OF THE EXISTENCE OF THE ANIMAL SPY UNIT BEGAN TO EMERGE IN THE 70’S, LEADING TO THE EXPRESSION, “A FLY ON THE WALL”, ENTERING THE PUBLIC LEXICON.”

water off his back, as he nibbles absentmindedly on a pen and extends his neck in periodic jerky movements.

In an adjoining room, Rav Avraham Yitzchak Kook* (not his real name), a real-life Doctor Dolittle, is conducting animal whispering training for the Mossad officers stationed at the base. Today, it’s how to speak to goats. As we enter the classroom, we are lucky enough to catch one of the officers utter a pitch-perfect bleat into the face of a bewildered billy.

According to Bar, Rav Kook comes from a long line of animal whisperers. His grandfather was the inspiration for the fictional Doctor Dolittle character, and the Rav himself is rumoured to have taught a horse to ride a human, an Aardvark to dance the macarena and an earwig to recite the complete works of Shakespeare.

The sound of familiar chanting can be heard as we prepare to enter another room. A rather surprising sight greets us – animals sitting in pairs, one opposite the other, with books open between them. Bar explains that the animals can have their military conscription deferred by opting for full-time learning. Apparently, *The Jungle Book* is considered the most weighty and worthwhile study work, but scattered around the room are copies of *The Very Hungry Caterpillar*, *Black Beauty*, *Charlotte’s Web* and Anthony Robbins’ *Awaken the Giant Within*.

“The mantises are obviously incredibly devout,” says Bar, “but it’s the penguins who are the most ardent of our full-time learners. They display an extraordinary affinity and love for the learning and an ability to immerse themselves in it regardless of what’s happening around them.”

Unfortunately, it would be stretching things to say this bookish devotion earns the penguins anything but the scorn of their more worldly fellow PEA operatives. It seems even in an environment as unusual as this, the dynamics of Israeli society replicate themselves.

By now the desert sun is scorching, and most of the land animals are out of sight, seeking refuge under the trees and among the bushes. Bar leads me round to a rather large enclosure, and I notice a giraffe poking its head out above the treetops. I can’t help but be amazed.

Bar fills me in: “We deploy the giraffes to spy on hard-to-reach enemy strongholds – for instance, covert meetings held in upper-storey apartments.”

The obvious question is how do they go undetected.

“It comes down to perceptual blindness,” he explains. “Like the early Native Americans who were literally unable to see Columbus’s fleet of tall European ships when they approached their shore, the sight of an African giraffe’s giant head peering into your 4th-floor bedroom window in Gaza is so alien and unfathomable as to be effectively imperceptible.”

Of course, wild animals aren’t the only ones serving in PEA. Sde Even-Chol is full of cats (not unlike every other place in Israel), and these domesticated creatures have proven very effective spy agents. Their lack of close ▶

associations and intimate relationships is ideal for a vocation that is both lonely and highly dangerous, and their cold indifference means they rarely crack under interrogation. Bar tells me that a few years back a PEA cat was captured by the enemy and brutally tortured with the infamous ball and string baiting (supposedly phased out by even the most oppressive regimes in the late 80s), yet didn't offer up a shred of information. Another had its litter taken hostage by the Ayatollah of Iran, but the Supreme Leader's grandchildren found the little kittens so adorable that he was forced to hand them over to them as Eid gifts.

And what of dolphins – the most intelligent and articulate of all mammals? I learn that dolphins were initially the pride and joy of the animal espionage programme. However, after proving curiously ineffective at avoiding capture, they began being phased out in early 1960's. As Bar puts it, "dolphins



"THIS WAS SCIENCE-FICTION
TERRITORY. X-FILES, EVIL
GOVERNMENT SCI-FI, NOT
SPIELBERGIAN WHIMSY."

look too Jewish to be effective undercover".

After lunch, we walk across the camp to the insect enclosure, home to one of the PEA's oldest and most distinguished units. A cockroach is standing on its hind legs ferociously jabbing a makeshift punching bag – a red berry attached to a twig – with (what I assume to be) unerring accuracy and power.

I broach a question that has been nagging at me all day – what about their rights? These insects are small and relatively powerless. Do they ever complain about mistreatment?

"The question is insulting to them," says Bar, bristling. "It implies that they need some sort of protection. These insects are well-oiled fighting machines ... I think they can handle themselves!" he smirks.

But what if they refuse to serve?

"Oh, they get fed to the birds," reveals a former PEA operative, speaking on condition of anonymity. "The entire programme, in fact, is a complete distortion of the natural world."

In another shocking aside, this confidential informant tells me that chickens are fed disobedient fellow chicken, blissfully unaware that they are gobbling up flambéed family members.

"The animals organised an uprising in the late 80's (on which the 1996 Kurt Russel action-thriller, *Escape From LA*, was very loosely based)," the CI tells me, "but it was quelled by a group of hippopotamus loyalists and ultimately proved unsuccessful."

It's evening now, and as I make my way back to the officers' quarters, my head is spinning with all that I've encountered that day.

That night I can't sleep. The animals are making a racket but it's more than that. I'm shaken to the core by what I've seen. Sure, Israel has the right to self-defense. And with 0.01% of the population and 0.001% of the land mass of the 22 Middle East states that surround it – many of whose leaders constantly avow its destruction – its security concerns are only too real. But this did seem a step too far. This was science-fiction territory. X-Files, evil government sci-fi, not Spielbergian whimsy.

What's next after animal spies – animal soldiers? A parliament of owls in charge of the Knesset? Dogs on the internet pretending to be handsome, amusing Jewish authors? Where will the madness end? ■

ANTISEMITIC HATE CRIMES

REMINDE US OF NEED FOR **VIGILANCE & BRIDGE BUILDING**

— BY SHIMON FOGEL

The entire Jewish community was shocked to witness a spike in antisemitic vandalism in November, with incidents reported in Montreal, Toronto, and at three synagogues and a JCC (as well as non-Jewish sites) in our nation's capital.

CIJA worked closely with targeted institutions and local police to ensure effective measures were taken to protect the community. Ottawa Police announced an arrest of a suspect who now faces serious criminal charges.

While these ugly crimes remind us that antisemitism – the world's oldest hatred – still exists, solidarity demonstrated by many proves we are not alone in this battle. Countless leaders, including the Prime Minister, various MPs, the Mayor of Ottawa, police officials, the United Way, ▶

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



Sara Lefton (CIJA's Vice President, GTA), Steve McDonald (CIJA's Deputy Director, Communications and Public Affairs), Caliph Mirza Masroor Ahmad, Rabbi Michal Shekel (Executive Director, Toronto Board of Rabbis), and Ariella Kimmel (CIJA's Senior Manager, Partnerships).

and leaders in the Christian, Sikh, and Muslim communities, have denounced these incidents.

In so doing, they have reminded us of the value of our efforts to build bridges with non-Jewish leaders and communities. Our voices are stronger when united in common cause. From the many communities whose interests, values, and concerns we share, I highlight just three recent examples of CIJA partnerships making an impact.

AHMADIYYA MUSLIMS

In October, CIJA was honoured to meet with His Holiness Mirza Masroor Ahmad, Caliph of the Ahmadiyya Muslim community. Numbering some ten to 20 million globally, Ahmadis face

persecution in much of the Muslim world. In Pakistan, they are denounced as "non-Muslim," face systemic discrimination, and are the target of harassment and terrorist attacks.

CIJA has built a relationship with the Ahmadiyya community of Canada, with whom we have established dialogue and joined in calling on the Canadian government to prioritize religious freedom abroad. The Caliph (a non-political position) recently commented on the thriving Ahmadi community near Haifa and underscored his community's belief in the need to respect all faiths. Canadian Ahmadiyya leaders have shared both their appreciation for Israel as the freest country in the Middle East and their opposition to boycotts targeting the Jewish state.

“THEY HAVE REMINDED US OF THE VALUE OF OUR EFFORTS TO NON-JEWISH LEADERS AND COMMUNITIES. OUR VOICES ARE STRONGER WHEN UNITED IN COMMON CAUSE.”



CHRISTIANS

CIJA continues to enjoy warm friendships with several major Christian organizations, including the Canadian Conference of Catholic Bishops (CCCCB), the Evangelical Fellowship of Canada (EFC), and various mainstream Protestant denominations.

Last November, CIJA and the Canadian Rabbinic Caucus (CRC) launched a partnership agreement with Canada's Catholic Bishops, including a shared commitment to join forces in countering antisemitism and hatred in all its forms. We've since worked with the CCCC on issues as diverse as Holocaust commemoration, the persecution of Middle East Christians, and – in a unique Jewish-Catholic-Evangelical-Muslim partnership – a campaign calling for a national, well-funded palliative care strategy. This latter issue is especially crucial given Canada's aging population and evidence that far too many patients cannot access high-quality end-of-life care.

We have also mobilized the support of various Christian groups and others, including Sikhs and Muslims, in our effort to strengthen Canada's hate crime laws. Currently, vandalism targeting places of worship is automatically treated as a hate crime with serious penalties, a designation not applied to incidents involving community centres and schools associated with an identifiable group. Working with our interfaith partners, we are urging MPs to support Bill C-305 to close this loophole in the Criminal Code.

