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Apples and honey
And everything sweet,
May blessings and joy
Make your New Year complete

שְׁנָה טוֹבָה

Shaar Shalom Synagogue is a scent-free environment.

Shaar Shalom Officers & Board Members 2005-06

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A Message from our President



Rosh Hashanah and Yom Kippur have special meaning for families. Of all our holidays - and as Jews we know we have our share - the High Holidays and Passover are the two for which most families make the greatest effort to be together. The effort isn't always successful. We have our own familial diasporas within the larger Jewish Diaspora. But we try. And when successful, the holidays are obviously enriched. When we can't visit physically, the telephone lines and webcams are kept busy as we visit electronically. Obviously not as good as actually being together, but it sure beats not being able to visit at all.

The concept of family extends beyond parents/children/siblings. We can talk of the Shaar Shalom family. We can expand the concept and talk of the Jewish community of Halifax as family. Similarly for Nova Scotia, similarly for Canada. Why do I say this? Because one of the things that characterizes family is how it comes together not only for good things, like holidays and other *simchas*, but also for bad things, particularly bad things that happen to other Jews only because they are Jews. In this way, being Jewish makes each of us part of a larger family of Jews, reveling collectively in each others triumphs and anguishing collectively through each other's difficulties. This anguish is most evident as it ebbs and flows with the repeated and recurring challenges and threats to the security of the state of Israel, the home of so many of our larger family. In these troubled times, even as we plan to bring our personal families closer together for the High Holidays, we endeavour to embrace our larger family in Israel as well, fearing the worst and hoping for the best.

But like our family in Israel, we keep on with our lives and continue to plan for the future - which brings me back to the family of Shaar Shalom. Because of events in Israel and the Middle East, the greetings we convey to each other in this bulletin take on a more meaningful significance. We are more family to each other than we think. The spiritual, cultural and social events we have shared and enjoyed over the past few years have given us both pleasure and pride as a congregation, and have added value to our membership in the Shaar Shalom family. The events being planned for the coming year should do so even more. Your own sense of personal and communal family and your participation in these events arising from it will make sure of our ongoing success.

My family and I extend our wishes for a peaceful, healthy, happy and hopefully prosperous New Year to all of you and your families, to the Shaar Shalom family, and to the family of Jews in Israel and wherever else they may be in this world. *Am Yisroel Chai!*

Philip Belitsky MD
President

Schedule of High Holiday Services 5767

Selichot

Saturday, September 16, 2006 10:00 p.m.

Annual Cemetery Visit

Sunday, September 17, 2006 11:00 a.m.

Rosh Hashanah

Friday, September 22, 2006

6:00 p.m. Ma'ariv

Candle Lighting between 5:57-6:55 pm

Saturday, September 23, 2006

9:00 a.m. Shacharit

10:30 a.m. Junior Congregation

6:00 p.m. Mincha/Ma'ariv

Candle lighting after 8:54 p.m.

Sunday, September 24, 2006

9:00 a.m. Shacharit

10:30 a.m. Junior Congregation

5:00 p.m. Tashlich@Bishop's Landing

Yom Kippur

Sunday, October 1, 2006

6:15 p.m. Musical Introduction

Followed by **Kol Nidre & Maariv**

Candle lighting and fast by 6:37p.m.

Monday, October 2, 2006

9:15 a.m. Shacharit

10:30 a.m. Junior Congregation

11:00 a.m. Yizkor

5:15 p.m. Mincha

6:15 p.m. Neilah

7:37 p.m. Shofar and End of Fast

Sukkot

Friday, October 6, 2006

6:30 p.m. Ma'ariv

Candle lighting before 6:28 p.m.

Saturday, October 7, 2006

9:15 a.m. Shacharit

10:15 a.m. Junior Congregation

6:00 p.m. Mincha

Candle lighting after 7:27 p.m.

Sunday, October 8, 2006

9:15 a.m. Shacharit

10:15 a.m. Junior Congregation

Sh'mini Atzeret & Simchat Torah

Friday, October 13, 2006

6:30 p.m. Ma'ariv

Candle lighting before 6:15 p.m.

Saturday, October 14, 2006

9:15 a.m. Shacharit

10:45 a.m. Yizkor

6:00 p.m. Ma'ariv, Dancing, Hakafot

Sunday, October 15, 2006

9:15 a.m. Shacharit

10:00 a.m. Dancing and Hakafot



From Cantor Ari's Study

Dear Congregants:

Modern Judaism is dependent upon the existence of the State of Israel. This is a bold, yet accurate statement, since I am simply unable to envision our Jewish tradition today void of a Homeland. I doubt I'm alone. When asking the average North American Jew to list five Jewish-related activities that they typically participate in, more often than

not their answer would include some of the following:

- 1) I went to High Holiday services
- 2) I gave money to JNF, invested in Israel Bonds and made a contribution to Magen David Adom
- 3) I attended a rally on Israel's Independence Day- among the activities, we sang the Israeli National Anthem
- 4) I went to a Bar Mitzvah – the birthday cake had a star of David and we danced to Israeli music
- 5) I sent in a letter to the Prime Minister urging him to support Israel's cause (this past summer, he listened)

In the past 60 years our Jewish psyche has merged with Zionism. Our Jewish identity is one that includes the State of Israel. Judaism and Israel are now one in the same.

