

SENIOR LINE

MAGAZINE OF THE JEWISH SENIORS ALLIANCE OF GREATER VANCOUVER



VOLUME 26(1) - MARCH 2019

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Acrylic on canvas, 14"x18", by Lori Goldberg (see page 8-9)

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HEALTH IS A BIG DEAL!

Written by Kenneth Levitt



PRESIDENT'S MESSAGE

THE DIAGNOSIS

"Mr. Levitt, you have Prostate Cancer." These were the ominous words of my Urologist almost one year ago. He continued, "The cancer is contained and it has not metastasized".

These words were spoken to me in March, 2018. At yearly medical checkups my physician regularly sends me for blood tests which include PSA (prostate specific antigen). When successive blood tests showed a rise in the PSA number, I was referred to the urologist. After another series of tests, including a biopsy, the diagnosis was made. Next came the referral to the Cancer Clinic where I was seen and examined by a Radiation Oncologist who is in charge of my treatment.

THE TREATMENT PLAN

I was prescribed hormone pills, one per day for one year. Also included were four quarterly lower abdominal hormone injections. These two elements comprise what is also known as 'chemical castration'. Despite the hot and cold flushes, I tolerated the hormones well.

Next, I began 23 sessions of radiation which ended on January 3rd of this year. The additional side effect is an increased urgency to urinate. Again, I believe I tolerated it well. Next, I qualified for a Brachytherapy Implant. This procedure, on January 31st, was done

by epidural freezing and an intravenous sedation to put me in the 'twilight zone'. This procedure involves placing 60 radioactive pellets directly into the prostate gland through the perineum using special needles. The total time for the procedure was about five hours. To date I do not have additional side effects and have made no changes in my daily activities. I will begin follow up visits to the Cancer Clinic to track my progress. My Oncologist is very optimistic.

How lucky we are in BC to have a Cancer Clinic that is on the cutting edge of research with high quality professionals. ”

WHAT IS MY MESSAGE?

- I was fortunate that my physician practices due diligence when it comes to annual physical checkups. Without his thoroughness, my prostate cancer would never have been detected as I have never had any symptoms.
- How lucky we are in British Columbia to have a Cancer Clinic that is on the cutting edge of research with high quality professionals.
- Having a positive attitude is critical for your treatment.
- Have trust in the professionals who are treating you. Ask questions.
- Take advantage of support systems including family and friends.

Gentlemen, ensure that you have an annual comprehensive physical examination. Insist that it includes a digital examination of the prostate gland and a test for PSA.

Not all physicians agree with my physician. This is preventive medicine, and could save our health care system 'big bucks' rather than if the problems are detected at a much later stage and require more invasive interventions.

SENIOR LINE MAGAZINE, CREATED BY VOLUNTEERS FOR JSA'S READERS

Our venerable Editor-in-Chief asked me to review several other magazines allegedly dedicated to seniors to see if there was a story line for me. I read through several (they shall remain unnamed). Much to my chagrin, most of the articles had no resemblance to the content of our *Senior Line* which we publish three times each year. The themes were generally about younger seniors who I would characterize as "Go Goes"; healthy, financially independent, glamorous, dressed in the latest fashions and encouraged to take exotic, costly vacations. There were no articles or photos of older seniors facing challenges, either medical or psychological. The magazines I reviewed were commercial, for profit and appealing to a much different group of seniors than our *Senior Line* readers.

JSA's *Senior Line* Magazine is created by volunteers. Only our graphic designer/webmaster is a paid staff member.

Continued on page 7...

LEARNING AND CHANGING: LIVING LIFE TO THE FULLEST

Written by Dolores Lubber

On our last cover was a mask by Aboriginal Salish artist, Gerry Sheena. What a coincidence—Jerusalem sculptor Israel Hadany’s modern interpretation of the First Nations Inuksuk sculpture was installed at the entrance to Canada House in downtown Jerusalem’s Musrara neighbourhood. Great minds think alike!

One of the lead articles in this issue is titled *Sex after Sixty: The Shape of Desire and How it Changes as We Age*. With it, we feature a review of the movie *Book Club* featuring four outstanding actresses who play women who decide to reactivate their sex lives. Also, Dan Levitt writes about Dr. Ruth, that is, Dr. Ruth Westheimer, the famous sex therapist and Holocaust survivor. Max Roytenberg insists that we must continue to learn “on the job” in maintaining and enjoying our relationships with our children and our partners in life. All this to encourage you to live life to the fullest.

In the last issue, we wrote about caregivers, especially unpaid family members. What about a senior who has never married, or whose children live far away? How are these solo seniors going to manage when they live alone and do not have potential caregivers nearby? Read all about it in Rita Roling’s article.

I am about to turn “80” years old and have already received a notice telling me that I will be required to have forms filled out by my physician declaring that I am competent to continue driving my car. Will I be relying on public

transportation in the near future? Read our report by Bob Markin on what exactly is happening in regard to seniors and public transit and why this issue is so important.

SPECIAL REPORT

The headline read ‘Spiritual Trauma Over Cake Mix Label’ in the *Vancouver Sun*. That got my attention! “An Ontario judge has acknowledged the ‘spiritual trauma’ that observant Jews suffer who unwittingly eat non-kosher food. He has ordered a cake mix company to pay \$25,000 to Canada’s largest kosher food certification agency for misusing its logo.” The case marked the first time the Canadian Food Inspection Agency pursued a case about misrepresentation of kosher food, and the first time the courts enforced kosher labelling laws.

All products manufactured by Adee Flour Mills are not COR kosher certified, including their Devil’s Food Cake which bears the COR Certified Kosher symbol.

Bravo Canada! Judge Lai-King Hum, we are proud of you.

COMMUNITY UPDATES

Disability Alliance BC (DABC) announced that the Ministry of Social Development and Poverty Reduction is now providing funding for aircasts/walking boots for people who are eligible for health supplements. Many British Columbians with disabilities continue to experience barriers accessing other needed medical equipment and services. Sam Turcott, program director of DABC, assures us that they will



EDITOR'S MESSAGE

continue to advocate for these needs.

In our last issue, *Ask Hannah* discussed seniors’ use of medicinal cannabis. Shoppers Drug Mart has received Health Canada’s approval to be a licensed medical marijuana producer, opening the door for the pharmacy giant to dispense medical cannabis to patients. “As trusted medication experts, we believe pharmacists have an important role to play in the safe and informed use of medical cannabis, and this is the first step in our journey to provide medical cannabis to our patients,” said Loblaw spokeswoman Catherine Thomas. Wait and see!

I recommend reading Helen Wilkes’ book *The Aging of Aquarius: Igniting Passion and Purpose as an Elder*. Helen Wilkes encourages people who are transitioning into a post-work identity to rekindle their passions and curiosity. The articles and reviews highlighted in the following pages indicate the diversity and complexity of seniors’ needs. JSA is devoted to promoting wellness for our seniors. We are committed to responding to your needs and wishes.

Dolores Lubber M.Sc. is a retired psychotherapist and family counsellor. She taught psychology for many years, and loves to learn. Researching, writing and organizing JSA’s Senior Line Magazine is her passion.

LETTERS TO THE EDITOR...

Write to Dolores at: editor@jsalliance.org

Hi Dolores,

The extreme cold snap here has given me the time indoors to finish reading the November issue of *Senior Line*. I think that whatever stage you are as a senior or whatever interests you have, you can find useful advice within its articles. Thanks for sending the magazine and please continue doing so.

I found it interesting that the advice you quoted as to how adult children should talk to parents is very much the same as how parents should speak to young children! The experience with our three grandsons has been rewarding. They are all different personalities and we try to support their endeavours when we can in the spirit of this advice.

All best wishes,

Rudy and Dona

Editor's note: Rudy and Dona Mohip are my son Jordan's in-laws. They live in Mississauga, ON.

Dear Mr. Levitt,

Just a brief note to thank the Jewish Seniors Alliance for honouring me at the dinner last Thursday [JSA's AGM, October 11, 2018]. Your motto "Seniors Stronger Together" is exactly the belief that guides COSCO (Council of Senior Citizens' Organizations). Our work as advocates for the well-being of seniors began in 1950, it is 2018 and there is still a distance to go. Our determination hasn't faltered, nor will it.

Sheila Pither

I have a wonderful compliment to pass on to you. My friend had asked for the hours of operation of JSA as she wanted to call Rita to make a donation. When I asked later if she had connected, she said Rita had called her back and she had two tribute cards sent out which she had originally wanted to do through JNF. *But when she received our magazine in the mail yesterday, she decided on JSA !!*

Herb and I have just delivered November *Senior Line* magazines to all on our list of those eagerly awaiting its arrival. Someone, glancing at it quickly, said "THIS IS THE BEST ONE YET". I tend to agree with her because each issue IS the BEST one yet!

I must add that the writers who include 'pieces' of themselves in their articles lend a personal touch to their work, a warmth of words that rings true and sincere. You all are truly appreciated and valued.

Binny Goldman

To the Jewish Seniors Alliance,

This donation is to acknowledge the care, the help, and friendship of Dolores Luber and other Jewish friends.

With thanks,

Heike Milde

Editor's note: I met Heike and her husband Gerd while walking in the neighbourhood. We became friends. She has since moved to Maple Ridge.

I miss you Heike.

Thanks for your inquiry about acquiring permission to reprint my article in *Zoomer* magazine, "Sex After Sixty".

Normally I ask for a small fee or honorarium to maintain the good practice of always paying writers for their words. But when I see the good work your organization is doing with seniors, and your lively magazine, I'm happy to contribute my fee to the cause. Feel free to reprint, acknowledging *Zoomer* magazine. I enjoyed your cultural reviews, too.

Marni Jackson

Editor's note: Dear Marni, How very kind of you. Thank you for your participation in our cause and in our magazine. Your compliments are good to hear, coming from a professional writer. My editorial committee members will be thrilled to be acknowledged by you.

On my recent delivery of a number of the current *Senior Line* to a seniors' residence here in Vancouver, I took the magazines to the Receptionist. Her face immediately lit up with a big smile and she said: "We are thrilled to have this - it's an amazing magazine and our Residents love it!" And so to all of you, a huge and hearty thanks and appreciation for this outstanding publication.

Gyda Chud

I have read *Senior Line*. It is outstanding in every way. The Editors-in-Chief, Dolores and Hannah, continue to excel with the variety of articles which address many of the issues faced by seniors. Our Artistic Director, Jenn, provides the icing on the cake with her artistry and inventiveness. Our writers provide wonderful compassionate articles. I am so proud to be associated with all of you!

Kenneth

THE "GOLDEN AGE": FACING LONELINESS AND SOCIAL ISOLATION

Written by Serge Haber



SERGE HABER'S MESSAGE

Dear Friends,
The aging process is something that every human being has to go through. In this "Golden Age" our family is all grown up and we don't have to go to work. We can go on trips and long vacations, and do whatever we desire if we can afford it. Yet, the Golden Age is not as golden as we would like it to be.

The senior population in Canada which is now about seventeen percent will reach twenty-five percent in a few years, with more seniors than children under the age of 14 years. These days the government encourages seniors to remain in their homes, and most seniors would like to stay in their own home for as long as possible. Wishing is one thing, but what is the reality?

One to two percent of our seniors are financially very well situated, and yet there is a time when rich or poor, you need help. Seventeen percent of our seniors are poor and some of them have serious health issues. Many have lost their partners and friends. Their children live out of town or do not care about their parents. Some seniors are abused financially, marginalized, and suffer many adverse conditions. All these circumstances lead to concern of loneliness and social isolation.

I remember well, a friend who lost his wife. He was wealthy, he had two loving children, yet he was crying from loneliness because he felt all alone. He

died soon after I saw him. How I wish we at the JSA could have helped him. We didn't have the programs of Peer Support at that time. We could have given him hope and companionship. The JSA is in a position to help, but, in most cases, we are unaware of the individuals that need our assistance because of their isolation. Personally, I have experienced being alone and lonely, and I know what loneliness is all about; how easily it could have turned into isolation.

Realize that you are not alone, realize that your life can have meaning, and realize that you can help other people while you help yourself at the same time. ”

When I lost my wife Elinor almost eight years ago, I was devastated. At the age of eighty-three, and after fifty-seven years of a wonderful marriage, her death caused me a sense of desperation. I was angry with G-d. Why me? It took enormous resolution to fight back and socially reconnect, to realize that I had a good life to date, and that I wanted to continue to have a good life in the future. The fact that I was working with JSA was very much a determining

factor towards my well-being. Twice I got emotional support through JSA. I was lucky. I persisted. I got support when I first needed it, and I found a new life and a new friend.