LGBTQ

While Canadian society has witnessed a generational shift regarding LGBTQ rights, many in this community continue to

face bigotry. CIJA is proud to be part of the four-member executive committee overseeing Trans Equality Canada, a coalition leading the advocacy efforts for Bill C-16, which extends hate crime and anti-discrimination protections to the Transgender community. This historic legislation passed the House of Commons in November and is now with the Senate.

CIJA's role in this campaign is unique: we're the only ethnic or religious community organization at the forefront of what is, arguably, the most important issue concerning the Canadian LGBTQ community today: the rights of Transgender Canadians.

This work mirrors the efforts of local CIJA offices and grassroots Jewish groups across Canada building ties with their respective LGBTQ organizations and Pride festivals. For their work in Montreal, our team received an award from the LGBT Chamber of Commerce of Quebec.

These relationships don't just advance human rights. They help ensure we have allies within the LGBTQ community when anti-Zionists attempt to import their bigoted agenda into Pride, just as, in October, Halifax Pride voted down a resolution to ban any mention of Israel from its events.

This is just a sample of the partnership work we're doing to build a better society for the Jewish community and all Canadians. But it's a work in progress, and there are countless communities with whom we will seek opportunities to strengthen ties through issues of common cause. If you have suggestions or would like to get involved, I encourage you to connect with us at info@cija.ca. ■



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STANDING AGAINST INTOLERANCE: MPP **GILA MARTOW'S** — BY WILLEM HART THORNHILL, ONTARIO **LEGISLATIVE BLOW TO BDS**

On December 1st the Ontario Legislative Assembly voted overwhelmingly to pass a motion in support of the State of Israel and in condemnation of the Boycott, Divestment and Sanctions (BDS) Movement. By a margin of 49-5, with support from Members of Provincial Parliament (MPPs), both the governing Liberals and the opposition Progressive Conservatives the Legislature's stance towards BDS is one of official condemnation. The bill was put forward by Progressive Conservative MPP Gila Martow, who represents the electoral district of Thornhill, the riding with the highest proportion of Jews in Ontario and Canada.

Albeit brief, the text of Motion 36 is as follows:

That, in the opinion of this House, the Legislative Assembly of Ontario should:

- ▶ Stand firmly against any position or movement that promotes or encourages any form of hatred, hostility, prejudice, racism and intolerance in any way;
- ▶ Recognize the longstanding, vibrant and mutually beneficial political, economic and cultural ties between Ontario and Israel, built on a foundation of shared liberal democratic values;
- ▶ Endorse the Ottawa Protocol on Combating Anti-Semitism;
- ▶ And reject the differential treatment of Israel, including the Boycott, Divestment and Sanctions movement.

The failure of the left-leaning New Democratic Party to recognize the inherent anti-Semitism of the BDS movement, and corresponding ▶

opposition to the motion, did not dampen the day's victory whatsoever. Opposing arguments claiming to be defence of freedom of speech, something completely unrelated to a non-binding parliamentary motion, were put forth half-heartedly, signifying that there is indeed potential for continuing the conversation on that front.

Much like the similar motion passed at the federal level in February, also originating from members of the Conservative caucus, these kinds of motions are non-binding and serve to merely express the "will of the house", once again it was demonstrated that opposition to the movement to isolate Israel enjoys a broad political consensus of bi-partisan support. Canadians generally support a more moderate stance on the Middle East, as compared to our cousins to the North, and these votes reflect that.

The hostile environment on campus is something Thornhill residents contact Gila about regularly. Concerned parents, intimidated faculty and students consistently express concern about the challenges Jewish and Israeli students face in the post-secondary sector. However the motion passing and what it signifies means a brief reprieve from the threat BDS poses to them on campus.

Much like how BDS is dispatched with on the campus level, the arguments and lobbying efforts made in support of this motion leading up the vote maintained a positive tone. Gila was sure to let it be known to her colleagues that BDS is about boycotting -people-, whether they be musicians, scientists or philosophers. It's about shutting down the interaction and dialogue that distinguish democratic society. It's about boycotting voices, and marginalizing people based on a widely rejected radical political narrative of the Middle East.

Best of all, this truly was a team victory. The email campaign conducted by the Center for Israel & Jewish Affairs (CIJA), where one could simply enter their name and contact information, and automatically have an email sent to their MPP based on their postal code proved to be a mighty advocacy tool. MPPs were inundated with emails telling them the truth about the ugliness of BDS, and how the Jewish community, in literally all corners of the province, needed their support.

*“BDS IS ABOUT
BOYCOTTING PEOPLE,
WHETHER THEY BE
MUSICIANS,
SCIENTISTS OR
PHILOSOPHERS. IT'S
ABOUT SHUTTING
DOWN THE
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DIALOGUE THAT
DISTINGUISH
DEMOCRATIC
SOCIETY. IT'S ABOUT
BOYCOTTING VOICES,
AND MARGINALIZING
PEOPLE BASED ON A
WIDELY REJECTED
RADICAL POLITICAL
NARRATIVE OF THE
MIDDLE EAST.”*

From Windsor to Ottawa, Nickel Belt to Niagara, the Jewish community and our supporters sprang into action and mobilized. Students, youth groups, community centers, synagogues and fellow advocacy organizations joined the campaign, taking to social media to snowball the effort to collect emails. The campaign was an absolute success, likely making the difference between this motion passing or failing.

Now with Canada and Ontario formally condemning it, BDS is firmly shunned from the halls of power. In 2016 alone, Canada's Prime Minister, Ontario's Premier and the Mayors of Toronto and Montreal have all visited Israel (honestly that's got to be



Gila Martow MPP with members of PC Caucus (John Yakabuski MPP, Lisa MacLeod MPP, Julia Munro MPP) and students at Queen's Park.

some sort of record) and Patrick Brown, leader of Ontario's Official Opposition is planning a trip in 2017 as well.

A 'motion' cannot stop a 'movement'. However, the anti-BDS motions at the provincial and federal legislative levels signify that BDS is well outside the scope of mainstream politics. And with the Green Party of Canada's adoption of a radical "BDS light" resolution last month, the movement to boycott Israel is relegated to where it belongs: the 911-truthing conspiracy theory fringe of political discourse.

On campus as well, the BDS movement is categorically a failing movement. With various Jewish community organizations like CIJA, StandWithUs Canada and Hillel training and aiding pro-Israel student activists all over the country, we've witnessed in a short time of what our young leaders are capable. Recent victories at the universities of Waterloo, Trent, British Columbia, and three whopping back-to-back decisive votes at McGill, show that the Jewish community is absolutely able to mobilize on equal footing with Israel's detractors. In fact, it's a source

of pride for Gila and I that many of these young leaders instrumental in this string of pro-Israel victories hail from our community Thornhill!

Ontario stood up to hate. While we as a society regularly reject it in all its forms, the new anti-Semitism of BDS is a particularly pernicious and fashionable form of intolerance. While statements about homophobia, racism and other forms of oppression are regularly denounced by elected officials, successfully showing the majority of MPPs the true nature of what lies beneath "criticizing Israel" is an accomplishment that cannot be ignored. The Jewish community is very proud of Gila and all the time and effort she and her staff put in to make this a success.

That is certainly not to say we need not be vigilant. We may enjoy a comfortable relationship with public leaders at all levels of government, with trade missions to Israel occurring regularly, however, it is still the duty of every Canadian of good conscious to stand up to anti-Semitism and intolerance in all its forms. ■

GIZMOLICIOUS

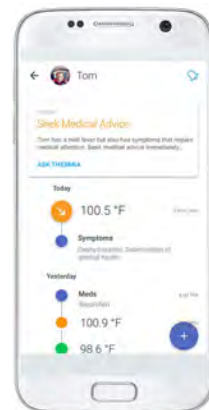
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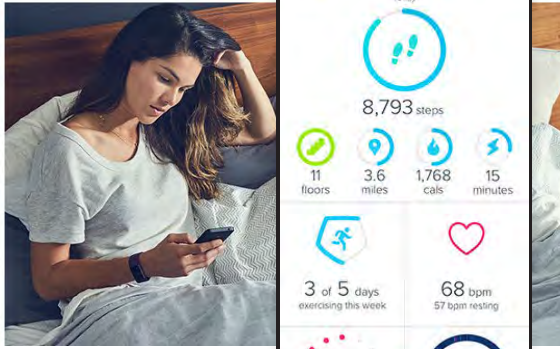


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THE LIFE OF A TALK SHOW PRODIGY

Ieden Wall

BY ANGELA LEVINE

“I WAS TRANSFIXED BY THE ART OF SPONTANEOUS CONVERSATION AND THE PERPETUITY AND IMMORTALITY OF A RECORDING.”

Mark Breslin, one of the famed producers of *The Joan Rivers Show* says, “some comics are just born to be a talk show host and Ieden Wall is one of those rare individuals.”

According to Wall’s mother, even at the tender age of seven, he was already traveling everywhere with his beat-up cassette recorder, interviewing whoever he could commandeer.