The following is Judy Feld Carr's story. She tells us how our love affair with Israel began.

I was not a child of the Holocaust. My recollections of growing up in a very small Jewish community in northern Ontario include an early exposure to anti-Semitism. As a six year old, before I knew who Jesus Christ was, my classmates in the Catholic school that I attended were accusing me of killing him. I recall a Seder night when I had to drink my grandmother's delicious chicken soup through a straw, because of broken teeth and torn lips from a beating at the hands of students two or three years ahead of my class.

My grandmother – my bubby- lived in Brooklyn, New York. Twice a year she made the trip to us, to the bleak, forbidding and often freezing terrain that was the mining town of Sudbury. She spoke no English, but somehow the porters on the train understood her Yiddish-accompanied gestures, and she always endured the journey of two days and two nights in safety.

My bubby paid me a quarter each week to learn Yiddish and to speak nothing else to her. We shared secrets known to nobody else in the family. I anxiously awaited her stays with us. Each visit brought something new, exciting and joyful.

It was natural, therefore, that on one cold November day, I would, at age nine, obey her urging to sit with her in the bedroom that

we shared, and listen to the radio. I did not understand why she gave me a pad of paper on which she had drawn two columns. The one on the right was headed 'Ya', and the one on the left bore the word 'Nein', both written in her cramped Yiddish hand.

She turned on my night table radio and told me to listen to a very important meeting, which she hoped would give the Jews a state. This meant little to me, but it was exciting to be playing a game like tic-tac-toe. I, the scribe, was to make a mark with my pencil in one of the columns each time I heard the speaker name a country and follow it with the proclamation of a 'Yes' or 'No'.

For me, it was fun. For her, the anxiety showed on her face and by the way she gripped the sheets on the bed as the broadcast proceeded. Dutifully, I made a mark in each column, depending on the speaker's 'Yes' or 'No'.

As the page filled, my bubby became more and more agitated when she glanced at my pad and saw the growing marks on each side of the page. Her excitement became intense as those on the right side developed faster than those on the left.

Suddenly, after a certain 'Yes' had been announced, a roar of applause reverberated through the radio. My bubby clapped her hands together and burst out crying. Her tears were tears of joy, as she exclaimed in Yiddish, "We have a Jewish state!" She turned to me and told me that, although she would never see it, I must go to that Jewish state. Thus was my embarkation on a journey of Zionism.

Last year, I urged this congregation to focus on the beauty and potential of Shaar Shalom and unearth all the greatness we can achieve as a shul. This year I put forth the following challenge:

Embark on a journey of Zionism.

What you will discover is that while it may take you halfway around the world, in the end, it will bring you right back home to Shaar Shalom.

I look forward to sharing the High Holiday season with you, in peace, health and happiness.

Cantor Ari Isenberg

MORE EXCITING NEWS FROM THE CANTOR'S STUDY

- **Cantor Ari loves being active !!!** Whether it's an educational program, social activity, fundraiser or Holiday celebration. Keep track of Cantor Ari's events and activities and you'll be sure to spice up your life.
- **"Lunch with the Cantor"**. Do you have ideas that you want to share, questions about ritual or synagogue practices, serious matters to discuss, or are just looking to make a friend? Book a lunch date with Cantor Ari on a weekday.

Looking Back: The Year in Review

NEW ARRIVALS

Mazel to and best wishes to:

Bracha and Jacob Koren on the birth of their first grandchild, Orly Diane, daughter of Sharon Koren and Brian Sokransky; **John Casey** on the birth of his first grandchild, Leland, son of John and Tammy Casey; **Sheri Lecker and Mark Evans** on the birth of their son, Samuel Sydney; **Marianne and Lawrence Ferguson** on the birth of their great granddaughter, Hannah, daughter of Rebecca and Tim Bochoff; **Helen and Patrick Wilson-Welsh** on the birth of their son, Micah Trevor; **Peter and Catherine Nathanson** on the birth of a son, Quinn Isaiah.

Mazel tov to grandparents **Fannie and Hilroy Nathanson**. Mazel tov to **Renee and Gordie Dankner**. Their daughter Dena and her husband Brian Kingstone of Ottawa adopted a baby daughter, Julia Anne FuJun, from China.

CONDOLENCES

We mourn the loss of the following members and extend to their families heartfelt condolences from the Congregation:

Harry Block, Sid Chernin, Leona Falk, Freda Offman, Lester Pink, Julius Silverman. We offer condolences to the following congregants who lost their mothers during the past year, **Ron Abrahams, Phil Belitsky, Phil Warman**, Our thoughts are also with our former rabbi **Jacob Chinitz** on the loss of his wife Ruth, **Ethel Stein** and family on the loss of her sister and **Leonard Fineberg** and family on the loss of his cousin Arnold.