Loneliness and social isolation are killers. If JSA cannot find you, you must find us. You have to be ready to fight for your life and we can help you. I urge you to get involved. Realize that you are not alone, realize that your life can have meaning, and realize that you can help other people while you help yourself at the same time. Come back into the community and volunteer. Ask for help if you need it, when you need it, but don't remain isolated. Life is a precious gift, and we should always maintain the desire to live healthy and happy for as long as we can; because when we are gone there is nothing left.

G-d bless you.

Serge Haber
President Emeritus

Serge Haber is the founder and President Emeritus of Jewish Seniors Alliance. His vision, his determination and his continuing commitment are crucial to the development of the organization and its services.



#1: THE ROLE OF STORIES

Written by Shanie Levin
Photography by Liz Azeroual

The First Empowerment session of the 2018-19 year on the theme of “Renewing and Reinventing Yourself as an Older Adult” was held on Friday, November 30th. It was cosponsored by the Jewish Seniors Alliance and the Sholom Aleichem Seniors of the Vancouver Peretz Centre. Thirty-five 'older adults' gathered to listen to stories on the “Reinventing Yourself” theme, read by **Shanie Levin** and **Al Stein**.

The session was introduced by **Gyda Chud**, she is both vice-president of Jewish Seniors Alliance and Coordinator of Sholom Aleichem Seniors. Gyda spoke about the goals of JSA in advocacy, education, information and peer support services. She emphasized the aim of our motto “Seniors Stronger Together.” She then introduced the readers.

Shanie began by explaining that it had not been easy to find the

appropriate stories that would correspond to the theme in the translations of Yiddish stories. Searching further afield, they found stories in English by Jewish writers.

Al Stein began with a short parable from Roman times about a one hundred year old man who was still planting trees. Shanie continued with a story by Grace Paley called *Goodbye and Good Luck*. This is a very New York story set in the 1930s about an older woman who describes her colourful life to her niece. Al continued with a story by a Canadian Jewish writer, Jack Ludwick, about an older woman who is constantly drawn back to the area of Montreal where she grew up and spent her early married years.

The session closed with Shanie reading a short section of Sholom Aleichem from *Menachem Mendel*. A discussion about the pleasure and



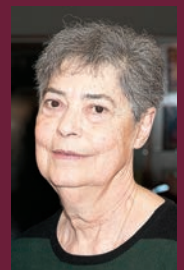
Shanie Levin and Al Stein

the purpose of passing on stories to the next generation followed. Gyda thanked everyone and invited all to tea, coffee and cookies in the lounge.

The Peretz Centre for Secular Jewish Culture sponsors a program “Exploring Jewish Authors” in English, on the 2nd and 4th Saturday mornings of each month, as well as reading Yiddish authors in Yiddish on the 1st and 3rd Wednesday of the month at 11 am. For more information contact the Peretz Centre office at 604-325-1812.



Shanie Levin, is an executive board member of JSA and on the editorial board of Senior Line magazine.



Renewing and Reinventing Ourselves

#2: FILM: A SONG FOR MARION

On Wednesday, January 16th a group of 60+ older adults gathered in the auditorium of the Jewish Community Centre to watch the heart-tugging film *A Song for Marion (Unfinished Song)*, starring Vanessa Redgrave and Terrance Stamp.

This was the second session of the 2018-19 Empowerment Series, co-sponsored with the JCC Adults 55+. This year's series is on the theme of 'Renewing and Reinventing Ourselves as Older Adults'. Before the film we were welcomed by the wonderful smell of fresh popcorn provided by **Lisa Cohen Quay**, coordinator of the JCC Adults 55+ program. Lisa introduced the film and welcomed the audience. **Gyda Chud** of JSA gave an introduction describing JSA and the Empowerment Series.

The film was very uplifting as it portrayed the beautiful relationship between an

Written by Shanie Levin
Photography by Liz Azeroual

elderly couple, husband and wife, with very different personalities. Marion, who is suffering from terminal cancer, is an outgoing and friendly person who is very involved in a community seniors' choir. Arthur, on the other hand, is a grouchy character, who is over protective of his wife and disdainful of the choir. After Marion's death, Arthur is lost, but he honours her memory by joining this unconventional choir that brought her so much joy. This journey of self-discovery helps him build bridges with his estranged son. This thought-provoking, beautifully acted movie delivered several messages, one of which is to open yourself up to new experiences, not to be afraid to be YOU, not to be afraid to allow yourself to think beyond the scope of what is, but to reach for what could be. It was an

empowering experience. We all came away with a happy feeling and a smile.

After the movie there was coffee, pastry and schmoozing. A lovely afternoon was enjoyed by all. Many thanks to Lisa Cohen Quay, **Liz Azeroual** and **Raylene Burke** for all their work in making this event so successful.



Raylene Burke and Ilana Strummer

HEALTH IS A BIG DEAL!

...Continued from Page 2.

We know who our audience is.

We are a not-for-profit organization and the articles selected and written by members of the Editorial Committee are pragmatic, aimed at all seniors. We support and promote independence, quality of lifestyles, physical well-being, and mental health. Many of the articles in *Senior Line* describe challenges seniors face and how these challenges can be ameliorated. We are proud to

know that *Senior Line* is well received and well read.

IN CONCLUSION

JSA is Number One in British Columbia when it comes to Peer Support Services programs. We are now receiving increasing numbers of requests for our services from other agencies who are hoping to offer programs similar to ours. We need your support in order to continue our services and programs. Opportunities

to lend your support are noted on other pages of this publication. *Chag Pesach Sameach* (Go Easy on the Matzo).

Respectfully,

Kenneth Levitt
President

Ken Levitt, MSW, is a former CEO of the Louis Brier Home and Hospital. He has an extensive background in corrections, child welfare, public assistance and services to seniors. Ken has served on the Board of JSA since 2011.



Portrait

Above: *Underneath the Water Lies the Truth* (2018)
Acrylic on Canvas
Diptych, 60" x 96"

Right: *Into a Journey* (2017)
Acrylic on Canvas
24" x 48"

LORI GOLDBERG

Written by Tamara Frankel

I met Lori in her studio in the Commercial Drive district one Saturday morning. I was surrounded by canvases brimming with color, from various periods of her artistic career. There were paintings of trees, flowers, still life of fruit and canoes, and a large body of recent work about our garbage. I was drawn to a Monet-inspired painting titled *Underneath the Water Lies the Truth*, that portrayed a beautiful reflected light and water lilies disrupted by discarded plastic rubbish floating in the water.

Lori has a very strong social conscience.

She is a founding member of the Salish Sea Artist Residence, connecting artists to work with recycling facilities. She views the things we discard and label “garbage,” scrap metal, car tires, plastic

bottles, as reusable materials that can be transformed into art. In this way, the artwork brings awareness to the public about the impact our refuse is having on our environment. Perhaps the idea of transforming garbage into art came to her at age 8, when her father, Myer Goldberg, introduced her to a local garbage dump. Her senses were bombarded by all the stimuli. The experience was ingrained in her memory! When she was in grade 12 she made a film on pollution, for which she used Tom Lehrer’s hilarious song *Pollution*, in which he advises American travelers: “Don’t drink the water and don’t breathe the air.”

Recently Lori had an exhibit titled *Poetics of the Discarded* at the South Main Gallery in Vancouver. These paintings are not only a creative



exploration, but also a cathartic response to the overwhelming experience of visiting many refuse sites in British Columbia.

As a visionary artist, Lori takes on the role of an outsider looking in, her mission is to observe things that are hidden, and expose them.

Ms. Polly Puffer and her Coat of Debris, which adorns the cover of this magazine, depicts an imagined constructed portrait of objects “en masse” that we, as a society, have chosen to discard and disregard. Lori sees our discarded objects as a collective memory. ‘Our lives are filled with objects and every object has a story and a meaning that goes along with it: Where did it come from? Who gave it to us? Was it an inheritance? Who are the people connected with these objects? Even if the objects have been discarded, their memory lives on within us.’

Objects, no matter their worth or value, have a story; some more meaningful, universal and valuable than others. Lori’s work over the many years that I have known her, has been a continuous exploration into the world of objects. Some are religious artifacts, a Mezuzah, a Torah pointer, Hebrew letters; and some are memories of raising children, a baby shoe, a pacifier, a child’s hat, a lock

of hair. Yet, there is a single common thread that runs through all of them, they are invested with deep personal meaning, an empowering psychological space in a complex and uncertain world.

A Canadian artist, fully aware of her country’s history and culture.

In 2017 Lori mounted an exhibit titled “*Making Love in a Canoe*” based on the Canadian historian Pierre Berton’s definition of a Canadian as “someone who knows how to make love in a canoe without tipping it over.” Lori, a Canadian through and through, for whom Indigenous and colonial history are of utmost importance, embarked on a series of paintings of canoes. The canoe occupies an iconic place in the Canadian cultural imagination. The result is a magnificent variety of canoes, most without a paddler. The canoe, says Lori, contains multiple layers of symbolism; as a means of transportation, it is symbolic both in Canadian and Universal culture and beyond; the aboriginals used to put their dead in a canoe and send them off on their last voyage. The canoe is a symbol of transformation, of venturing into the unknown.

The artwork of Lori Goldberg is a window into worlds that we don’t always see or think about; or which we wish

to ignore or deny. Her next body of work will surely continue to inspire and provoke us, thus making a difference in our lives.

Lori Goldberg’s work has been shown in major exhibitions in Vancouver, Toronto, Seattle and Hamburg. She is currently teaching at Emily Carr University of Art and Design.

Lori Goldberg’s work can be seen at:
<https://lorigoldberg.ca/>

Salish Sea Artist Residence:
<http://salishsearesidency.ca/Home.html>

South Main Gallery:
<http://www.southmaingallery.com/Artist-Detail.cfm?ArtistsID=1364>.

Tamara Frankel
 is a member of the Board of Jewish Seniors Alliance and of the Editorial Committee



of *Senior Line* Magazine. She is also a Board member of the Jewish Community Centre. She recently retired from ownership of Bridges Restaurant on Granville Island.

SENIORS IN THE MOVIES

Written by Dolores Luber



BOUNDARIES 2018

Christopher Plummer (age 88) stars in this road trip of a dysfunctional father-daughter relationship and stoner-comedy. He has just been kicked out of his retirement home for growing pot in the facility's greenhouse, and enlists his daughter Laura to help him

relocate to Los Angeles and live with Laura's kooky sister. He also says he has been diagnosed with terminal cancer, and this may be the last chance for them to heal ancient wounds. Laura, her misfit teen son and Pops pile into his old beater of a car, with the idea of getting this trip over as quickly as possible. Dad has other plans. There is an unpredictability in Plummer's performance that keeps this dramedy on its toes. *Boundaries* is not as good as you want it to be, but it is a better movie than it should be because Plummer is in it. Any film that he pushes past its limits this well deserves your attention (D. Fear, *Rolling Stone*, 6/22/2018). Available at Black Dog Video.



THE KOMINSKY METHOD 2018

Michael Douglas (age 74) plays an acting coach alongside Alan Arkin (age 84) as his longtime agent and aging friend/enemy, in Chuck Lorre's new Netflix dramedy series *The Kominsky Method*. Douglas' character is facing

a crisis of not landing the parts he wants and trying to remain relevant. He and Arkin's character are also facing the harsh realities of getting older. As they comically taunt each other about their ages, they also share tender moments as the ticking of time reminds them of their mortality. Punch lines mostly deal with death, loneliness and incontinence. The show's sensibility is also decidedly retrograde and fueled by Hollywood nostalgia. If you have to listen to someone complain about the modern world, this series is a good place to catch up on your "kvetching." Available on Netflix.ca.



BOOK CLUB 2018

Book Club features Diane Keaton (age 72), Candice Bergen (71), Jane Fonda (80), and Mary Steenburgen (65), as four friends who jump-start their love lives after reading the sexually charged book *50 Shades of Grey*. Portrayed as healthy, vigorous and ready to frolic

under the sheets, the movie doesn't play the actresses' ages against them. Instead, they are objects of desire, curiosity and passion with a capital A for appetite for life. The enlivened libidos represent a renewed sense of purpose and vigour (M. Crisolago, *Zoomer*, June 2018). These four *Book Club* women can make Tinseltown finally see beauty where it rarely saw it before. Available at Black Dog Video on Cambie.