“I was transfixed by the art of spontaneous conversation and the perpetuity and immortality of a recording,” says Wall.

The spry comic is not your average host.

He wields a sharp orator’s tongue, and is booked out regularly for speaking engagements and motivational seminars. He lectures prodigiously on spirituality and kabbalah. He uses his quick wit to MC corporate events and hosts a regular web TV show for Index Media. And he is currently preparing for the release of a new book called *The Wisdom of Wall*; a lifelong collection of poems and proverbs.

If you think the girth of his skill-set was something that came easy - guess again.

Wall’s life is the stuff of a great Hollywood movie script. ▶



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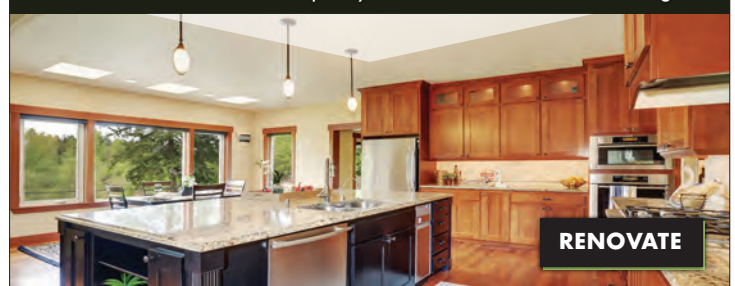


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RENOVATE

WE SERVICE: TORONTO, YORK REGION, PEEL REGION, HALTON, DURHAM REGION.

MARK BRESLIN APPEARED AS A GUEST ON LATE NIGHT ON THE ROAD WITH IEDEN WALL 23 YEARS AGO AND THE TWO HAVE BEEN FRIENDS EVER SINCE.



At age 15, Wall and his twin brother were caught in a complicated family situation, leaving them to venture off on their own and fend for themselves.

Wall admits that this chapter of his life haunted him for decades. Nowadays he looks back on it with perspective and wisdom; the kind that comes from hundreds of hours of therapy and a truckload of tears.

"Listen, the simple reality was, both our parents were not emotionally able to look after us, and we did the very best we could, to solve a horrible situation and keep moving forward with life," Wall says with eyes tearing up a little. Astonishingly, at age 15, Wall and his little brother (by sixty seconds) went on social assistance, found themselves a tiny apartment in midtown Toronto and pursued their studies at Northern Secondary School.

Wall confides that for the first few weeks of apartment hunting, landlords were not taking him and his twin brother seriously. Being 15 - and looking 12 - made things very difficult. Many superintendents laughed, some snickered and some threatened to call the children's aid.

"It became obvious to me that I needed to do something to make myself look just a little older, to be taken somewhat seriously by prospective landlords," Wall says with a smile ear-to-ear. So just before a late afternoon apartment showing, Wall stopped in to a costume shop on Queen St. West in downtown Toronto. He tried on every fake mustache in the place, until he found one befitting of a 15 year-old Jewish kid with acne.

If necessity is the mother of invention, then Ieden Wall has to be some sort of father figure to chutzpah.

So with his fake mustache in tow, he went to view an

apartment on Roehampton Ave. After the showing, the superintendent handed over an application to lease, something the twins had been coveting for weeks.

"Looking back, I think I bought a break, because I met the elderly superintendent just before cataract surgery made its significant advancements," Wall quips.

Whether it was a little help from the costume store or some old fashioned compassion from the aging super, the twins landed their very own junior one bedroom apartment, just steps away from Northern Secondary.

Now it was back to business: pursuing the dream that Wall had started at seven years-old.

Only months after arriving at Northern, Wall hatched a plan to host the the school's first ever, live after-school talk show.

By no coincidence, Wall found himself chumming around with Joe Carlen, the second cousin of David Letterman's musical sidekick Paul Shaffer. Carlen was a gifted musician, with the piano as his workhorse - just like Shaffer.

Carlen still remembers being approached to be Wall's band leader: "Ieden was great at hiding behind the facade of a clown. But underneath his mask was a young man with incredible focus. He knew what he wanted - at 15 - and he had the talent and the guts to go after it," says Carlen.

During the show's run, Wall interviewed some of the biggest celebrities in Canada. The list included sportscaster Dan Shullman, talk show icon Dini Petty, radio star Tom Rivers, the star of CityTV Marilyn Denis and radio legend Wally Crouter. The show quickly became the talk of the school.

At 15, Wall was already exhibiting signs of a bone-dry ▶



Wall on his talk show, *The Ieden Wall Show*, broadcasting at Northern Secondary School.

"I WAS VERY DEPRESSED ABOUT LOSING MY SHOW. MY WHOLE LIFE REVOLVED AROUND DOING MY WEEKLY TALK SHOW. IT WAS MY ESCAPE FROM THE PAINFUL REALITY OF MY LIFE."

sense of humour; a distinct sensibility that was embraced by scores of students - but not appreciated so much by the faculty.

Looking to promote his 14th installment of *The Ieden Wall Show*, Wall pulled a prank that would cost him dearly. During morning announcements, he lured the Vice Principal to a fake fire scare in a grade 12 science lab and then jumped behind the microphone and finished the morning announcements on his own.

"Students and faculty, Ieden Wall here, covering for Mrs. Galloway," Wall said over the entire school PA system. "There have been awful rumours floating around the school that Principal Maclaren's wife Louise and I have been having a torrid affair; with most trysts taking place in the third floor copy room, during my afternoon spare. This is absolutely false!... I made love to Louise in the boiler room. For more details, please come to The Ieden Wall Show, after school today in the basement library," Wall said, before being yanked away from the microphone.

This prank earned Wall the reputation of being Northern's version of Ferris Bueller. It also landed him a two-week suspension from school and the cancellation of his after-school talk show.

"I was very depressed about losing my show. My whole life revolved around doing my weekly talk show. It was my escape from the painful reality of my life," admits Wall.

Sitting at home alone in his tiny apartment, while his brother attended school without him, forced Wall to confront the emotional anguish of being on his own, without the supervision, nurturing and guidance of parents. Wall's talk show was not just any creative project. It was a lifeline; a much needed supply of oxygen to a young boy who was emotionally drowning.

"As I was sitting on the floor in my shabbily furnished apartment, I thought about my childhood Hebrew teacher," says Wall. "I started to recollect his teaching on the story of Joseph. The rabbi spoke about how Joseph was sent away from home, and locked up but Joseph never lost his faith. I drew strength from this story," says Wall.

In his final year of high school Wall sent out a demo tape to Rogers TV, hoping to land a spot on "WORD," Toronto's new youth magazine. Wall's demo tape was a compilation of some of his best bits, from his

cancelled high school talk show. The tape landed on the desk of Steven Kerzner, the legendary "hand and voice" of Ed the Sock, who was at the time, Toronto's newest late night sensation. Kerzner was producing a handful of shows for Rogers and was looking to hire a field reporter for WORD.

"I was impressed with Ieden's ability to disarm people on the street with his quick ad-libs, which made the exchanges hilarious and memorable," says Kerzner.

Wall's segment on WORD called OFF THE WALL quickly became the most popular part of the show. The Rogers TV response line always rang off-the-hook after Wall appeared on TV. Nothing had really changed since high school. He was still the master provocateur - offending some - and dazzling others with a unique brand of wit and irreverence.

"To me, Ieden's appeal was that he was out there doing all the things most people would like to do or say, but few ever do," adds Kerzner.

After Cable TV, Wall did a stint at Second City, hosting a live variety show at The Tim Sims Playhouse. He then hosted a web TV series called The Dream Chaser. His online series was very well received and caught the attention of international journalists and media critics. After that, he took a break from the spotlight and worked behind the camera in development and branding capacities for several production companies. That pushed him into writing and producing commercials and real estate videos, which he did for four years.

Recently Wall was acknowledged by the Czar of Canadian comedy Mark Breslin, for his deeply personal one-man show called "48 Hours in Loony Bin." The low-budget production was built around Wall's emotional crises from 2014. It was aired on JLTv.

"There are precious few comics working today who can interweave humour with humanity in such a warm and poignant way," says Breslin.

Rumours continue to swirl about Wall being picked up by a national TV network, which would be the brass ring he has been chasing since he was a young boy. Wall's full body of work is currently on display at www.edentv.ca. ■



RODNEY DANGERFIELD

BREAKOUT AGE: 46

*Stand-up Comedian - Actor -
Screenwriter - Producer*

**BEST
KNOWN
FOR:**

Catchphrase & monologues
of "I don't get no respect!"

Photo by Steve Granitz



RICKY GERVAIS

BREAKOUT AGE: 40

*Comedian - Actor - Director -
Producer - Writer - Former Pop Singer*

**BEST
KNOWN
FOR:**

Co-creator/writer/actor of
the tv series The Office

Photo by Thomas Atilla Lewis



PHYLLIS DILLER

BREAKOUT AGE: 40

*Stand-up Comedian -
Actor - Voice Artist*

**BEST
KNOWN
FOR:**

Starring in The Pruitts
of Southampton

Photo by Brian Hamilton



LARRY DAVID

BREAKOUT AGE: 42

*Comedian - Writer - Actor -
Playwright - TV Producer*

**BEST
KNOWN
FOR:**

Creator of Curb Your Enthusiasm
and Co-creator of Seinfeld

Photo by David Shankbone

THE

Runway



SPRING 2017'S TRENDS
IN WOMEN'S FASHION:
FROM UNRELENTING
WAVES OF RUFFLES AND
UNEVEN HEMLINES, TO
POPS OF FUCHSIA AND
KITTEN HEELS GALORE.

1 Dress - Altuzarra
Ready to Wear 2017

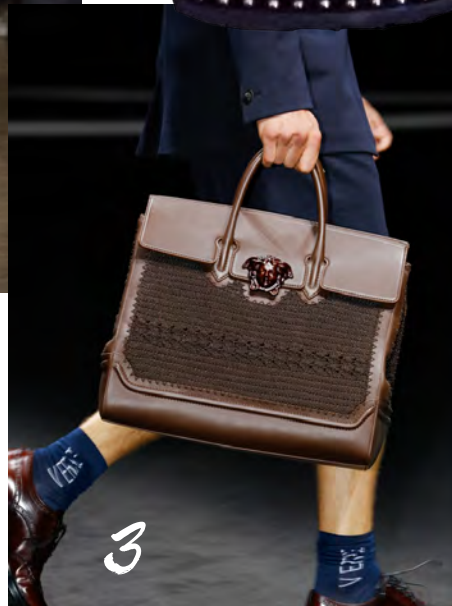
3 Fragrance - Gucci Flora

2 Shoes - Isabel Marant 2017

4 Bag - Chloé 2017

Report

SPRING 2017'S TOP TRENDS
MEN + WOMEN



1 Men's ensemble -
John Varvatos 2017

2 Glasses - Aviators,
John Varvatos

3 Bag - Versace 2017

4 Shoes - Dolce &
Gabbana 2017

SPRING 2017'S TRENDS
IN MEN'S FASHION HAS
AN 80'S FEEL: FROM
ROCK N' ROLL FLARE
WITH A TOUCH OF
ROMANCE, TO LINEN
NECK SCARVES, AND
STUDED FOOTWEAR.

GROWING NEW BONE

from corals

RAISED IN THE
ISRAELI DESERT

GRAFT MATERIAL MADE FROM
THE ENRICHED MINERAL
EXOSKELETON OF CULTURED
CORALS IS FOUR TIMES
STRONGER THAN HUMAN BONE.

—BY ABIGAIL KLEIN LEICHMAN/ISRAEL21C

An Israeli bone-graft product made of enhanced coral has received CE approval to start sales in Europe for dental and orthopedic procedures.

This unique product is made from corals grown in a closed system using patented technology to provide bioactivity and eliminate biological contamination.

Many practitioners and medical device companies have already contacted CoreBone to learn more about its advantages over currently available products for bone grafting, says CEO Ohad Schwartz.



Image courtesy of CoreBone

“STUDIES HAVE DEMONSTRATED THAT COREBONE’S MATERIAL HAS A HIGH RATE OF BIO-INTEGRATION AND CONNECTIVITY WITH THE HOST BONE COMPARED WITH LEADING PRODUCTS IN THE MARKET, AS WELL AS ALMOST COMPLETE BONE HEALING WITHIN MONTHS.”

“Bone grafts ideally should have four features,” he explains. “They must be bioactive, not just a passive scaffold, in order to attract new bone cells; they must be strong enough to support the site, especially for implants; they must allow for being replaced as new bone grows; and they must be porous to enable vascularity,” meaning that blood vessels can grow through them naturally and produce growth of bone from the inside out.

“If you have all those features, you have a very good bone graft,” Schwartz continues. “We have all of those.”

Some organic grafts from animals or humans also have those features but they pose a serious risk of rejection and transmitting disease. Synthetic grafts avoid these risks but are much weaker than natural bone.

Alternatives are in high demand as the global markets for orthopedic and dental bone-graft substitutes are expected to reach \$3.4 billion and \$1 billion, respectively, next year.

“Our product offers the best of both worlds, and therefore it is an optimal solution,” Schwartz tells ISRAEL21c, adding that a European study found CoreBone to be four times stronger than human bone. ▶

Studies have demonstrated that CoreBone's material has a high rate of bio-integration and connectivity with the host bone compared with leading products in the market, as well as almost complete bone healing within months.

CORALS GROWN IN THE DESERT

CoreBone is made from the mineral exoskeleton of corals cultured in monitored aquarium systems and enriched with silica and strontium to add bioactive and osteoconductive (bone-cell-attracting) properties. The process is patented in the United States and Israel.

The corals are bred from selected species in a closed farm in the Arava desert, so they aren't susceptible to marine pollution, contamination and endangerment. They also grow 10 times faster than in nature.

"All our products come from natural corals, but we engineer different ones for different indications because they differ in shape, strength and porosity," Schwartz explains.

One of the most common dental procedures today is socket preservation after tooth extraction, accounting for 20 million cases in the US alone.

"If you don't fill the cavity you will have major loss of bone," he says. "The usual practice is to fill it with different bone graft granules. We found that one of the corals we grow has the exact shape and dimensions of tooth roots. So we're using the natural design of the coral to find a solution for a major indication."

NATURE DOES THE WORK

CoreBone was founded in December 2011 as a portfolio company of The Trendlines Group in Misgav, northern Israel.

The company has six employees and has raised about \$2 million from public sources and private investors in Singapore, Israel and the United States. A new funding round is starting as the six-employee company goes into marketing mode.

Schwartz, the former CEO of two med-tech companies, Vaica Medical and Aspect AI, is cofounder along with Prof. Itzhak Binderman, an internationally recognized researcher in bone biology and dentistry who formerly headed the dental department and hard tissue lab at Tel Aviv Sourasky Medical Center and taught in

"THE CORALS ARE BRED FROM SELECTED SPECIES IN A CLOSED FARM IN THE ARAVA DESERT, SO THEY AREN'T SUSCEPTIBLE TO MARINE POLLUTION, CONTAMINATION AND ENDANGERMENT. THEY ALSO GROW TEN TIMES FASTER THAN IN NATURE."

Tel Aviv University's School of Dental Medicine and department of bioengineering.

Schwartz says CoreBone's products are undergoing ongoing clinical trials at Baruch Padeh Medical Center in Poriya, near the Galilee city of Tiberias.

These studies enable the company to launch its products in Europe and Israel; application to the US Food and Drug Administration is expected by mid 2017.

"We are planning to introduce CoreBone at major trade shows in Israel and abroad," Schwartz says.

As for cost, the coral-based bone grafts will be priced comparably with average bovine-based bone grafts, which sell for about \$100 per 1cc in the United States and are being used less frequently because of safety concerns.

"We can offer a very competitive price because nature does the work for us," says Schwartz

For more information, visit core-bone.com ■

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.



New Year's Resolutions

BY MIRIAM LEIBOWITZ, MHSC, RD
NUTRITIONIST & REGISTERED DIETITIAN

STAYING COMMITTED TO EAT BETTER!

Although January 1, 2017 may seem like a while ago, it is important to remain committed to our New Years Resolutions. Whether it's eating a healthy breakfast, walking to work, cutting down on deep-fried foods, giving up smoking or making more family time, all of us feel the need to improve in some area or another. We often establish New Years as the time to reflect on the year before, what we were happy about, how we felt successful and accomplished but also as the time to resolve to do things better. In terms of our health and well being, January is the time when we take a hard look at ourselves and "pledge" to take ownership and control of our bodies and minds. It's also no coincidence that January is the busiest month of the year at the gym, for signing new memberships and for purchasing new fitness equipment. Flyers and advertisements play on our predictable resolutions. We kick ourselves for not doing it, for not having the willpower or motivation to do it. But

it's not as easy as turning on a light switch; change is difficult and does not happen overnight. The good news is that acknowledging the need to improve is one step in the direction that will lead to success. Realize that you can't expect to make miraculous strides in a few weeks. It took your whole life to get where you are, to change a habit that is almost "part" of who you are takes time. Be patient and give yourself time because it does not have to be all or nothing. Think positive because as soon as negative thoughts come to mind, we tend to give up and quit. It's not too hard to change; you just need to believe in yourself. Remaining motivated and focused will lead to success.

So now that you are motivated to change...how can you do it? I'm sharing some of the healthy eating tips and strategies I use with my clients to help you get started. If weight loss is a goal, adhering to the concepts below will help shed the pounds. ▶

1.

MEAL TIMING:

It's essential to start your day with a good breakfast, "break" the "fast". Ideally you should be eating within an hour of waking up since you have been fasting overnight. Your metabolism is high and morning is the best time to eat! Go for something high in fiber that is slow to digest and keeps you full for longer. As well, choosing to eat three food groups per meal ensures you are getting the nutrition and vitamins you need. Consider steel cut oats with milk or almond milk and a handful of blueberries as an option. Oatmeal is one of the breakfast power foods I love to recommend since it's a great source of fiber, packed with nutrition and vitamins, and keeps you satiated. Ideally breakfast should be one of your larger meals with dinner should be the smallest. In North America, many people eat the opposite way, often skipping breakfast and having a large dinner late at night when their metabolic rate is lower. This way of eating is a contributor to the obesity epidemic we are facing.