THE LEISURE SEEKER 2018

Here is a bitter-sweet story of a long-married couple, Ella, Helen Mirren (age 73), and John Spencer, Donald Sutherland (age 83) who are under the watchful, loving gaze of Italian director Paolo Virzi. He has dementia, he loses track of things;

she wears a wig to cover a bald head and takes pills all the time. They decide one August morning to take the family RV all the way from their Massachusetts home to Hemingway's in Key West, Florida. Their grown kids, Janel Moloney and Christian McKay are equal parts terrified and furious. There is humour and affection, the acting is just about perfect. It is not the most exciting film you will see this year, but I loved it. Available on Netflix.ca.

WWII/HOLOCAUST

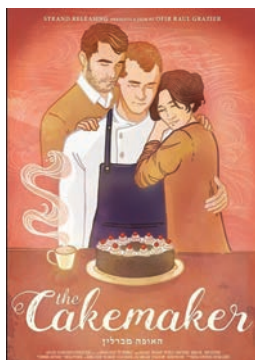


THE GUERNSEY LITERARY AND POTATO PEEL PIE SOCIETY 2015

The movie opens in 1941 on the English Channel island of Guernsey, one of the few British territories occupied by the German army during World War II. A group of tipsy locals

are stopped by a couple of German soldiers after curfew, and on the spot, the crew creates the title organization as an excuse for being out late. The next scene is in postwar Britain where the successful, engaged-to-be-married author Juliet Ashton is contemplating some letters she received during the war from a Guernsey man named Dawsey Adams. She impulsively takes a boat to the island. Now we have it, a period romantic tear-jerker which is sensitive and inventive, with tactile appreciation of period detail. Based on the book of the same name, the movie entertains, offers a nuanced plot; all of which makes for a moving and satisfying experience for the viewer. Available on Netflix.ca.

ISRAELI MOVIES AND TV SERIES



THE CAKEMAKER

האופה מברלין

2017

A gay German baker and a weary Israeli widow grieve for the same man in Ofir Raul Graizer's humane, heart-kneading debut feature. This is a tender, tactile and just-sweet-enough story of hidden love, challenged

faith and unwittingly shared grief. *The Cakemaker* is a moving, broadly accessible blend of old-school melodrama, contemporary identity politics and buttery gastroporn. When Israeli businessman Oren (Roy Miller) walks into the cozy Berlin café where Thomas plies his trade, the soul connection between the two is immediate. Monthly work trips from Jerusalem lead to the two men setting up part-time house together. When Oren is killed in a car accident in Jerusalem a few months later, Thomas is left in psychological limbo; seeking some manner of closure. He packs his bags and buys a one-way ticket to his lover's hometown. The piercing piano motifs, the lovely score, the restrained classicism make this a beautiful experience to watch (G. Lodge, Variety.com, 7/04/2017). Available at Waldman Jewish Public Library, JCC.



SRUGIM סרוגים SEASON 1, 2, AND 3

Srugim is fabulous "faith-based soap opera." The *Srugim* storyline follows a group of 30-something modern religious singles in the Katamon neighborhood of Jerusalem as they attempt to navigate the frequently contradictory worlds of contemporary

Israel and traditional observance. Viewers of faith will appreciate the sympathetic portrayal of the *dati* (religious) lifestyle and seeing moments of their daily experience brought to life on the screen for the first time—whether it be a typical Shabbat meal, the difficulties of conducting modest relationships, how one keeps a kosher kitchen, or the pressures and loneliness of being single in the marriage-oriented Orthodox world. At the same time, what makes *Srugim* work for more general audiences is that its protagonists are undeniably human. It is not judgemental, the characters are developed in depth, and the acting is superb. The series and its characters manage to strive for meaning and not merely entertainment. Five stars, watch it. Available on Amazon.ca Prime and at Waldman Jewish Public Library, JCC.

SPECIAL MENTION



HOSTILES

2017

This movie is an old-fashioned western with a modern sensibility. We have horses, whiskey and guns, and a conscientious attempt to reckon with the legacy of plunder and racism that flickers behind the legends and the mythology of the frontier. *Hostiles* aims

for epic grandeur, ethical clarity and also a measure of historical credibility. This is a riveting, absorbing movie, elegantly made with picturesque cinematography and a muscular, old-style musical score. I admired the sincerity and intelligence of the script and the acting. It asks the right questions; but offer no clear answers. Fascinating! Available on Netflix.ca.



MEDITATION PARK

2017

This movie is "a Vancouver Special." Written and directed by Vancouver's Mina Shum, starring Sandra Oh, a Vancouverite, Tzi Ma and Cheng Pei-pei, and it all takes place on Vancouver's East Side. Mina Shum has crafted a textured and charismatic portrait

of first- and second-generation immigrant life. Suspicious wife becomes an amateur sleuth and we follow her through Chinatown and Vancouver's Renfrew-PNE area. The movie is a compassionate look at marriage, families, aging and the immigrant experience. In English, Cantonese, and Mandarin, with English subtitles. Available at Black Dog Video.

GETTING TO KNOW YOUR MEDIA

Where to find movies, television series,
audio books, and podcasts.

Written by Dolores Luber



AMAZON PRIME

Amazon.ca Prime Video is now in direct competition with Netflix for your time and membership. Go to your amazon.ca account, click on “Your Prime”, Click on “Watch”, Click on your selection or write a title or a phrase in the search box. Press “Enter.” For example if you search for “Israeli movies” a long list of movies and documentaries will appear. The cost is about \$79 a year which includes two-day free shipping of all products bought on Amazon.



CBC GEM

The new entry into the streaming market is CBC GEM which offers hundreds of shows and streams live TV anywhere in Canada. Watch for free or upgrade to premium for \$4.99/month.

CBC Member FREE includes:

1. Stream all 14 local CBC TV channels live;
2. Watch full seasons on demand;
3. Access exclusive series;
4. Discover acclaimed Canadian feature films;
5. Enjoy ad-free kids programming and
6. Continue watching

on any device. For \$4.99 /month, add 7. Watch on demand episodes, ad-free and 8. Stream CBC news network live 24/7. Try free for 30 days.



CRAVE TV

Bell Media’s online streaming service CraveTV now costs \$9.99/month. It includes programming like HBO, Showtime, Starz and other premium content that makes Crave TV the best value of any streaming service available in Canada. It is the only place where you can watch *Game of Thrones* without cable packages.



NETFLIX

Netflix continues to dominate the field as it produces strong original content, both movies and television series. All of these streaming services entice cord cutters, people that forgo expensive cable packages to purchase cheaper online subscriptions.

Netflix features many not-to-be-missed documentaries, movies and television series:

Three Identical Strangers is the bizarre true tale of triplets (Jewish) separated at birth. The documentary starts in 1980, as a 19-year old Bobby Shafran attends his first day of university only to find unfamiliar classmates greeting him as Eddy. Eddy is an on-campus celebrity. Eventually, Bobby and Eddy meet and are contacted by David, whose adoptive mother noticed a pair of twins in the newspaper who looked exactly like her son, down to their shared pudgy hands. The question at the center of the film essentially concerns ‘nature versus nurture’. The brothers keep the film grounded in reality, which turned out far different than it looked when they got their first taste of fame on the talk show circuit. Watch it, you will never forget it. (Available on Netflix)

The Honourable Woman is a truly gripping Middle East thriller about a British-Israeli woman seeking to bring prosperity to the Palestinians. The director Hugo Blick avoids lazy pigeonholes of good and evil, exploring the complexities of the people involved in this taut and perfectly controlled 8-part mini-series. Maggie Gyllenhaal is captivating as Nessa Stein, a London-based heiress, she is remarkable playing a principled but conflicted woman. There is a complicated, convoluted mix of action, suspense and family melodrama which is portrayed with beautiful images and superb acting. A must-watch series. (Available on Netflix).



Shtisel שטיסל, a television drama, is about a Haredi family in the crowded and impoverished neighbourhood of Geula in Jerusalem. This show about people governed by strict Jewish law, following ancient customs and living in austere conditions became, for me, a very Secular Jew, an addictive, delightful experience. At the heart of *Shtisel* is the relationship between Shulem Shtisel, a recently widowed Talmud Torah principal, and his youngest son, Akiva, a bachelor who still lives at home. Akiva must find a bride. But, his artistic skills as a painter lead to a stipend, a studio and a solo exhibition. There are many additional strands of dramatic narrative involving other members of the extended Shtisel family. The series does not shy

away from dealing with real-life issues facing Ultra-Orthodox Israelis, such as the pressure to marry early and the difficulty of supporting large families. *Shtisel* became a huge popular success among viewers of all backgrounds, including some Ultra-Orthodox Jews without televisions who admitted to watching it via streaming video on the Internet. Oy Vey! Warning: Addictive, prepare to be glued to the screen. (Available on Netflix).



Bodyguard is a propulsive political thriller in six episodes imported from the U.K. Richard Madden is a security officer and military veteran. This show excels at both the daring, gasp-inducing twist and the methodical construction

of slower-burning thrills. The finale features a lengthy sequence of almost physically painful tension, a bravura bit of television that could only exist on a show in which we've been primed to understand that truly anything can happen. Scary, visually stunning and super television. (Available on Netflix).

Genius: Einstein, His Life and Universe is the dramatization of the life of Albert Einstein created by the National Geographic network. Not only did Einstein revolutionize physics, but he also lived during calamitous times, including two world wars, and had an eventful personal life. The 10-episode series creates a portrait of the very human fellow behind the immortal equation. The show repeatedly jumps from the older Einstein (Geoffrey Rush) to the younger, (Johnny Flynn) and from one actor to another. It is captivating, enlightening and a joy to watch. (Available on the National Geographic Channel and at the Waldman Jewish Public Library).

MEET OUR NEW BOARD MEMBER



Introducing Tony DuMoulin

Tony was born in Vancouver (amazing)! He is married, has two daughters and five grandchildren. A founder of the law firm of DuMoulin Boskovich, he practised commercial and real estate law for 40 years. He has a long history of intense involvement in Jewish organizations and municipal projects; for example, he helped begin the disabled parking program and public building accessibility program in Vancouver; he was a Board member and president of Congregation Beth Hamidrash; he

was a Board member and president of Performing Arts Lodge in Vancouver which provides rent-subsidized housing for retired members of the professional performing arts industry; and he was a Board member and chair of the Governance Committee, Vancouver Botanical Gardens Association.

He agreed to join the Board of JSA at the request of Ken Levitt, knowing of JSA's good works through his initial legal contact with Serge Haber in setting up the organization. He had also worked with Marilyn Berger at Canadian Jewish Congress. We enthusiastically welcome Tony to our organization. His expertise and willingness to help are evident to all who interact with him.

BETTER TRANSPORTATION FOR SENIORS

The Scourge of Loneliness

Written by Bob Markin

Sadie, an 85-year-old senior living alone, so-often tearfully recalls some of her favourite songs and their messages – Sammy Davis Jr. bellowing “There’s such a lot of living to do”, Lisa Minelli belting out “Life is a cabaret – come to the cabaret”, and especially, Louis Armstrong shouting out for everyone to “Just direct your feet to the sunny side of the street”. Unquestionably, good advice, it’s a world Sadie would ‘love to participate in’, but with her declining physical and mental capabilities, and especially because of inadequate transportation services for seniors constricting her ‘easily getting around town’, it’s a life largely unattainable for her and countless other elderly citizens.

Her being so-often alone, by herself – lonely – is of ‘paramount importance’: Britain recently instituted a government Ministry of Loneliness. Study-after-study, expert-after-expert, has affirmed that loneliness is a major societal problem significantly affecting the person’s overall emotional and physical health and well-being. This ‘scourge of loneliness’ can be alleviated, at least in part, when the Sadies of the world can confidently leave their residences and partake in reliable, efficient transportation services, systems which are easy-to-get-to, operate often, and safe (a very important element of this situation).

GOOD INTENTIONS AND REPORTS OF PROGRESS

To the rescue, with good intentions, reports of progress to-date, and many positive recommendations soon hoped to be implemented, comes the Mayors’ Council of Greater Vancouver, and the Seniors Advocate of B.C.

In an overall-look at transportation in Greater Vancouver, the city ranks high among major North American cities when it comes to its residents being close to frequent transit services. And, New Westminister Mayor Jonathan Cote reports that the initial phases of

the Mayors’ Council 10-Year Vision for Metro Vancouver Transit and Transportation, has made substantial progress. **However, we must also plan for new services in order to meet an anticipated future doubling of the growth in ridership.**

The Office of the Seniors Advocate of B.C. has issued a special Report – ‘*Seniors’ Transportation—Affordable, Appropriate and Available*’. Written by Isobel MacKenzie, it puts forth a unique proposal as well as many encouraging refinements to a variety of transportation services, all of which might best be viewed in the context of the ‘absolute importance’ of helping seniors, such as Sadie, ‘Living life’, and ‘Coming to the Cabaret’.

THE REPORT RECOMMENDS THAT:

- Seniors who are not driving – and this includes the majority of those over age 85 – receive up-to-date information from the Province and ICBC about



Peggy Casey, a senior who is legally blind, uses the transit system six to seven times a month to travel from the West End. Photo Dan Toulgoet

transportation alternatives and other community support.

- To help drivers age-80-and-up take the required Drivers Medical Examination Report in order to keep their licenses, physicians should be reimbursed a standard rate from the Province and the range of health-care professionals that can conduct the DMER be increased.
- Local governments support 'Pedestrian-Friendly Communities' which include easily-assessable shops and services for seniors; wide, well-maintained side-walks, with curb-ramps, longer pedestrian crossing-times at intersections; and sufficient public-rest-rooms and benches.
- Expanded support be given for Volunteer Driver Programs (social-service and community-based organizations transport seniors to and from medical appointments etc.), and the Report urges tax-deductions for those who drive their family members, friends or neighbours to health appointments.
- A 'Seniors' Bus Buddy Program' should be instituted to help seniors, many of whom haven't used public-transit for 60 years, to transition to using public transportation. Seniors ought to receive an annual bus-pass, the fee based on income; transit drivers must be specifically trained on meeting seniors' needs; and there should be more benches at bus-stops.
- Taxi-saver vouchers' should be available to all who qualify and be accepted by all taxi companies. A brief to the City of Vancouver's Seniors' Advisory Committee suggests



Study-after-study, expert-after-expert, has affirmed that loneliness is a major societal problem significantly affecting the person's overall emotional and physical health and well-being.

implementation of 'ride-share services' such as Uber and Lyft, which are anticipated to be approved in the city later this year.

IMPROVEMENTS FOR THE UBIQUITOUS 'HANDY-DART'

The advance-arranged multi-passenger bus service taking seniors to medical appointments etc., has been beset by various organizational problems and numerous complaints of driver and dispatcher shortages. The Report recommends an increase in Handy-Dart services; a review of its fees to ensure that cost is not a barrier for low-income seniors; and urges that users are able to easily access the service regardless of where they were initially registered.

Long-time Vancouver transportation advocate Nathan Davidowicz recommends expanding its services to all B.C. seniors, doubling its taxi-saver program from \$100 to \$200 per-month, and returning its operation to the public-sector.

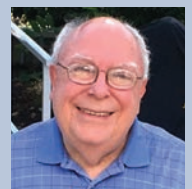
The Report's final, unique and major, recommendation: Stressing that "Seniors who have stopped driving and are not able to use public-transit or taxis are arguably

at the greatest risk for becoming isolated", Mackenzie recommends using the infrastructure of the existing provincial 'Home Support Program' to establish a new easily-formed-and-operated cost-effective program of 'Escorted Community Drives for Seniors'.

This service would have the government arranging for and helping to pay for seniors to be driven to medical and other important appointments. It would focus on low-income seniors whose needs cannot be met through traditional transit or through family and friends. The goal is to allow seniors to participate in activities, thus to avert loneliness. Yes, all wonderful news for Sadie. May there be many wonderful travels for dear Sadie as she happily and safely 'comes to the Sunny Side of the Street' – To Life!

Bob Markin

served on the Editorial staff of the Jewish Western Bulletin



for 16 years, and has written numerous free-lance stories and articles throughout the years. He is a member of the editorial committee of *Senior Line*.

THE CHALLENGES OF AGING ALONE: THE SOLO SENIOR

Written by Rita Roling

IF YOU AGE SOLO MAKE SURE YOU CREATE A SAFETY NET

Sven and I met many years ago when we both attended a workshop. Although our private lives are vastly different, we have kept in touch. Sven grew up in Sweden, and as I lived in Stockholm for several years we are able to reminisce about the “old country” in Swedish. Sharing a non mainstream language and culture creates a bond that opens the door for more intimate conversations and that is what occurred when we last met. “I am about to retire” Sven said “and I am afraid of what will happen to me. I live alone, have no relatives and my only friends are those from work. Who will know if I get sick or have a bad fall? If I don’t show up for work someone from the office will call and ask why I am not there, but when I retire there is nobody.” Sven said that he had never thought about growing older and being alone. He had made no plans for life after retirement and felt confused, frightened and at a loss. My friend was on the threshold to enter the world of elder orphans.

Rob Carrick, of *The Globe and Mail* defines elder orphans as a “term for people who are aging without a spouse or children.” This demographic group is also referred to as solo agers. It used to be that marriage and family was a guarantee against growing old alone. Spouses cared for each other

and when this was no longer feasible, adult children would step in. But society is not static. The latest Canada census (2018) tells us that: one in four marriages ends in divorce, more adults choose to stay single and childless, birthrates are declining, and longevity rates are increasing. Family dynamics also change; some members may be estranged, others leave their home communities to seek opportunities elsewhere. Thus it is not a ‘given’ that families will always provide that security blanket.

All elder orphans deserve to have dignity and as good a quality of life as possible. ”

CREATE A COMPREHENSIVE REALISTIC PLAN

Carol Marak is a strong advocate for elder orphans. She adamantly urges single seniors to create an honest long-term care and retirement plan. She suggests that besides the contact information of your medical care-givers the plan should include: the name of the person(s) who will advocate for you, a budget which will allow you to

live within your means, personal safety and medical intervention preferences, transportation and preferred housing needs, and your likes and dislikes. Upon completion of this difficult and soul-searching task, give one copy to your trusted advocate and hang another one on the refrigerator door. Expect to amend it because as time goes by your needs may change.

ISOLATION IS A LOOMING PUBLIC HEALTH THREAT

Janet Adamy and Paul Overberg in their article in the *Wall Street Journal* examine possible repercussions for older solo seniors. “Baby boomers are aging alone more than any generation in U.S. history and the resulting loneliness is a looming public health threat...Social isolation takes a physical toll, and is as closely linked to early mortality as smoking 15 cigarettes a day or consuming more than six alcoholic drinks a day. Loneliness is even worse for longevity than being obese or physically inactive.”

THE HARSH REALITY REQUIRES ACTION NOW

Some new approaches have already taken place. In 2002 a group of Boston seniors formed a supportive “village” so they could help each other with networking, social activities and old-age planning. This village has now mushroomed into 350 groups known as the **Village to Village Network**. **Meals on Wheels America** has developed an app to track meal recipients who share that they feel isolated. If consenting they are referred to a care coordinator. Closer to home, the **Jewish Seniors Alliance** delivers several supportive services for seniors such as peer counseling, friendly visitors, and regular phone calls. Several non-profit

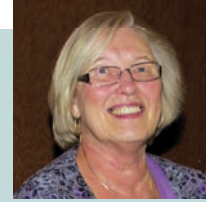
organizations operate wellness clinics where older adults can have their blood pressure measured, receive dietary and other health information and have coffee and chat with peers. A practical solution to evade loneliness is house-sharing. An older person with extra space offers to rent a room at a reduced rate in exchange for minor chores and companionship. Some community organizations administer home sharing rental registries and will make suitable recommendations. Many seniors live on a small income and may have a hard time to make ends meet, so renting out space may be a win-win situation.

Judith Graham of the *Washington Post* cites a survey by Dr. Maria Carney which indicates that 22 percent of older US adults will age alone. Of the

500 surveyed, 70% had not prepared a retirement plan or identified an individual who would step in and help when needed. Sadly, 35% stated that they did not have friends or family to help them cope with life's challenges." All elder orphans deserve to have dignity and as good a quality of life as possible.

Ms. Marak, as the chief public relations officer for the Elder Orphan Facebook Group, challenges all levels of government, policymakers, and business leaders to develop solutions that will improve lives and allow people to age successfully. She is not alone, Rob Carrick calls for the "personal finance world to step up their game in the provision of advice tailored to solo seniors." Just like it takes a village to raise a child, it takes

a village to support elder orphans. Medical intervention alone can easily depersonalize individuals but when it is in combination with the media, legal, financial, governments and other social support systems, it can be effective and empowering.



Rita Roling worked in the social service field

for over three decades. She is a firm believer in volunteerism and has for many years been actively involved with the Jewish Seniors Alliance. She is an executive of JSA and a member of the editorial committee.

HAPPY PASSOVER

Ken Levitt, the Board of Directors, and staff of the Jewish Seniors Alliance, wish you and your family joy and togetherness this Passover.

Send a Mitzvah Card and Support JSA
Mitzvah Cards begin at \$18. To order call 604.732.1555

604.732.1555 | office@jsalliance.org | www.jsalliance.org

Seniors growing from the ground up.
Help JSA build a strong Foundation.

SENIORS STRONGER TOGETHER

Make a generous tax deductible donation to the newly established Jewish Seniors Alliance of Greater Vancouver Foundation

JEWISH SENIORS ALLIANCE



ONGOING EVENTS

Pull out this section and keep it for future reference!

SAVE THE DATE

JSA SNIDER FOUNDATION EMPOWERMENT SERIES

4: Writing Our Own Stories

DATE: **Wednesday, May 15th**
TIME: **11:45 am**

PLACE: **Temple Sholom Synagogue**
7190 Oak St, Vancouver

(See inside back cover for more information)

5: Duelling Pianists

DATE: **Monday, June 24th**
TIME: **12:00 pm**

PLACE: **Beth Tikvah Synagogue**
9711 Geal Road, Richmond

SPRING FORUM: Masks, Revelation, and Selfhood

DATE: **Sunday, May 26th**
TIME: **1:30 pm Registration**
2:00 pm Program

PLACE: **Peretz Centre**
6184 Ash Street, Vancouver

(See back cover for more information)

L'CHAIM ADULT DAY CENTRE
950 W 41st Avenue
CONTACT: Leah Deslauriers 604-638-7275
lchaim@jccgv.bc.ca, www.lchaim.ca

MONDAY AND WEDNESDAYS

9:00-3:00 pm

FRIDAY

9:00-2:00 pm

JEWISH FAMILY SERVICES

CONTACT: Queenie Hamovich
qhamovich@jfsvancouver.ca 604-558-5709

A WEEKLY HOT KOSHER LUNCH & PROGRAM OF INTEREST

First and third Tuesdays at Temple Sholom.
Second Tuesday at Beth Israel. Cost \$13.
Last Tuesday of the month at Peretz Centre,
featuring Monthly Film presented by the
Vancouver Film Centre. Reserve in advance.
Subsidies available. Volunteer drivers
available if needed.