Breakfast should be bigger than dinner!



2.

DON'T SKIP MEALS OR SNACKS:

It is important to eat every three-four hours and not skip snacks. When I work with my clients and develop personal menu plans with them I often recommend five-six mini meals throughout the day vs three large meals. Going along time without eating causes your blood sugar to drop which can lead to sugar cravings and consequently eating too much food at the next meal. I often see this occur with my clients who are busy in the afternoon and go a long stretch between lunch and dinner without eating. Usually 4-6 pm is the time when they start getting hungry, tired and may often make a "poor" snack choice like grabbing some chocolate, candy, muffins and other pastries. These foods are generally high in calories, fat and sugar and are very refined and processed. They are not going to fill you up and will most likely cause a spike and sharp decline in your blood sugar leaving you hungry, tired and craving more!

3.

DON'T SKIP THE PROTEIN:

At each meal and snack choose a protein source such as lean meat, fish, tuna, salmon, eggs, hummus, beans, low-fat cheese, chicken, tofu, soy, cottage cheese, low-fat Greek yogurt, low-fat milk, nuts, nut butters: Protein is an essential nutrient to have at all meals and snacks to help keep you full for longer especially between 4-6 pm before you are having dinner. Some snack suggestions for that time would be a handful of almonds, cottage cheese & fruit, hummus & cut up vegetables, fat-free Greek yogurt & fruit, low fat cheese string & high fiber crackers, and almond butter or PB2 on whole grain crackers or rice cakes. Consider getting a skim milk latte at your Starbucks to increase the protein content of your coffee. The science behind including protein at this time is to ensure you feel slightly full coming into dinner time so you don't overeat.

keeps you full for longer!



4.

DRINK PLENTY OF WATER:

It's so important to hydrate ourselves by drinking enough water. Especially in the winter time you need to remember to drink. I personally love using my Swell bottle which keep my water nice and cold and I have purchased one for each of my children that they bring to school. They've also used them to bring soups and other hot liquids as well. If you don't enjoy the taste of water, consider adding some lemon and stevia for bit of punch. Drinking tea and consuming soup is another great way to meet you daily fluid requirements.

5.

EAT YOUR LOW-GI CARBS:

Snack on low-glycemic index (GI) carbs to keep you full for longer. Carbohydrates are not all created equal but they are an essential part of our diet. It is important to choose "healthier" carbohydrates or carbs that have a low GI ranking. Eating these carbohydrates keep us full for longer and doesn't create a huge spike in blood sugar thus requiring a surge in insulin production. In a nutshell, choose whole grain, whole wheat, high fiber more often and limit white flour, white pasta and white products if possible. I would also suggest limiting the snacking of fat-free pastries, bagels, granola bars, and starchy foods all of which are considered high GI snack items.

whole grain



6.

DO THE WORKOUT:

Exercise! Exercise! Exercise! I can't stress this enough. Find something you love to do and stick with it. It's important to be consistent and set for yourselves realistic goals. When working with my clients, especially with children and teenagers, I use SMART goal setting which is a successful strategy to implement to help facilitate positive eating behaviours. I encourage you to make "SMART," specific, measurable, attainable, realistic and time-specific goals when trying to set personal goals for yourselves. Try to break up the goal into something more manageable that you can sustain. For example, instead of saying "I want to work out this week to lose weight," I would have you break that down further to something like "I plan to go the gym, during my lunch break, 3 days a week, on Monday, Wednesday and Friday and take a spin class." You will most likely follow through on your goal if it's a "SMART" goal.

get strong!



7.

KEEP A FOOD DIARY:

Keep a food and activity record as well as behavioral diary to record the emotions and settings associated with eating foods. This is important and one of my sticklers with my clients. It is essential to keep account of everything you put in your mouth if you are trying to be successful at making better choices or losing weight. Finishing off your kid's plate or eating off the spoon when you prepare dinner can sabotage your goals! As well, write down how you feel if you made a "poor" choice. You can then begin to see a pattern of behavior you can work to modify.



GOOD LUCK TO YOU ALL ON STAYING FOCUSED AND COMMITTED THIS NEW YEARS OF 2017.



Miriam is a Registered Dietitian/Nutritionist who provides in home consultations for her clients. She assesses the foods they eat by going through their kitchen cabinets and refrigerator and providing practical and specific nutrition education and dietary recommendations for them. As well, she sees clients at her Glencairn and Bathurst office location in the Toronto area. She has specific expertise with kosher and the Jewish community and specializes in healthy eating, heart health and Type 2 diabetes. As well, she has a very successful weight management program for children, adolescent and adults. Services of RD's (Registered Dietitians) are often covered by extended health care plans. Please email miriamleibowitz@gmail.com or call 416-937-7411 to book an appointment.

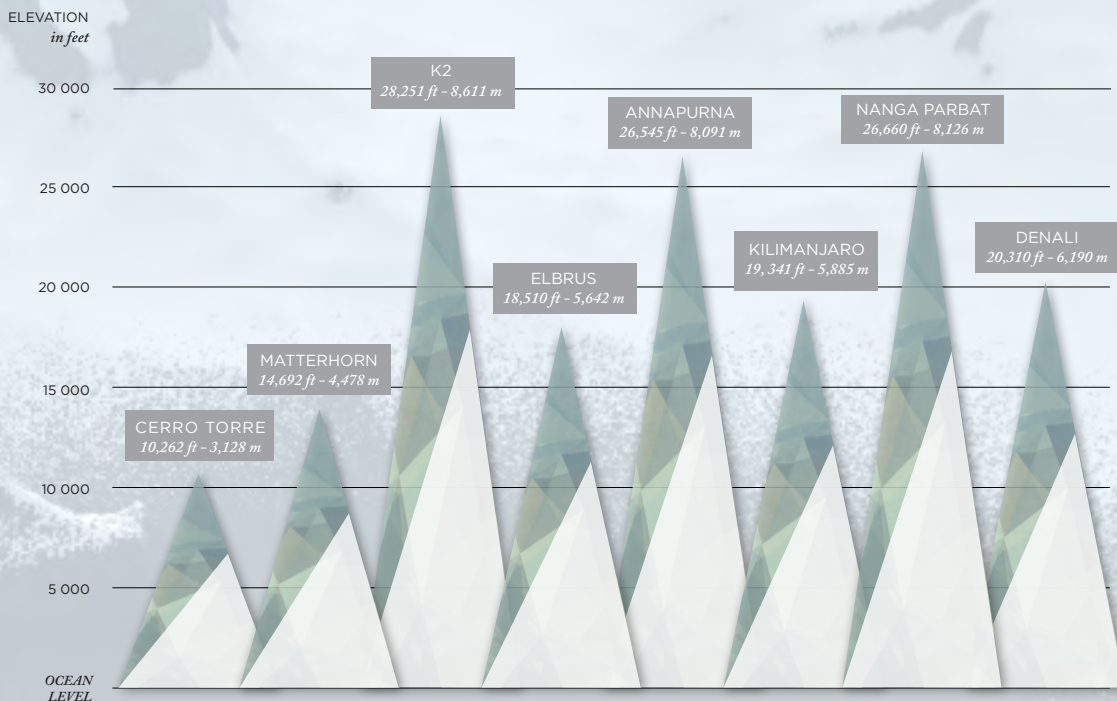
MOUNTAIN ESCAPADES

MOST FAMOUS & DANGEROUS MOUNTAINS IN THE WORLD



WHAT COMPELS PEOPLE TO RISK THEIR LIVES FOR A FEW FROZEN MINUTES ON TOP OF A MOUNTAIN?

For some, the thrill and satisfaction of taking on a challenge bigger than life itself is all the reward they are looking for, especially for those at a point in their lives where every-day life seems to lack some kind of deeper meaning. Everest may be the most famous example of a mountain that has tempted many adventure-seekers to test their limits, but there are other mountains around the world that you can pit yourself against, so keep reading if you find yourself in search of new horizons.