JEWISH COMMUNITY CENTRE
ADULTS 55+ PROGRAMS
950 W 41st Avenue 604-638-7283
www.jccgv.com/content/adult-programs

MONDAY

1:00 - 3:30 pm
April 1, 8 and 15
Advanced Canasta Tutorial
Class

1:00 - 4:00 pm
Canasta

1:00 - 4:00 pm
Poker

1:00 - 4:00 pm
Mah Jongg

TUESDAY

9:30-10:30 am
Chair Yoga

10:30 - 12:00 pm
May 14-June 18
Beginner/Refresher
Bridge Classes

11:00 - 2:30 pm
Duplicate Bridge

1:00 - 3:00 pm
April 9 & 23, May 7 & 21,
June 4 & 18
Circle of Friends for
Women

WEDNESDAY

10:30 am - June 26
Peter Fisher, Violin,
in Concert

9:30 - 10:30 am
Chair Yoga

10:45 - 12:45 pm
March 27 - May 29 (no
class April 10 & 24)
Bridge Fundamentals
(intermediate) Classes

10:45 - 12:45 pm
May 15 - June 26
Advanced Bridge
Classes

1:00 - 3:30 pm
April 3 & 10, May
1-29, June 5-19
Mah Jongg Tutorial
Class

1:00 - 4:00 pm
Mah Jongg

1:00 - 4:00 pm
Canasta

1:00 - 4:00 pm
Poker

THURSDAY

7:00 - 10:00 pm
April 11
Mah Jongg &
Margaritas Party

6:30 - 10:00 pm
May 23
Canasta Pasta
Dinner & Party

11:00 - 3:00 pm
June 20
Marjorie Groberman
Memorial Duplicate
Bridge Classic & Lunch

10:00 - 12:00 pm
Supervised Bridge

11:00 - 2:30 pm
Duplicate Bridge

FRIDAY

11:00 - 2:30 pm
May 3
Duplicate Bridge Day for First
Timers & lunch

9:30 - 10:30 am
Shabbat Chair Yoga

11:00 - 1:00 pm
Supervised Bridge

CHABAD OF RICHMOND
200-4775 BLUNDELL ROAD
(ACCESSIBLE BY CHAIRLIFT)
CONTACT: Rabbi Yechiel Baitelman
admin@ChabadRichmond.com
604-277-6427

TUESDAY

Weekly Torah Classes - 11:00 - 12:00 pm

Community Kitchen - 12:30 - 2:30 pm
Lunch \$6 - 4th Tuesday of each month,
RSVP 1 week in advance

WEDNESDAY

Arts Club for Women - 1:00 - 3:30 pm

THURSDAY

ESL Classes - 9:30 - 11:45 pm

Please phone for registration

Lunch and Learn: Ethics of Our Fathers
12:00 - 1:30 pm, May 9 & June 6. Lunch \$8

SATURDAY

Torah Studies Class - 1:30-2:30 pm

CHABAD RICHMOND - "SMILE ON SENIORS"
CONTACT: Pat Hoffman
604-273-0526 or 604-277-6427
www.chabadrichmond.com/Seniors

ALTERNATE THURSDAYS 11:00-2:00pm
Hot Kosher Lunch \$10 - Movies, Music,
Guest Speakers. RSVP one week in advance.
April 4 & 11, May 2, 16 & 30, June 13 & 27

KEHILA JEWISH SENIORS - RICHMOND
BETH TIKVAH SYNAGOGUE,
9711 GEAL ROAD, RICHMOND, BC V7E 1R4
CONTACT: Toby Rubin
604-241-9270 or kehila@uniserve.com
www.kehilasociety.org

Monday April 15 - Passover Seder, Cost \$12

MONDAY

11:00-11:45 am
Easy Fun Seniors Exercise

12:00-1:00 pm
Kosher lunch - \$10

1:00-2:00 pm
Speaker/entertainment

Every 3rd Monday of the month
Wellness Clinic from 9:00 - 12:00 pm
BOOKING ESSENTIAL call Marlene 604-
275-7543 or Ruth 604-271-1973

VANCOUVER FILM CENTRE

CONTACT: robert.albanese@vjff.org
604-266-0245 www.vjff.org

Film Screenings - Last Tuesday of the
Month, 1:00pm at Peretz Centre. Hosted
by Vancouver Jewish Film Festival

MARCH, APRIL, MAY, JUNE 2019

JEWISH MUSEUM AND ARCHIVES OF BC
 6184 Ash Street, Vancouver, V5Z 3G9
 CONTACT: Marcy Babins, Administrator 604-257-5199
 www.jewishmuseum.ca info@jewishmuseum.ca

JEWISH GASTOWN WALKING TOUR

Sundays at 11:00 am, cost \$15. Full details and registration at:
<https://jewishmuseum.ca/programs/historic-walking-tours/>
 April 7, June 9

JEWISH STRATHCONA WALKING TOUR

Sundays at 11:00 am, cost \$15. Full details and registration at:
<https://jewishmuseum.ca/programs/historic-walking-tours/>
 April 28, June 30

MOUNTAIN VIEW CEMETERY WALKING TOUR

Sundays at 11:00 am, cost \$15. Full details and registration at:
<https://jewishmuseum.ca/programs/historic-walking-tours/>
 June 16

CROSS CULTURAL TOUR OF STRATHCONA

Sundays at 10:00 am, cost \$15. Full details and registration at:
<https://jewishmuseum.ca/programs/historic-walking-tours/>
 May 5, 12, 19 & 26

GENEALOGY SUNDAYS - In partnership with the Jewish Genealogical Society of BC - Last Sunday of every month

1:00pm - 4:00pm, Free - by appointment only

VOLUNTEER OPPORTUNITIES

Volunteer opportunities available - flexible hours, free training!
 Please contact us at 604-257-5199 or info@jewishmuseum.ca.

JEWISH GENEALOGICAL SOCIETY OF BC
 Temple Sholom, 7190 Oak Street, Vancouver
 CONTACT: 604-257-5199

FREE access to our databases--(ancestry.com, findmypast.com and footnote.com) and computer, at Jewish Museum & Archives of BC. Phone for appointment, 604-257-5199

Meets First Tuesday of the Month at Temple Sholom 7:30 pm

HAR EL - NORTH SHORE CENTRE FOR JEWISH LIFE
 1305 Taylor Way, West Vancouver
 CONTACT: Natali 604-925-6488, ext. 2 office@harel.org

Wednesdays - 11:00 am	Rabbi Music Class
April 30 - 10:30 am	Yoga
April 14, May 26 - 2:00 pm	Creekside Conversation

MOST BRIDGE RUSSIAN JEWISH SENIORS
 PERETZ CENTRE 6184 Ash Street, Vancouver, V5Z 3G9
 CONTACT: Yuriy Rubin yuriy_rubin@mail.ru

April 14 - 1:30 pm	Lecture about Our Health by Prof. Illiasov
May 19 - 12:00 pm	Celebrating Victory Day
June 15 - 10:00 am	Nature Drive - Bus Leaving Peretz at 10 am

ISAAC WALDMAN JEWISH PUBLIC LIBRARY
 950 W 41st Avenue library@jccgv.bc.ca
 CONTACT: Helen Pinsky 604 257-5181
 Website: www.jccgv.com/art-and-culture/library
 Online Catalog: www.jlbc.ca Facebook:www.facebook.com/iwjpj

WEDNESDAYS

10:30-12:30 pm	SHIRLEY STEIN'S NEWS AND VIEWS - Discussion group about current affairs and global politics.
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THURSDAYS

2:30-4:00 pm	BASIC CONCEPTS AND HOW-TO'S OF YOUR COMPUTER - June 6 & 13
--------------	--

2:30-4:00 pm	NAVIGATE THE INTERNET - May 9, 16, 23 & 30
--------------	--

1:00 pm - Fourth Thursday each Month	LIBRARY BOOK CLUB - Contact Library for current book list. April 25, May 23, June 27
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TECHIE HELP - Bring your device and get hands-on training. Weekdays - Call or email for appointment.

We are accepting donations of used books (English with Jewish Content) and DVDs in good condition. Please note that we cannot accept VHS, phonograph albums, encyclopaediae or books in poor condition.

BETH ISRAEL DAYTIMERS
 Congregation Beth Israel, 989 West 28th Avenue, Vancouver, V5Z 0E8
 CONTACT: Rabbi Infeld 604-731-4161 info@bethisrael.ca

Tuesdays - 1:30 pm	Discussion Group
Wednesday - 12:00 pm	Lunch and Learn April 10, May 15, June 12
Thursdays - 1:00 pm	Games Afternoon
Thursdays - 7:45 pm 2nd and 4th of the month	Tea and Talmud

PERETZ CENTRE FOR SECULAR JEWISH CULTURE
 6184 Ash Street, Vancouver, V5Z 3G9
 CONTACT: Donna Modlin Becker
 604.325.1812 info@peretz-centre.org

FRAYTIK TSU NAKHT SECULAR SHABBES OBSERVANCE
 FRIDAYS AT 6:00 PM - May 10, June 21

April 13 - 5:30 pm	Peretz Community Seder
April 18, May 23 - 7:00 pm	Radical Reading Lecture Series - \$20
June 9 - 2:00 pm	Jewish Folk Choir - 40th Anniversary Spring Concert - \$20
First and Third Wednesday of the Month - 11:00 am	Yiddish Reading Group
Tuesday - 7:30 pm	Vancouver Jewish Folk Choir
Second and Fourth Saturday of the Month - 10:30-12:30 pm	English Language Exploration of Jewish Writers

SHOLEM ALEICHEM SPEAKER SERIES
 CONTACT: Gyda Chud 604-266-0115

FRIDAY 11:30am - Peretz Centre
 Guest speakers, films, discussions and refreshments.



WHERE TO GO FOR HELP

www.jsalliance.org/resources/where-to-go/

JSA is committed to providing resources for seniors seeking assistance or information. Visit our website www.jsalliance.org for a comprehensive list of services available to seniors:

- Emergency Services
- Medical Information and Referral Services
- Legal, Financial and Elder Abuse Services
- Housing, Rental and Mortgage Deferral
- Counselling and Support Services
- Transportation
- Nutrition, Food and Meals
- Information and Support Services



24 HOURS 7 DAYS A WEEK EMERGENCY PHONE NUMBERS:

- 911** Provides emergency dispatch services to Police, Ambulance and Fire
- 811** Health Link BC registered nurses can help you with non-emergency health topics and concerns
- 1-800-567-8911** Poison Control provides assistance if you suspect that someone has been poisoned
- 604-872-3311** The Crisis Centre and Suicide Prevention Centre can assist you if you are in emotional distress
- 1-800-273-8255** National Suicide Prevention Lifeline provides confidential emotional support to people in suicidal crisis

For a more comprehensive listing of all services available for seniors in B.C, please inquire about the **BC Seniors' Guide**, a booklet published by the Government of British Columbia. Telephone Government of BC: **1-800-663-7867** www.SeniorsBC.ca

PASSOVER BLONDE BROWNIES

This delicious recipe is great for passover and all year round.

Contributed by Debbie Rozenberg



INGREDIENTS:

- 3 Eggs
- 1/2 Cup Sugar
- 1/2 Cup Cake Meal
- 1/2 Teaspoon Salt
- 1/8 Teaspoon Cinnamon
- 1/2 Cup Chocolate Chips

DIRECTIONS:

- Beat eggs and sugar together.
- Fold cake meal, salt, cinnamon, and chocolate chips into mixture.
- Line 8x8 pan with parchment paper.
- Pour mixture into pan.
- Bake at 350°F for approximately 1/2 hour until top is golden brown or springs back lightly when touched.
- Let cool and cut into squares.

Enjoy!

CARTOON CAPTION CONTEST

CONGRATULATIONS TO OUR WINNER: ALEX KLINER!

Thanks to everyone for your creative efforts!



"It's a one-word history of Jewish survival."

OUR RUNNERS UP:

"You invite me and pass me the check!"

- Paul Brosgall

"My mother-in-law. I told her 'My house is your house,' so she sold it!"

- Alex Kliner

"That is a very cheeky question?"

- Hugh Nathan

1. "Is when a person, convicted of stealing a million dollars, asks the Court for the interest earned on the money while in his possession, so that he may pay his legal fees."

2. "If you have to ask, you're obviously not Jewish."

- Gerald J. Lecovin



The CARTOON KRONICLES

Write a caption for the cartoon and send it to us
by mail or email

Jewish Seniors Alliance

949 West 49th Avenue, Vancouver, BC V5Z 2T1

Email: office@jsalliance.org

Be sure to include your name and address. The author of the winning caption will receive a JSA T-shirt and two Tribute Cards worth \$18.00 each to send to family or friends. We will publish the cartoon with your caption in the next Senior Line.

PEER SUPPORT SERVICES

VOLUNTEER PROFILE: ERIC SCHWARTZ

Interview by Grace Hann



Eric Schwartz

Feeling the crackling snow beneath my feet as I cross country skied across a frozen lake and snowshoeing through the forests of the Northern Laurentians was the ultimate nature experience! Observing nature as the porcupines hobbled in the trees looking curious as I skied by! What could be better! With summers spent swimming

and paddling those same lakes, growing up in Montreal provided great nature landscapes with the Mountains close by!

Attending a Jewish Day school provided me with a deeper understanding of the language and history of the Jewish people. A summer trip to Israel and activities in Habonim Youth ignited my connection with Israel and led me to spend a year after high-school living on a Kibbutz in the Arava Desert. There, I developed my connection to this new and harsh landscape. It seemed a perfect fit for me to study the Environment when I returned and ultimately pursued studies at the University of Waterloo. During a semester at Ben Gurion University in Beer Sheba I understood this was where I would pursue my dreams. On finishing my degree, a year in Toronto earned my passage and shipping, and I was off with my bike to ride through Yugoslavia and Greece on my way to my new life Israel.

I lived in Jerusalem, Haifa, and Netanya, initially working for the New Ministry of Environment developing computer mapping systems, which I continued as an IT Consultant, married and settled into a comfortable life. Life never stands still! After 14 years, it was again time for a change, and we packed up and came to Canada. Vancouver was the city which captured my heart and was a perfect fit for me. The great outdoors was a magnet and I could Kayak any day!

I researched volunteering opportunities and got in touch with JSA and did their training. It was here that I prepared myself for tackling the human element which was so different from the technical work I had preferred. JSA gave me confidence and strength to explore a part of me that was outside of my comfort zone. Through the training, I was able to gain the tools necessary to help my aging parents.

These days, I continue to Kayak and enjoy nature and I continue to be active in environmental and conservation work. Yoga and renovation work allow me to enjoy my body in new ways. While I continue my IT and PM consulting, I am also spending more time helping people and doing more outreach. I've coordinated Vancouver Homeless Counts and just recently took great joy in bringing election polls to the City's homeless shelters and Drop In centers. What a thrill to be empowering disadvantaged young people to vote for the first time! My map will continue to be drawn!

“Even if you just change one life, you’ve changed the world forever.” – Mike Satterfield

Grace Hann is the trainer of volunteers of Senior Peer Support Services. She has been training volunteers and supporting seniors for the past 20 years.



VOLUNTEER PROFILE: JAY STEWART

Interview by Charles Leibovitch

“Inspired by her grandmother and mother to volunteer and give back to the community.”

A few years ago, Jay saw an ad in The Courier inviting older adults to take a training course with Grace Hann at Jewish Seniors Alliance. Jay signed up and found Grace's training to be exceptional. In addition, the rapport, camaraderie and sense of community that evolved both during the training and afterwards was the best Jay had ever experienced in her years as a volunteer. She was impressed with Grace's continued support once she started seeing clients and attending the bimonthly volunteer meetings. Jay Stewart has been an active and devoted Senior Peer Counselor for Jewish Seniors Alliance Peer Support Services ever since.



Jay Stewart

Born in Charlottetown, P.E.I., Jay went to school there before beginning her journey west. She lived briefly in Toronto before making Vancouver her home in 1965. She arrived by train and was able to appreciate this vast beautiful country of ours. Jay has always been a people person. She began her career as a private

secretary, then worked as a secretary at VGH. Jay later worked in customer service at the airport until she retired at the age of 72.

Jay is descended from a line of women including her grandmother and mother who naturally gave to their community and helped others in need. Jay always had a good rapport with seniors. As a child, she grew up in her grandmother's house where several senior women would drop by to socialize and play bridge with her grandmother. Most importantly, Jay's grandmother was her mentor.

A few years after Jay moved to Vancouver, she returned to her grandmother's home for a visit and became aware and concerned about a change in her grandmother who was exhibiting signs of dementia. Jay was shocked by how much her grandmother had changed physically. This experience gave her a greater appreciation of her grandmother's life and legacy and the legacies of other seniors.

Due to her early life experiences, Jay developed a continued interest in helping seniors. As a volunteer, Jay remembered a saying her mother would tell her from an early age: you get more from people with honey than you do with vinegar. This approach coupled with Jay's wonderful sense of humor resulted in her ease at making meaningful connections with the staff, other volunteers and her clients at JSA. Jay feels strongly that seniors and their stories and contributions should be celebrated and appreciated. She tries to convey that sense of esteem to everyone she works with.

Charles Leibovitch, MSW, is JSA's Senior Peer Support Services Coordinator. He initiated the Program in December 2011. He has a long history of caring for seniors.



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PEER SUPPORT SERVICES



Peer Services offer direct programs which are designed to empower, to encourage and to improve the quality of life for seniors.

Peer counselling is a one-to-one service of emotional support, provided by specially trained volunteers who are supervised by professional staff.

604-267-1555
www.jsalliance.org

The peer counsellors provide emotional support to you if you are experiencing:

- loneliness and isolation
- grief and loss
- housing transition or relocation
- health related challenges and aging concerns
- a need to connect to your community
- depression and anxiety
- isolation from friends and family

The volunteer counsellors support by:

- visiting you in your home
- not judging
- not advising
- helping you understand your issues and finding coping skills and strategies

ALL PEER SERVICES ARE CONFIDENTIAL AND OFFERED AT NO COST.

Peer Counselling

JSA provides several peer counselling training sessions per year. Upon successfully completing 55 hours of intensive training the graduates receive a Peer Counselling Certificate.

- Peer counsellors are interviewed, screened and matched with appropriate clients.
- Counselling sessions are generally provided on a weekly basis.
- All volunteers receive ongoing training, support and supervision by professional staff.

Friendly Phone Call

Many older individuals experience feelings of loneliness and social isolation. JSA can provide you with a trained volunteer who will contact you on a regular basis and listen to what you have to say. Volunteers are able to provide you with community resources and social support.

Please Note: All volunteers must provide a criminal records check.

Community Support Friendly Visitor

JSA provides trained volunteers to make regularly scheduled home visits to seniors and to older shut-ins who express loneliness and social isolation. The services are designed to reduce feelings of isolation and to promote connection and/or re-entry into the community at large.

- The Friendly Visitor services allow time for conversation, companionship and social support. Visits may take place either in clients' own homes or in the greater community.
- Friendly visitors may accompany clients to medical appointments, social and cultural functions.

Information Referral Line

604-267-1555

This telephone information line is available for seniors, their families and significant others during regular business hours. JSA has an extensive language bank; thus if you require service in a language other than English it may be arranged.

LOOKING FOR A MEANINGFUL VOLUNTEER OPPORTUNITY?

JSA is accepting applications to the following programs:

Friendly Home Visitor and Senior Peer Counselling

Learn active listening skills, effective communication, and be matched with a senior in the community in need.

FOR INFORMATION AND DATES CALL: Grace Hann or Charles Leibovitch
604-267-1555 or 778-840-4949



HUMOUR!

THE COMPUTER SWALLOWED GRANDMA

We do not stop playing
because we grow old;
We grow old because we
stop playing.

APROSDOKIANS are figures of speech in which the latter part of a sentence is unexpected:

Where there's a will, I want to be in it.

If I agreed with you, we'd both be wrong.

Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.

A clear conscience is the sign of a bad memory.

I used to be indecisive. Now I'm not so sure.

Nostalgia isn't what it used to be. Nor is there any future in it.

Change is inevitable, except from a vending machine.

Finally: I'm supposed to respect my elders, but it's getting harder and harder for me to find one now.

I am not arguing with you, I am explaining why you are wrong.

The computer swallowed Grandma,
Yes, honestly it's true!
She pressed 'control and 'enter'
And disappeared from view.

It devoured her completely,
The thought just makes me squirm.
She must have caught a virus
Or been eaten by a worm.

I've searched through the recycle bin
And files of every kind;
I've even used the Internet,
But nothing did I find.

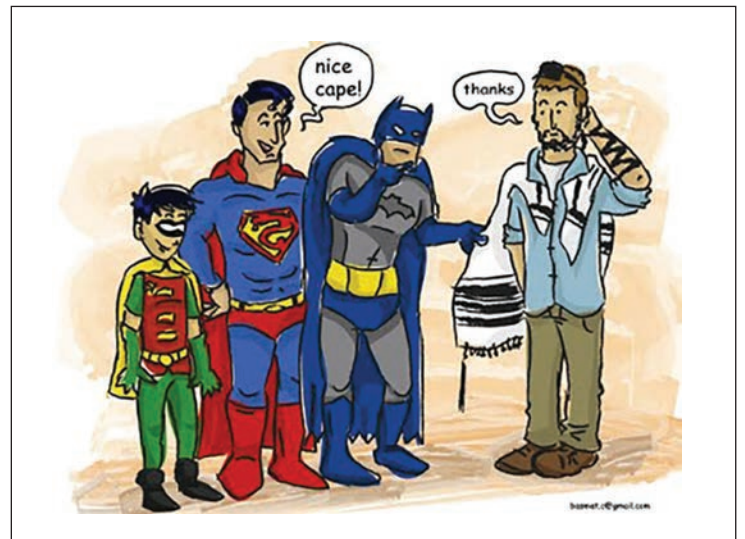
In desperation, I asked Mr. Google
My searches to refine.
The reply from him was negative,
Not a thing was found 'online.'

So, if inside your 'Inbox,'
My Grandma you should see,
Please 'Copy, Scan' and 'Paste' her,
And send her back to me.

*This is a tribute to all the Grandmas
& Grandpas, Nannas & Pops, who
have been fearless and learned to use
the Computer.*



“Jewish Olympic Swimmer”



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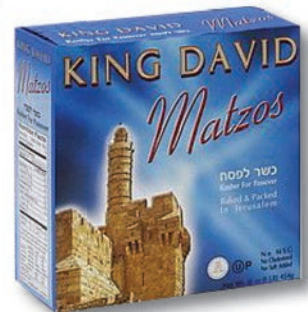
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 /TeamKosherVancouver

ASK HANNAH:

Your Personal Advice Column

Written by Hannah, M. Sc. Counselling
Email: hannah@jsalliance.org

HOW MUCH MONEY SHOULD WE HAVE LEFT WHEN WE DIE?

Dear Hannah,

My husband and I are fighting over a very important issue: How much money should we have left when we die? We are in our early 70's, retired in comfort. I have a bucket list of things I want to do. The three children are married with kids and stable employment. I want to travel, have some fun. My husband is more conservative. He is happy playing golf twice a week and eating out once a week. He is worried about outliving our money.

- *Bucket List enthusiast*

Dear Bucket List enthusiast,

Oh my! This is a hard one. First thing, it is an excellent idea to deal with this issue now and figure out how much you can spend and how much you need to save. Dan Healing (*Vancouver Sun*, 8/13/2018) puts it this way: #1. Retirees should ensure they leave enough to handle their funeral expenses, possibly by buying insurance. #2. It is up to the individuals, whether they will leave anything for their heirs. You can give it to them now or set it aside for later. #3. In the early 10 years of retirement, the 'go-go years', travel seems to be very important. People spend money. #4. The second 10 years, the 'slow-go years', things are moving a little slower, and maybe you have some health issues which require attention. #5. When you get into your 80's those are the 'no-go years.' People usually like to stay close to home. If you have regular pension-fund money coming in, you can relax.

However, if your retirement is funded with savings, you must be careful.

In general, spending grows between the ages of 65 – 74, and then slows down for most of the next 20 years. It is important to adjust your spending depending on how your investments are doing, and not adopt one simple budget for the entire time. Each case is different. I suggest you consult a financial advisor to make sure that both of you are financially comfortable and are able to enjoy the time that you have together.

HOW CAN I AVOID OVERTOURISM?

Dear Hannah,

I want to travel, to Europe, to the Machu Picchu, to Bali—but a couple of friends told me of some negative experiences they had on their trip to Europe, overcrowding at landmark tourist sites, waiting forever to enter a museum or a restaurant, and worst of all, signs on buildings saying that tourists were not welcome. What is going on? How can I avoid these unpleasant occurrences?

- *Avoiding Overtourism*

Dear Avoiding Overtourism,

The world began to hear of "overtourism" in 2017 when there was a sudden backlash from local residents against the onslaught of increasing numbers of tourists to places such

as Barcelona, Venice and Dubrovnik. There were marches in the streets and graffiti on the walls saying "tourist go home"; one island banned all tourists. Causes of overtourism are many; cheap flights to Iceland and in Europe, giant luxury cruise ships which disgorge thousands of passengers at once and the publication of "bucket list" destinations which became trendy and very popular. The places to avoid are Palma de Mallorca, Paris, Kyoto, Berlin, Bali and Reykjavik.