■ ■ ■ CERRO TORRE



**49°17'34" S /
73°05'54" W**



10,262

ft. elevation



ARGENTINA-CHILE BORDER



DIFFICULTY: EXTREME

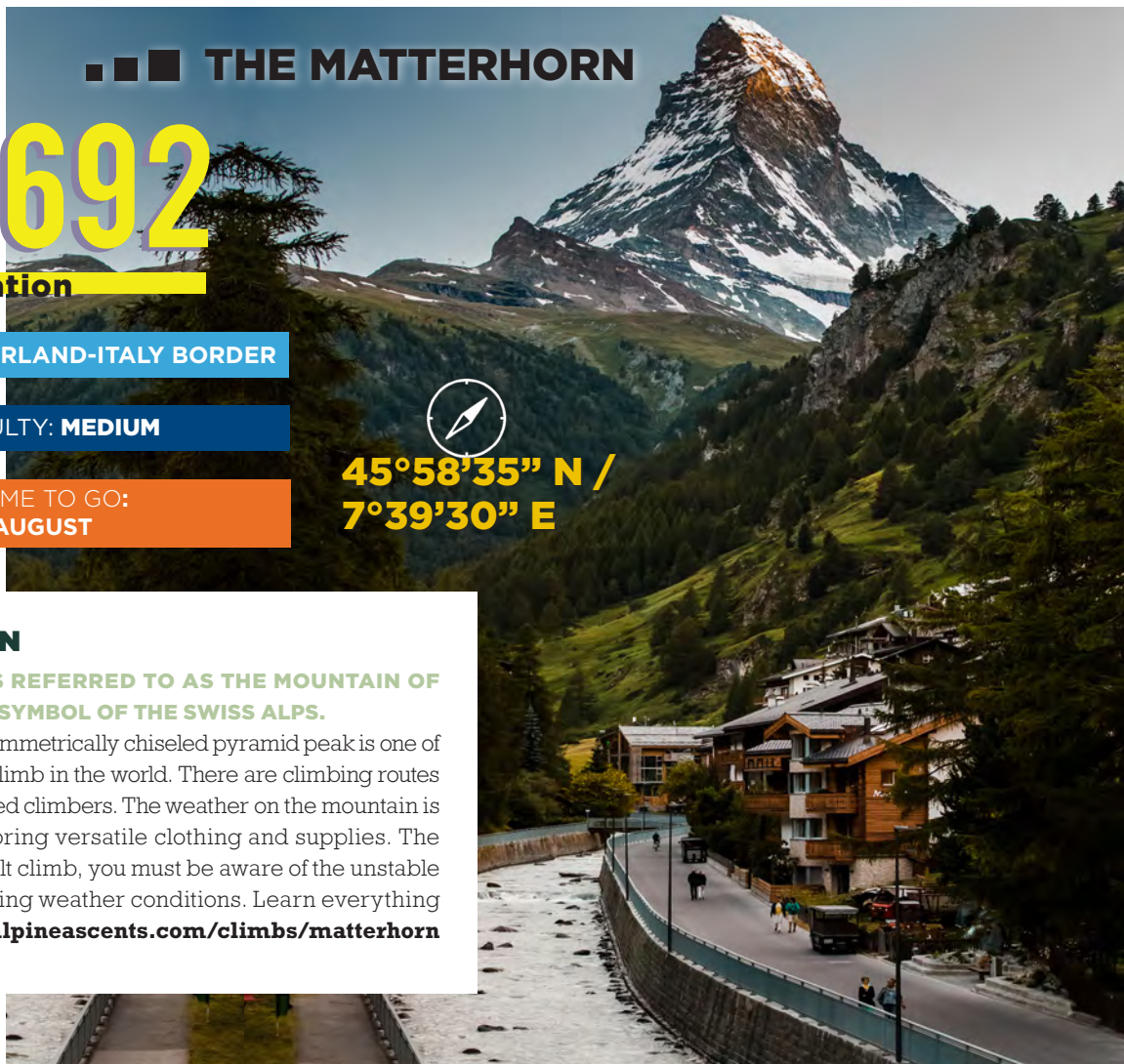


**BEST TIME TO GO:
NOVEMBER - JANUARY**

CERRO TORRE

FUN FACT: CERRO TORRE IS ONE OF THE WORLDS MOST COVETED PEAKS BECAUSE OF ITS DIFFICULTY.

The tallest of a four mountain chain, Cerro Torre offers a truly breathtaking scene of granite peaks that jut out into the sky, famous not just for it's beauty, but also its horrid weather. The top is covered in a crown of rime ice, often dissuading climbers from reaching the very top. Adding to the difficulty is the shape of the mountain: it has a sharp and long pointed body, with rocky peaks that feature steep inclines. Rock climbing experience is definitely needed for this expedition. Want a hiking guide? Visit www.back-packer.org/fitz-roy-trek-in-el-chalten



■ ■ ■ THE MATTERHORN

14,692

ft. elevation



SWITZERLAND-ITALY BORDER



DIFFICULTY: MEDIUM



**BEST TIME TO GO:
JULY - AUGUST**



**45°58'35" N /
7°39'30" E**

THE MATTERHORN

FUN FACT: IT IS SOMETIMES REFERRED TO AS THE MOUNTAIN OF MOUNTAINS. IT'S AN ICONIC SYMBOL OF THE SWISS ALPS.

Nestled in the Swiss Alps, this symmetrically chiseled pyramid peak is one of the most popular mountains to climb in the world. There are climbing routes for beginners and for experienced climbers. The weather on the mountain is known to change quickly, so bring versatile clothing and supplies. The Matterhorn is a long and difficult climb, you must be aware of the unstable rocks and remember the varying weather conditions. Learn everything you need to know here www.alpineascents.com/climbs/matterhorn

■ ■ ■ K2

28,251

ft. elevation



CHINA-PAKISTAN BORDER



DIFFICULTY: **HARD**



BEST TIME TO GO:
JUNE - AUGUST

35°52'57" N /
76°30'48" E

K2

FUN FACT: ALSO KNOWN AS MASHERBRUM, IT'S THE 2ND TALLEST MOUNTAIN IN THE WORLD, AFTER MT. EVEREST.

K2 is a challenging feat, even for the experienced climber. It is said to be more difficult to climb than Mount Everest, the world's highest peak, due to having more arduous conditions: unpredictable weather, steeper inclines, falling rocks, and icier slopes. Most of the climbing routes on K2 are on the Pakistan side, where basecamp is located. The Abruzzi Spur route is the most common, though it is considered the most dangerous. K2 is also in the middle of nowhere; so don't forget all your essentials and gear! Prepare yourself by visiting www.k2climb.net

18,510

ft. elevation

■ ■ ■ MOUNT ELBRUS



RUSSIA



DIFFICULTY: **MEDIUM**



BEST TIME TO GO:
JUNE - AUGUST

43°21'18" N /
42°26'21" E

MOUNT ELBRUS

FUN FACT: ELBRUS IS AN EXTINCT VOLCANO, ITS LAST ERUPTION WAS AROUND 50 AD, AND IS CURRENTLY A CRATER FILLED WITH SNOW AND ICE.

This glaciated twin summit has a steady sloping and pointed shape, located in the Caucasus Mountains. Although the highest peak in Europe, Elbrus is technically the easiest peak to climb in the region. The popular route is said to be very lengthy and vigorous, but not difficult. Though technically easy, it can still be deadly: experts say shifting weather patterns can make it dangerous if you are not prepared. For your own survival, you must bring an ice ax, 12-point step-in crampons for ice climbing, sunglasses, and typical warm climbing footwear and clothing. Plan your expedition here www.elbrus.su

■ ■ ■ ANnapurna

26,545

ft. elevation

NEPAL, ASIA

DIFFICULTY: **EXTREME**

BEST TIME TO GO:
APRIL - OCTOBER



**28°35'46" N /
83°49'13" E**

ANnapurna MASSIF

FUN FACT: ANnapurna IS NAMED THE DEADLIEST MOUNTAIN IN THE WORLD. IT IS THE LEAST CLIMBING AND THE MOST DANGEROUS.

Before anyone stood on the summit of Mount Everest, there was Annapurna. This Himalayan peak in Nepal has six major peaks over 23,620 ft. It is the most dangerous 8000-meter peak for climbing, with an expedition fatality to successful ascent ratio of 38%. In particular, the ascent via the south face (pictured above) is considered, by some, the most difficult of all climbs. If it's worth the risk, visit www.sevensummittreks.com



19,330

ft. elevation

■ ■ ■ MOUNT KILIMANJARO



**03°04'33" S /
37°21'12" E**



TANZANIA, EAST AFRICA



DIFFICULTY: **MEDIUM**



BEST TIME TO GO:
DECEMBER - FEBRUARY



MOUNT KILIMANJARO

FUN FACT: KILIMANJARO IS MADE UP OF THREE EXTINCT VOLCANOS.

Kilimanjaro is the highest peak in Africa and the world's tallest free-standing mountain. It is a unique climb in that you don't need much climbing equipment or experience to conquer its heights, but the challenge should not be taken lightly. A physically fit novice climber can climb Kilimanjaro in about six days. Plan more information visit www.ultimatekilimanjaro.com



Toasty Treats:

FINDING WARM COMFORT ON COLD WINTER NIGHTS

BY CHRISTINE HOGENKAMP

It doesn't take long after the first few snowfalls for winter in Canada to start feeling like an unending slog; just going out becomes an onerous activity with elaborate outdoor dressing needed just to keep warm and dry, and the ice and snow create both constant traffic snarls and turn sidewalks into obstacle courses. During this more inhospitable season, we find ourselves seeking out the comfort of both the foods we grew up with and favourite dishes that we've learned to love. Thankfully there are many places in and around the city that are eager to offer their best efforts in satisfying our creature-comfort needs and give us an excuse to get out of the cold and enjoy a much-earned bit of rest. Take your coat off, hang up your hat, and give one of the eateries listed below a chance to warm you up!