The solution can be to travel as a responsible tourist; two things to think about, the place and the time. Spain, Italy, Iceland and Croatia have all been in the news as victims of overtourism, but in each case, this is extremely localized. Barcelona is jammed, and many of its residents are understandably fed up, but Spain is a surprisingly large country. Many of its cities are not at all crowded with tourists. Better still, head out into the villages and mountains for a real glimpse of the country away from the mainstream hordes. Not only will you have a much more realistic insight into daily life in Spain; but in many small pueblos you'll be eagerly welcomed as one of the few tourists to arrive. There are many places around the globe that need, and want, more tourists. And, if you absolutely have to go to one of the more popular places, do not travel during peak season. Do your homework, (google "overtourism"), travel responsibly, do not become part of the problem. *Bon Voyage!*

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SEX AFTER SIXTY: THE SHAPE OF DESIRE AND HOW IT CHANGES AS WE AGE

Written by Marni Jackson

Oh boy. Just typing that title makes me want to flee into the kitchen to eat four squares of dark chocolate. The phrase “sex after sixty” sounds like either a sentence, or a prescription. So let’s call it something else: How about “The Shape of Desire – and How it Changes As We Age.”

In the meantime, I can talk about this book, *A Frenchwoman’s Guide to Sex After Sixty* by Marie de Hennezel and how it made me feel. I opened it with trepidation, because even the slightest cultural pressure to have fabulous sex after a certain age raises my hackles. One of the payoffs of getting older, after all, is the freedom that comes with it—the freedom to stop playing roles, to stop only pleasing others, and to be true

to your own desires. I don’t want to be chasing my twenty-year old self forever.

Luckily, Ms. Hennezel and I agree on most counts. It’s a curious book, insouciant and casual; her research involves little more than chatting up friends or couples she happens to meet. She raises an elegant French brow at the now universal practice of internet dating, and she seems to have never heard of Tantric sex, a meditative form of coupling that postpones orgasm. Nevertheless, the author gamely signs up for an all-women Tantric workshop and eventually flings off her sarong along with everyone else (but stops there).

Hennezel’s main point is that sex after sixty should be more free-style and less about achieving orgasm. Desire will surface, she writes, if you let it happen, and allow it to take its own shape. Older sex is more about expressing tenderness and intimacy. I was not surprised when she found that many younger readers were drawn to this paradigm too. The hook-up culture can be a chilly world.

“We must let go of what we know, forget about sexual performance and old fantasies, and “let love happen,” Hennezel writes. “In other words, we must learn to take pleasure as it comes rather than focus on what it should be.”

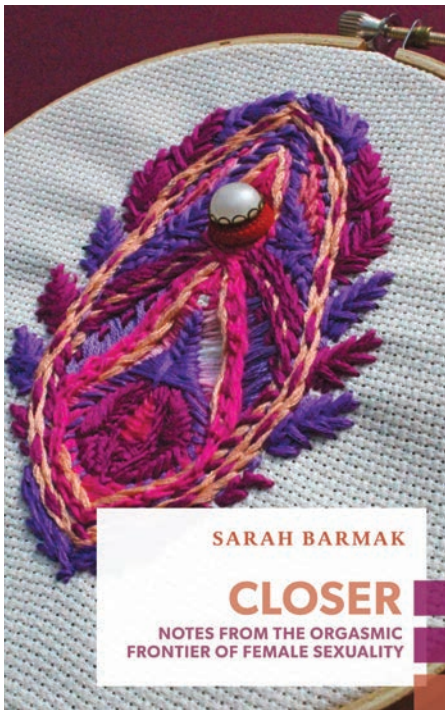
I agree. The thing to explore, the thing to count on as we age, is that the desire to be physically intimate never goes

away. I know I will be climbing into my husband’s hospital bed and taking more than half the blankets, when the time comes. But the way sex works inevitably changes, as bodies change and libidos wax and wane. Some women feel even lustier in their sixties and seventies. Others would rather watch Season Two of *The Crown*. Men may still feel sexually aroused, but lose the ability to have an erection, and for women the loss of estrogen can make intercourse painful, or orgasms more elusive. There’s always Viagra, topical estrogen creams or hormone replacement to address all that, but intercourse doesn’t have to be the be-all and end-all for couples as they age. There’s always the option of an erotic, fulfilling sexual encounter that doesn’t include penetration. The main dilemma of having sex in old age is how to find and express sexual desire when the usual routines no longer work.

Older sex is more about expressing tenderness and intimacy. ”

My advice? Build it, and they will come. (Literally.) That is, schedule regular intimate interludes—an hour that you reserve for the two of you to just loll around in bed. A planned rendezvous, but with no expectations or pressure to perform - just a willingness to devote some time to a little naked intimacy, as opposed to doing the crossword. Chances are, something will happen. It just might not be your old script.





The body has a mind of its own. If you clear a space for desire to emerge and accept its path, you may be surprised that (a) the desire is still there and (b) it feels wonderful to have sex with this person you have had sex with for so long—even if “what you do” for sex changes. We weren’t designed to drive each other mad with passion for 40 or 50 years. The trick, really, is to cultivate closeness—because it’s closeness that fuels desire for the other. It’s a sense of intimacy and connectedness that makes both of you more patient (and creative) with any obstacles in its way.

As for the aesthetics of aging, it’s amazing how irrelevant physical flaws, real or imagined, are when it comes to sex. The wrinkles, the extra pounds, the thinning hair —once you’re in the sack all that disappears, erased by the ever-resilient desire to feel close to another warm-skinned person.

Two volumes that might join Hennezel’s on your shelves: Canadian journalist Sarah Barmak’s well-researched and spirited investigation, *Closer: Notes From the Frontier of Female Orgasm*, and an

older title (2003) by Jane Juska, called *Round-Heeled Woman: My Late-Life Adventures in Sex and Romance*. The latter describes the experiences of a 66-year-old woman who placed an ad in the *New York Review of Books* that said, “Before I turn 67 – next March – I would like to have a lot of sex with a man I like. If you want to talk first, Trollope works for me.” Juska received 63 replies, and embarked on a series of relationships that ran the gamut from brief erotic encounters to several lasting love affairs. Sex, after all, is not just about maintaining intimacy in a marriage.

Barmak’s book is significant because she reports on new scientific findings about female orgasm, and a revised mapping of the clitoris. It turns out it is not the dainty little accessory sex educators believed it was forty years ago. It’s more like a vast underground mall—well, something more fun than that. The clitoral nerves extend far and wide in the pelvic area, which is why orgasms, and how they arrive, still remain a little mysterious. Her research also puts the kibosh on the old distinction between a “clitoral orgasm” and one achieved through intercourse; there’s only one female orgasm, and how a woman arrives at one is wonderfully varied.

Barmak, like Hennezel also

points out that taking orgasm off the menu doesn’t have to mean the end of sex, either. Our definition of sexual satisfaction evolves, as we evolve and age. The point, all three authors agree, is that sex in whatever form we pursue it should be about doing what feels good, and laying claim to pleasure at any age.

Published with permission of the author. This article first appeared in Zoomer Magazine.

Marni Jackson is an award winning journalist and author of three nonfiction books about family culture including the bestselling memoir, *The Mother Zone* (1992). Visit www.marnijackson.com





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LEARNING ON THE JOB OF LIFE

Written by Max Roytenberg

Isn't life wonderful? It has such potential to deliver joy, beauty, poetry and music for every one of us. More's the pity that so many of us get only a small fraction of that potential for our portion. Still, gratitude must be the order of the day because things could always be worse.

If we take the time to examine the simple pleasures that most of us benefit from, we should be able to swallow some of the less digestible bits with a little more grace. Nature is nearly everyone's inheritance, sun, moon, sky, and stars, the green around, with maybe a spot of color. We breathe in and out, taste the sweet along with the sour, and sometimes hear a birdsong. And perhaps, from time to time, if we are fortunate, our lot allows us a warm embrace.

Our first lesson is the instinct to cry out in reaction to what we find uncomfortable. We soon learn whether our instinctive appeals for help are likely to be answered quickly or with an incomprehensible delay. Scientists tell us that that knowledge could play an important part in determining what sort of creature we will become in later life.*

We accept that our early years on this planet are the period when we consciously concentrate on amassing the information and knowledge that we need to negotiate our passage through life. Life has become increasingly complicated as we realize that even this learning will not suffice as the very

nature of work is altered daily. Jobs are disappearing, never to return, as new skills become imperative.

What has arrested my attention in the most riveting way, however, is an appreciation for how much we have to learn on a continuing basis, throughout our lives, about our human interactions.

The truth is that learning on the job applies to almost everything we challenge ourselves to try and accomplish in life. ”

I was born during the Great Depression. For a good number of years my father never had a job. I don't believe he ever had a formal education, arriving in Canada as a young man. Yet, hired as a laborer to feed coal into a boiler furnace, through self-study he rose to be an engineer solely responsible for a vast industrial complex. He had some book-learning to get his papers, but mostly he learned his stuff on the job by doing his work.

My degrees were in agriculture. I had four jobs in my career, but only one, the first, had any direct relationship

with agriculture. Essentially, I became a manager and I never learned anything about doing that kind of work at school. If I learned anything at all during those years, it was certainly by doing things I had to do on the job.

The truth is that learning on the job applies to almost everything we challenge ourselves to try and accomplish in life. That applies to parenting and partnering like everything else.

What makes our current situation so much more challenging is the rapid rate of change we face in our lives.

How can we give advice to our young? Parenting may be one the most challenging “learning on the job” challenges parents will face in their lives. How about the learning that we all have to do in getting along with our partners? I don't envy the latest generation of parents who find their children more adept at the latest devices than they ever will be. We seniors will have to concentrate on the management skills we have acquired in order to deal with children who know more about important things in the world than we do. We will have to continue to learn on the job, to continue living our lives with purpose and a sense of satisfaction. We must remain attentive to our surroundings and open to the new and creative world around us.

* Child Learning Institute, University of Texas Health Science Center, Susan H. Landry, PHD, *The Role of Parents in Early Childhood Learning*, Dec. 2014.

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IS JOIE DE VIVRE THE SECRET TO A LONG AND HEALTHY LIFE?

Written by Dan Levitt

At 89 years of age, Dr. Ruth, known for her wise counsel on all matters of the heart, credits her good health and sharp mind to joie de vivre. In a recent interview, the famous sex therapist shared her secrets to a long and healthy life. She considers herself to be very fortunate; she narrowly escaped death from the Holocaust, was raised in an orphanage in Switzerland and was a sniper in Israel's War of Independence. She immigrated to America after spending years studying as a student in Paris and has spent her life combining her intellect and emotional spark to change the way we think about life and love.

Her advice on living life to the fullest starts in the bedroom with getting a good night's sleep. She doesn't take any calls before 10 a.m. She keeps very busy. Is out six nights a week, has lots of friends, teaches at Columbia University and continues publishing books.

Dr. Ruth has a great sense of humour. She stands 4-foot-7. When taking her grandchildren to an amusement park, she wasn't allowed on the rides because she didn't meet the height requirements. Her height has never stood in her way to embrace all of life's pleasures. According to the Talmud, "a lesson taught with humour is a lesson retained." Know your limitations. She doesn't drive anymore, although she has never had a car accident; she feels her reaction time isn't safe anymore for other drivers.

As she looks ahead to becoming a nonagenarian, she believes that adults should take personal responsibility to prepare for their retirement and for unexpected health-related costs. While some may think that it's government's responsibility to take care of senior citizens, or their children's responsibility, there are no guarantees that either will be there when needed. There is no question that people have to save. Expecting one's kids to take care of them are mistakes as those children will have children of their own and will not have the time to care for their parents. Her advice is saving for eventualities is the only safe way to prepare for the future.

Dr. Ruth has diabetes. As a result, she has become more careful not to skip meals and drinks beverages low in sugar. Given the often grave realities of someone in their 90s surviving falls, she is very conscientious about not falling and is very careful when and where she walks.

Positivity impacts on attitude. At age 10 when she was separated from her family and sent to a children's home in Switzerland, which became an orphanage, she learned that her family had

been murdered in the Holocaust. She then travelled to Palestine where she became a sniper for the Israeli Defense Forces and was badly wounded. She was fortunate to be treated by excellent doctors. Throughout her adult life she was an excellent skier but has given it up for safety reasons. However, she continues dancing and wishes that the music never stops.

Having a hobby gives you a reason to get out of bed in the morning. It makes a real difference. She has doll houses that have a reason in her life as she has control over the families that live in those doll houses. She didn't have control over her own life when the Nazis took her parents and her grandparents and killed them. Her other hobby is to collect turtles. Turtles have to take risks — when they stick their necks out they could get hurt. But without taking a risk they don't move at all. She has a whole collection of stuffed-animal turtles. She wrote a book about a turtle that learned

Continued on page 35...



Dr. Ruth Westheimer smiles through the window of one of the dollhouses she has collected over the past 20 years. Her passion for them arises from her childhood in Nazi Germany.