Bannock's Duck Poutine Pizza

Bannock

401 Bay St., Toronto • 416-861-6996 • bannockrestaurant.com

Across the street from two iconic Toronto tourist hotspots – the Eaton Center and Nathan Phillips Square – Bannock offers an upscale but cozy introduction to some of Canada's culinary favourites and takes them to the next level. Their roast duck poutine pizza is an excellent example of combining two staples of late night post-bar snackery with the fatty duck meat and caramelized onions adding a touch of sophistication. They bake all their bannock breads and other baked goods in-house and there are many local fare elements to be enjoyed, from griddled pickerel bannock tacos to wild B.C. salmon. Bannock also has a reputation for delicious brunch offerings such as griddled croissant French toast and a breakfast poutine featuring curds, fried egg and corned beef brisket.



The Dirty Bird's Chicken & Waffles

The Dirty Bird: Chicken and Waffles

79 Kensington Ave., Toronto / 527 Bloor St. W., Toronto 1-844-345-BIRD (2473) • thedirtybird.ca

Even though it's considered a southern-style comfort food, fried chicken and waffles is actually something that resonates just as much with Canadians, whether it's the thought of salty, hot goodness on a cold winter's day or the very Canadian maple sweetness found both in the waffles and in the spice mix added to the chicken. The Dirty Bird fries their boneless chicken in a special made-in-house mix of gluten-free rice flour and seasonings, and serves it on freshly-made buttered maple waffles, complete with a generous helping of "dirty sauce" and you can get a BLT version as well. Those looking for a more Kentucky-type experience can order bone-in wings and legs, and they offer the traditional 'slaw and potato or macaroni salad to complete your "northern-fried" experience.



Bobbie Sue's Mac & Cheese

162 Ossington Ave. #3, Toronto • 647-352-2762

bobbiesues.com

Not so much a restaurant as more of a cozy-looking takeout spot housed in a colourful wooden shack, Bobbie Sue's menu is all about macaroni and cheese taken to the next level. Offering small or large portions in quaint aluminum pie plate takeout containers, the simplicity of what Bobbie Sue's has to offer is very appealing for those craving a taste of this Canadian childhood staple, and they also include vegan and gluten-free options. You can stick with just cheese (but who could call it "just" anything when it's a five cheese blend in a rich, creamy Béchamel sauce) or you can try something different with options such as the Camp Mac (with hotdog pieces and yellow mustard), Green Trees (with broccoli and chili) or the amusingly-named Hamburger Who Lends a Hand Mac (with hamburger meat with gruyère cheese and mushrooms).



Bobbie Sue's Mac & Cheese



The Hogtown Vegan's
Hogtown Burger

The Hogtown Vegan

1056 Bloor St. W., Toronto • 416-901-9779

hogtownvegan.com

This Bloor Street West establishment solves a common dilemma for those who want to keep vegan but still crave comfort foods that tend to lean more towards meat and dairy heavy. Their menu at first glance resembles fairly standard pub fare, but with all ingredients carefully replaced with vegan equivalents. Patrons can munch worry-free on comfort food standards such as tossed "wings" made from soy, "fish" and chips (made with beer-battered tempeh, another form of soy) or even a Philly "cheesesteak" sandwich made from seitan, which is derived from wheat. They have a robust selection of local beers and organic wines, and even a decadent dessert menu that includes apple pie and various types of soy and coconut ice cream.



Kaiju's Chicken Katsu Curry

Kaiju

384 Yonge St., Toronto • 647-748-6338 • kaijutoronto.com

A comfort food from the other side of the globe, Japanese curry is a blend of Asian and British cuisine, using a particular blend of spices to create a unique sweet and savoury gravy-like sauce that can be served over noodles, over rice or even over breaded and sliced meat cutlets called katsu. Located within the shopping center food court of "Shops on Aura", Kaiji offers their own special take on Japanese curry with their homemade curry sauce paired up with a chicken or pork katsu with white rice, over fried fish or fried shrimp, and you can even get a special Japanese curry poutine, made with fresh French fries.



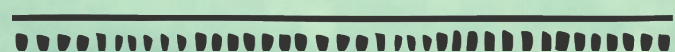
Thompson Diner

550 Wellington St. W., Toronto • 416-601-3533 • thompsondiner.com

Open 24 hours every day of the year, this diner is a popular option for those who crave some warmth and something satisfyingly solid and greasy after a late night of celebrating or for those who work odd hours who need something comforting and familiar after a long shift. With a mix of upscale and retro decor, such as their vinyl diner booths accented with blue velvet damask, the Thompson Diner's specializes in taking the conventional diner menu items and giving them a little something extra, such as their Peking duck poutine (voted one of the best poutines in Toronto) or their "Knife and Fork Steak Sandwich" featuring caramelized onions AND crispy onions, chipotle mayo, tomatoes and a special green peppercorn brandy sauce. Another award-winning item worth trying is their fried chicken burger; a crispy and spicy chicken filet topped with chipotle mayo, tomato and lettuce. Their late-night menu, offered from 11am until 5am, has more than enough menu choices to satisfy every type of pre-dawn hankering and includes the "Grilled Cheese Burger" which uses two grilled cheese sandwiches as the "bun" for their already-hearty sirloin burger.



Thompson Diner's Eggs Benedict



Tokyo Grill's Oyako-Don

Tokyo Grill

582 Yonge St., Toronto • 416-968-7054 • facebook.com/tokyogrill.toronto

For those craving a nice big bowl of noodles or perhaps something fried and filling, the Toyko Grill is a great place to hit up for tasty, inexpensive Japanese comfort food staples. They have all sorts of Asian noodle, from udon to ramen (which come served in rich soup broth) to homemade soba (a special only available the last Saturday of each month), all served with generous portions in big bowls or large plates. Though the establishment may not seem any different from the many other Japanese places in Toronto, and certainly it's décor is more on the simple side, many people come to Toyko Grill due to its reputation for making particularly tasty ebi fry (large deep-fried shrimp) or tonkatsu (deep-fried chicken or pork) as well as their home-style teriyaki, with that famous dark sweet teriyaki sauce with rice, fried vegetables and your choice of chicken, beef or salmon.



Under The Table's Jerk Chicken Meal

Under The Table

568 Parliament St., Toronto • 647-351-1533

underthetablerestaurant.ca

Well-known for its warm hospitality and a chef that welcomes suggestions for new menu items to make up on the spot, Under The Table is considered both a second home for its regulars and well-worth the trek to Cabbagetown for its out-of-town visitors. In keeping with their name, Under The Table offers the usual assortment of pub-style foods but snuck amongst the regular sandwich and salad options are some choices that have more of a Caribbean flavour: from their jerk chicken salad, to a full oxtail dinner plate complete with homemade coleslaw or their "Ackee and Salt Fish" entrée. There are also some interesting blended cuisine menu items, such as their jerk poutine or their penne pasta with a curry cream sauce. They also does a mean brunch with lavish breakfast indulgences available like their Royal French Toast with cream cheese and berry sauce or big waffles with blue cheese, maple syrup and candied nuts.



Chadwick's

268 Howland Ave., Toronto • 416-944-1606 • chadwicks.ca

Self-described as "North American with British Slang and Latin Soul," this craft kitchen and bar not far from Casa Loma offers fusion food that combines the best of English and South American cuisine. Their a la carte menu focuses on plates meant to be shared in a group, which encourages customers to try more of their many delicious offerings, including mole ribs (mole is a traditional Mexican sauce used to simmer meat), smoked brisket, Cochinita (Mexican-style pulled pork prepared from an Aztec recipe) and fish frito. They also offer daily specials including their butty special; a butty is a type of white bread sandwich unique to England and much beloved in its various ingredient incarnations, and Chadwick's does with them with hot chicken and gravy, or crispy fried chicken, bacon and salsa verde or even the classic chip butty that uses French fries.



Chadwick's Sausage & Steak



The Queen and Beaver's Roast Suckling Pig

The Queen and Beaver Public House

35 Elm St., Toronto • 647-347-2712 • queenandbeaverpub.ca

There are times when nothing can satisfy quite like traditional British pub fare, and The Queen and Beaver is considered one of the best British-style pubs in Toronto. Not only do they offer a solid selection of beer, cider and wines, but their food menu uses some of the best of Canadian ingredients to offer up all sorts of British fare: from snacks such as welsh rabbit, scotch eggs, and smoked pheasant and ham hock on toast, to favourite main dishes such as fish & chips, sheppard's pie, sausages and mash with stout-onion gravy, and a delicious lamb curry with rice and apple chutney. They even offers a feasting menu available for groups to book in advance that gives customers an opportunity to try a full, proper traditional meal such as roast beef with Yorkshire pudding, Beef Wellington, roast suckling pig or other more decadent British specialities.

LIFE IS A

Cabaret

TORONTO THEATRE LISTINGS | WINTER - SPRING 2017



QUEEN ELIZABETH THEATRE

Feb 11: Dita Von Teese

ROSE THEATRE

Apr 1-8: Disney's The Little Mermaid

ROYAL ALEXANDRA THEATRE

Feb 1-26: The Audience



ELGIN THEATRE

Feb 25-Apr 9: Sousatzka

FOUR SEASONS CENTRE FOR THE PERFORMING ARTS

Mar 11-19: National Ballet of Canada - Pinocchio

SONY CENTRE FOR THE PERFORMING ARTS

Jan 14: Batsheva Dance Company: Decadance
 Feb 11: Canada All Star Ballet Gala
 Mar 4: Shaping Sound
 Mar 17: Rhythm of the Dance
 May 11-13: Eifman Ballet Of St. Petersburg: Red Giselle
 April 8: Shaolin Warriors



ED MIRVISH THEATRE

Jan 31-Feb 5: Stomp
 Feb 11-May 14: The Bodyguard

PANASONIC THEATRE

Mar 25-31: Butcher

PRINCESS OF WALES THEATRE

Feb 7-12: Saturday Night Fever
 Feb 14-19: Cabaret
 Feb 28-Apr 16: The Book of Mormon

BLUMA APPEL THEATRE

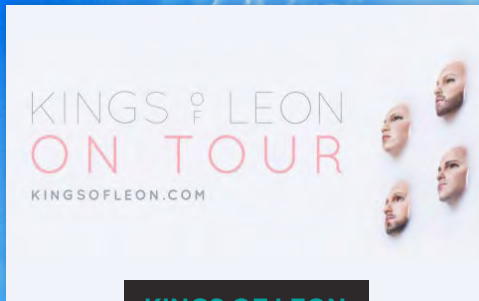
Mar 1-12: Cirque Eloize: Cirkopolis



THE BOOK OF MORMON



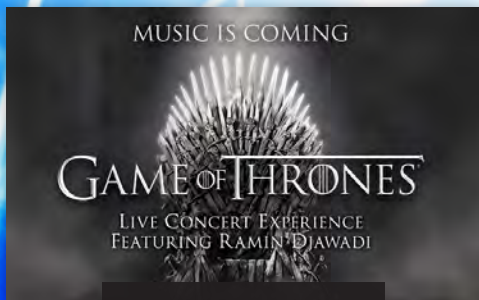
AIR CANADA CENTRE Concert Schedule



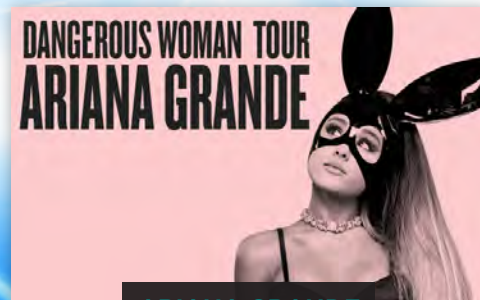
KINGS OF LEON
JANUARY 16, 2017



RED HOT CHILI PEPPERS
FEBRUARY 4, 2017



GAME OF THRONES
MARCH 4, 2017



ARIANA GRANDE
MARCH 5, 2017



SIMPLE PLAN
MARCH 14, 2017



BASTILLE
MARCH 24, 2017



THE WEEKND
MAY 28, 2017



TIM MCGRAW & FAITH HILL
JUNE 23-24, 2017

Winter — & — Spring

EVENTS GUIDE 2017

TORONTO

KENSINGTON KRAWL FOOD TOUR

January 8 | Taste your way through Toronto's most unique and eclectic neighbourhood on a culinary excursion in Kensington Market. As we stroll, you will learn about the history and heritage of the market, meet local shopkeepers and chefs, and indulge in variety of delicious foods and drinks.

THE 59TH ANNUAL TORONTO INTERNATIONAL BOAT SHOW

January 20-29 | If you are looking ahead to getting out on the waters next summer, the Toronto International Boat



Show is the largest one-stop destination in Canada. You can compare, shop, and find the newest boats, fishing and outdoor products, water toys, and marine accessories from over 550 exhibitors offering the best deals of the year.

TORONTO TEA FESTIVAL

January 28-29 | Taste a variety of teas uniquely prepared by exhibitors; noting how the flavours may differ depending upon place of origin, processing techniques, and preparation styles. Shop teawares, teas, and related products. Participate in the silent auction and enter the raffle. Experience the event to the fullest by engaging with the exhibitors and learning about all things tea.

WINTER BREWFEST

February 10-11 | In a warm and festive setting, come and discover a wide range of local microbreweries and nibble on delicious gourmet food from Toronto's best food trucks. Join the party at this important event, and help launch what's sure to become a Toronto winter tradition!



WINTERLICIOUS

January 30–Feb 12 | Winterlicious is back with more prix-fixe meals from top Toronto restaurants. The annual foodie fest, presented by the city of Toronto, has over 200 different menus creating special menus. Each menu includes starters, entrées and desserts, featuring each restaurant's specialties.

CANADIAN INTERNATIONAL AUTO SHOW

February 17-26 | In celebration of 50 years of Grand Prix Racing in Canada, the AutoShow will showcase the history, imagery, iconic cars and Canadian Driving legends that have helped make the Canadian race one of the highlights of the annual Grand Prix calendar.

TORONTO SPORTSMAN'S SHOW

March 15-19 | Celebrating many outdoor adventures including fishing, hunting, boating and includes fun activities for kids.

HOT DOCS FESTIVAL

April 27-May 27 | Hot Docs, North America's largest documentary festival, offers an outstanding selection of over 200 films from Canada and around the world to Toronto audiences of more than 200,000.

TORONTO DIGIFEST 2017

April 27 | A three-day conference located on Toronto's waterfront that focuses on the future of education, creativity, entrepreneurship, gaming, and technology; organized by George Brown College. We connect the creative community with the most innovative technologies, ideas, and initiatives focused on learning, leadership, and positive social change.



WINTERLICIOUS.



digifest 2017 **WORK LEARN PLAY**

MONTREAL

IGLOO FEST

January 14-February 6 | Electrifying evenings accompanied by music and DJs to celebrate winter outdoors in a totally festive environment.

MONTRÉAL EN LUMIÈRE

February 18-March 5 | This winter festival has three components: arts, light and cuisine.



JE T'AIME EN CHOCOLAT!

February 10-12 | The best chocolatiers, artisans, and gourmet designers grace our presence.

Je t'aime
en
CHO
LO
LAT

NUIT BLANCHE À MONTRÉAL

February 27 | Museums, art galleries and performance halls will be throwing open their doors to the night owls.

MONTRÉAL'S DIGITAL SPRING

March 21-June 21 | The city's reputation as a creative hub is buoyed by digital innovation.



FESTIVAL TRANSAMÉRIQUES

May 26-June 8 | Featuring more than 30 companies from here and abroad, the Festival offers bold and innovative programming in dance and theatre.

MONTRÉAL BEER FESTIVAL

June 8-12 | A beer-tasting adventure that showcases the many different flavours of beer, cider and various fine dishes.

CANADIAN GRAND PRIX FESTIVAL ON CRESCENT

June 9-11 | For three days straight, enjoy several outdoor activities and live shows and see real F1 cars from up close.

LES FRANCOFOLIES DE MONTRÉAL

June 8-18 | Thousands of artists from a dozen countries meet up in North America largest Francophone city.

MONTREAL'S WHITE PARTY

March 27 | Electronic music, fashion, dance and design are at the forefront during this event that celebrates diversity and openness of mind.

BLUE METROPOLIS FESTIVAL

April 11-17 | A tailor-made festival for lovers of words, celebrating the diversity of literary genres, opinions and cultures.



OTTAWA

RIDEAU CANAL SKATEWAY

January 6-March 10 | Every winter, 7.8 km (4.8 miles) of the Rideau Canal transforms into the world's largest outdoor skating rink, as designated by Guinness World Records.

GATINEAU WINTER BEERFEST

February 3-4 | Discover artisan and local brewers inside the museum and outdoors, among friends and family.

TD OTTAWA WINTER JAZZ FESTIVAL

February 9-12 | This event is full of jazz artists of international acclaim as well as a showcase of the best local talent on offer.

CANADIAN SKI MARATHON

February 10-12 | The world's longest cross-country ski tour, covering 160 km of ski trails, caters to about 2,500 skiers annually.



WINTERLUDE

February 3-20 | A unique winter festival featuring snow and ice sculpture competitions, snow playgrounds, and skating and sporting events which transform Ottawa into a winter wonderland.



OTTAWA INTERNATIONAL CHILDREN'S FESTIVAL

May 10-14 | A celebration of the performing arts for young audiences and their families, featuring the finest in theatre, dance, arts and music from highly acclaimed international and local artists.

CANADIAN TULIP FESTIVAL

May 12-22 | This annual world-famous festival centres around Ottawa's love affair with the tulip, with a million tulips blooming in public areas, including 300,000 blooms in Commissioners Park near Dows Lake.

TAMARACK OTTAWA RACE WEEKEND

May 27-28 | Almost 50,000 participants compete in a variety of challenging races, including Canada's largest marathon, during the country's most popular multi-day running event.

WESTFEST

June 2-4 | A festival of music, art and life. The biggest free street party in Canada!

TIM HORTONS OTTAWA DRAGON BOAT FESTIVAL

June 22-25 | This action packed weekend for the whole family features non-stop boat racing, free concerts with great performers, a children's activity area and great food, drinks and vendors.



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