LOST IN TRANSLATION: WHY MISTRANSLATION MATTERS

Written by Dolores Luber

I have been a reader since I was in elementary school. My father and I went to a book store every Friday night so that I could choose a book. In our den was a magnificent row of the 23-volume *Encyclopaedia Britannica* which I consulted frequently. Since then I have studied French, Latin, Spanish, German and, for the last 14 years, Modern and Biblical Hebrew.

I spent five semesters at UBC in Judaic Studies, writing academic papers for Professor Daphna Arbel, analyzing in excruciating detail, passages of Biblical texts. The most difficult course I have ever taken was “Paleo-Hebrew” (Ancient Hebrew) with Paul Mosca. I learned how to read and write the Hebrew language written in Phoenician letters; the alphabet used before the invention of the square letters now in use. All of this is my explanation as to why I would be drawn to read Mark Polizzotti’s article *Why Mistranslation Matters*, and Wayne Grady’s article *What Did Don Quixote Eat On Saturdays?* The bookworm/nerd in me still lives!

For some, translation is the poor cousin of literature, a necessary evil if not an outright travesty—summed up by the old Italian play on words, *traduttore, traitore* (translator, traitor). For others, translation is the royal road to cross-cultural understanding and literary enrichment. Sometimes the errors are relatively minor. But history is littered with more consequential mistranslations. Translation can prove surprisingly hazardous.

Nikita Khrushchev’s infamous statement in 1956—“We will bury you”—ushered in one of the Cold War’s most dangerous phases, one rife with paranoia and conviction that both sides were out to destroy the other. But it turns out that’s not what he said, not in Russian, anyway. Khrushchev’s actual declaration was “We will outlast you”—prematurely boastful, perhaps, but not quite the declaration of hostilities most Americans heard, thanks to his interpreter’s mistake.

The response of Kantaro Suzuki, Prime Minister of Japan, to an Allied



Eve (detail)
by Lucas Cranach the Younger
after 1537
Oil on lime wood panel, 171 x 63 cm
Gemäldegalerie, Dresden

ultimatum in July 1945—just days before Hiroshima—was conveyed to Harry Truman as “silent contempt” (*“mokusatsu”*), when it was actually intended as “No comment. We need more time.” Japan was not given any!

More recently, the phrase “satanic verses” was coined by 19th-century British Orientalists to designate several suppressed verses in the Quran, which the Prophet Muhammad is said to have repudiated, as having been suggested by Satan. This is not how the Muslim world refers to these verses, however, so when the Arabic translator of Salman Rushdie’s novel rendered the title literally as *The Satanic Verses*, he inadvertently made it sound as if the Quran itself had been dictated by Satan.

The perceived blasphemy, unintended by the author, caused Ayatollah Khomeini of Iran to issue a *fatwa*, a death sentence against Rushdie. This led to international rioting,

History is littered with more
consequential mistranslations.
Translation can prove
surprisingly hazardous. ”

Mr. Rushdie's enforced seclusion for 10 years and the breakup of his marriage, the murder of the book's Japanese translator, Hitoshi Igarashi, and the attempted murder of its Italian translator, Ettore Capriolo.

"To translate," writes Franz Rosenweig (who, with Martin Buber, translated the Torah from Hebrew into German), "means to serve two masters—something nobody can do."

Consider the example of "Apple/ Evil/ Fruit/ *Peri*." In Song of Solomon 2:3, the singer's beloved is compared to a fruit tree. The word for fruit in ancient Hebrew was *peri*, and yet in the English translation we get: "As the apple tree among the trees of the wood, so is my beloved among men." The fruit we now know as the apple is native to Central Asia, and was unknown in the Middle East in biblical times. So why the Forbidden Fruit plucked by Eve in the Garden of Eden should be identified in our minds as an apple is a mystery.

In Genesis, as in Songs, it is simply *peri*, fruit, and in no translation of the Hebrew Bible is it called an apple. For all we know, the actual Forbidden Fruit was a persimmon, or a quince, or an apricot. But when Jerome translated the Old Testament into Latin in the fourth century, producing what became the version authorized by the Catholic Church, he translated evil as *malum*, thus "the Tree of Knowledge of Good and Evil" became *Lignum autem scientiae bonum et malum*. But the word he used for *peri* was also *malum*, which by the fourth century meant "apple." And so, in Western culture, the apple became interchangeable with evil: think Sleeping Beauty.

Consider the example of "Young Woman/ Virgin/ *Almah*." Isaiah 7:14 is a verse of the book of Isaiah in which the Prophet Isiah, addressing King Ahaz of Judah, promises the king that God will destroy his enemies; as a sign that his oracle is a true one, Isaiah predicts that an *almah* ("young woman") will shortly give birth to a child whose name will be Immanuel, "God is with us". The word *almah* comes from a root implying the vigour of puberty, it appears nine times in the Hebrew Bible. It is the Hebrew word for a young woman of childbearing age. Despite its importance to the Christian tradition of the virgin birth of Jesus, scholars agree that it has nothing to do with virginity.

Lately, the perils of mistranslation have taken on renewed currency—how to convey Donald Trump's free-form declarations to a global audience? As an article in The Boston Globe suggests, Mr. Trump's dealings with North Korea's Kim Jong-un, given the two men's "mercurial speech patterns," is a potential minefield of catastrophic miscommunication. I am holding my breath!

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Киндерттранспорт

115 ноября 1938 года, через 5 дней после событий «Хрустальной ночи» в Германии и Австрии, делегация британских еврейских лидеров обратилась лично к Премьер-министру Великобритании Невиллу Чемберлену. Они просили британское правительство о разрешении временного ввоза в страну из Германии и Австрии еврейских детей без родителей и других сопровождающих.

Через несколько дней был принят закон о въезде в Великобританию 15 тыс. несопровождаемых детей от младенческого возраста до 17 лет.

Всеми вопросами подготовки детей к отъезду и приему их в Англии занималась межконфессиональная организация под названием «Движение за заботу о детях из Германии».

Каждый ввозимый ребёнок имел денежную гарантию в размере 50 фунтов для возможности повторной эмиграции.

25 ноября британские граждане услышали по радио призыв временно взять на попечение еврейских детей.

В Германии была создана сеть из волонтеров, которые подбирали детей, которые должны были быть отправлены в

первую очередь, из тех, кто находился под наибольшей угрозой. Родители могли дать ребёнку с собой лишь небольшой чемодан без каких-либо ценностей и не более 10 немецких марок. Родители на перрон не допускались.

Первый «Киндерттранспорт» покинул Берлин 1 декабря 1938 года и прибыл в Харвич (английский порт) 2 декабря со 196 детьми. Это произошло всего через три недели после событий «Хрустальной ночи». Большинство из этих детей проживали в берлинском еврейском детском доме, который был сожжён нацистами в ночь на 10 ноября.

А 11 декабря 1938 г. вышел первый транспорт из Вены

с 600 детьми, организованный Гертрудой Висмюллер-Мейер. Она

приняла участие в организации 74 транспортов.

Из Праги первый транспорт с детским был отправлен 15 марта 1939 г., организованный англичанином Николасом Уилтоном.

Всего до начала войны Англия приняла около 10 000 еврейских детей без сопровождающих, в т.ч. 669, отправленных Уилтоном. После окончания войны несколько тысяч детей-беженцев остались в Великобритании и, повзрослев, внесли значительный вклад в развитие и процветание приютившей их страны. Четверо из них стали лауреатами Нобелевской премии.

Во время войны Уилтон был летчиком. Воевал, имел много боевых наград. О своей предвоенной пражской деятельности он никогда никому не рассказывал - даже жене.

В 1988 году жена Уилтона обнаружила его записную книжку 1939 года с адресами английских семей, принявших спасённых детей. Около 80 спасённых были таким образом найдены.

Деятельность Уилтона по спасению детей получила широкую признательность. В сентябре 1994 года Николас Уилтон получил благодарственное письмо от президента Израиля Эзера Вейцмана. В 1998 году он был награждён чешским Орденом Масарика, а в 2014 г. высшей наградой Чехии «Орденом Белого Льва». В 2002 году королева Елизавета II посвятила его в рыцари.

1 сентября 2009 года, в честь 70-летней годовщины последнего «Киндерттранспорта», планировавшегося на 3 сентября 1939 года, но так и не осуществлённого из-за начала Второй мировой войны, специальный «Поезд Уилтона», составленный из локомотива и вагонов, эксплуатировавшихся в 1930-х годах, отправился с Центрального вокзала Праги в Лондон по маршруту «Киндерттранспорта». В Лондоне пассажиров поезда — выживших «Детей Уилтона» и их родственников — встречал сам Уилтон. Во время отправления поезда на Центральном вокзале Праги был торжественно открыт памятник Уилтону.

Он скончался 1 июля 2015 года на 107-м году жизни.

Последний «Киндерттранспорт» планировался на 3

сентября 1939 года, но не был осуществлен из-за начала Второй мировой войны. В честь его 70-й годовщины, 1 сентября 2009 года специальный «Поезд Уилтона», составленный из локомотива и вагонов, эксплуатировавшихся в 1930-х годах, отправился с Центрального вокзала Праги в Лондон по маршруту «Киндертранспорта». В Лондоне пассажиров поезда — выживших «Детей Уилтона» и их родственников — встречал сам Уилтон. Во время отправления поезда на Центральном вокзале Праги был торжественно открыт памятник Уилтону.

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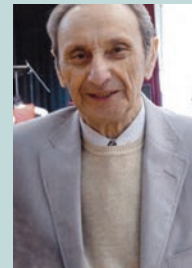
BRIEF ENGLISH SUMMARY

This article “*Kindertransport*” tells how 10,000 Jewish children from Germany and other European countries were sent to England just before WWII broke out. The first train’s departure from Berlin was on December 1, 1938, three weeks after Kristallnacht. The main heroes of these events are

Gertrude Wijsmuller Meyer and Nikolas Winton. The trains that were supposed to leave Berlin and Prague on September 1st and 3rd never left Europe because the war had started. Seventy years later, in memory of this tragic event, a train was sent from Prague to London with an old locomotive and cars filled with the remaining living children who had been saved. In London, the train was met by Nicholas Winton. He was 101 years old.

<http://childrenwhocheatedthenazis.co.uk/> https://en.wikipedia.org/wiki/The_Children_Who_Cheated_the_Nazis https://en.wikipedia.org/wiki/Winton_Train

Yuriy Rubin, a former engineer in the coal industry from Ukraine, came to Vancouver in 1998. He is a founding member of the Most-Bridge Society, President and Vice President. The organization unified 150 Russian-speaking Jewish seniors.



JOIE DE VIVRE

...Continued from Page 31.

to stick its neck out. She knows from a lifetime of risk and reward that life is that much richer when you take calculated risks.

She is involved in many charities and enjoys going to public events, where people she admires often come up to her and want to meet her. She told me, “It’s very nice to be Dr. Ruth.” She sits on several boards and has a personal mantra that it is an obligation to stand up and be counted, especially in today’s world.

Maintaining motivation in old age is critical as many seniors live a life of isolation with losses in their sensory perception and are less mobile with challenges accessing transportation. Older adults may have fewer friends, as they have outlived most of them

and their family may not live nearby. Her answer to loneliness is to ensure seniors do activities, yoga, dancing, discussion groups and book clubs. Having a program every single day that they can go to gives hope for tomorrow.

In her book, *Sex over 50: Revving Up the Romance, Passion & Excitement*, she reminds us that old people need to be caressed and be caressed, while sexual functioning may be changing, older people need a person that they can rely on and to be realistic of what to expect. Seniors continue to have the same needs as younger people and having a partner to be active with adds years to life. In nursing homes there should be rooms with a do-not-disturb sign outside to allow hugging and kissing, and watching TV together. The families of older people must realize that their single parent can form new relationships. While there may be a

sexual revolution as the baby boomers become seniors, she doubts there will be a need for geriatric obstetricians.

Her advice on overcoming personal fears of aging and loss in old age is that if you’re hoping to live long, make the world a better place for seniors. Start by getting to know the older people in your life better, show them respect and regard them favourably.

No doubt that Dr. Ruth’s greatest legacy will be teaching people to live a life full of *joie de vivre*.

Dan Levitt

is executive director at Tabor Village, an adjunct professor of gerontology at Simon Fraser University and an adjunct professor in the school of nursing at the University of B.C.



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