BAR/BAT MITZVAHS

Mazel tov to the following members and their families who celebrated bar and bat mitzvahs this past year:

Joey Silburt, son of Barbara and Bruce Silburt; **Rebecca Wolff**, daughter of Rosalie Fine and Steven Wolff; **Arielle Rechnitzer**, daughter of Norma and Bernie Rechnitzer and granddaughter of Molly Rechnitzer; **Casper MacAulay**, son of Cynthia Guzner and Robert MacAulay; **Matthew Bugar**, son of Donna Assh and Rod Bugar; **Jasper Sonmor**, son of Louise Carbert and Len Sonmor; **Leah MacDonald**, daughter of Stacey Schwartz and Sandy MacDonald.

KOL HAKOVOD GRADUATES

Mazel tov on your accomplishments and good luck in the future.

Our University Grads:

Lauren Abrahams, daughter of Joanne and Ron Abrahams and granddaughter of Lillian Hier-Pink, graduated from McGill with a

Masters in Architecture and was ranked first in her class. She received numerous awards including The Royal Institute of Architecture Medal, The Stuart A. Wilson Memorial Prize and placed on The Royal Architect of Canada Honour Roll. **Lisa Goldberg**, daughter of Lorri and Paul Goldberg and granddaughter of Miriam and Leonard Goldberg, graduated from Queen's University with a Bachelor of Arts in Film Studies and History. **Eliezer Kolatch**, grandson of Constance Glube, and his wife **Shoshana**, both graduated from the University of Maryland. Eliezer received a Bachelor of Arts in Linguistics (Phi Beta Kappa), and Shoshana received a Bachelor of Arts in History. **Lauren Rosen**, daughter of Ethel and Mark Rosen, graduated from McGill with a Bachelor of Science in Psychology. Lauren will continue her graduate studies at The Adler School for Professional Psychology in Chicago. **David Tax**, son of Cara and Ted Tax, graduated with a Bachelor of Electrical Engineering and is working towards his Masters and PhD in engineering at MIT. David has received a fully funded research assistantship to work in the Plasma Science and Fusion Center with Dr. Richard Temkin. **Ezra Wexler**, son of Cheryl and Marty Wexler, graduated with distinction from Dalhousie with his Bachelor of Social Work. **Sari Zelenietz**, daughter of Jill Grant and Marty Zelenietz, graduated with a Masters of Science in Genetic Counselling from the University of Toronto. She has accepted a position at the Children's Hospital of Eastern Ontario in Ottawa, where she will set up an expanded genetic screening program.

Our High School Grads:

Hershel MacAulay, son of Cynthia Guzner and Robert MacAulay, graduated from Halifax Grammar School with High Honours and will attend the University of Waterloo in September. **Jessica Margolian**, daughter of Dawn Frail and Tim Margolian, graduated from King's Edgehill with Honours and will attend Acadia University in September. **Molly Rand**, daughter of Linda Rand and Barrie Green, graduated with Honours from Halifax West High School and received the Eileen O'Connell Memorial Bursary. She will attend McGill University in September. **Aviva Silburt**, daughter of Barbara and Bruce Silburt, graduated from Halifax West High School on the Principal's List and was awarded the Bedford and Area Progressive Conservative Women's Association Bursary and a Halifax West High Scholarship. She also received a scholarship from St. Thomas University where she will be attending in September. **Sam Silburt**, son of Barbara and Bruce Silburt, also graduated on the Principal's List from Halifax West High School and received a scholarship from Dalhousie University where he will study in the fall. **Sarah Whitzman**, daughter of Martin and Debbie Whitzman, graduated from J.L. Ilsley High School, receiving Honours with Distinction. She will be attending McMaster University in September. **Hanna Zatzman**, daughter of Debbie Garson and Michael

Zatzman and granddaughter of Lil Garson and Joe Zatzman, graduated from Queen Elizabeth High School with Honours with Distinction. Hannah was awarded the Gil Oikle Scholarship, the QEH Achievement Award and the Birks Medal.

Our Junior High Grads:

Benjamin Burgar, son of Donna Assh and Rod Burgar, graduated with Honours from Halifax Grammar Middle School. **Jennie David**, daughter of Susan and Mark David, graduated from Clayton Park Junior High and received the Most Outstanding Student Award and the Social Studies Prize. **David Rechnitzer**, son of Norman and Bernie Rechnitzer and grandson of Molly Rechnitzer, graduated from Bridgewater Junior High with Honours. **Hannah Rubenstein**, daughter of Jennifer and Gary Rubenstein, graduated from Fairview Junior High. **Avram Spatz**, son of Marcy Gilsig and Jim Spatz, graduated from King's Edgehill Junior High with Honours and won first prize in the Public Speaking Contest. **Rebecca David**, daughter of Susan and Mark David, graduated from Duc D'Anville School and will be attending Clayton Park Junior High in September.

OTHER ACADEMIC DISTINCTIONS

Kol HaKavod to:

Mike Stern, son of Mary Kanner, who received a bursary from the Halifax Local Nova Scotia Teacher's Union; **Yolana Wassersug**, daughter of Jana Wieder and Richard Wassersug, who made the Dean's List at the University of King's College; **Caleb Zelenietz**, son of Jill Grant and Marty Zelenietz, who was awarded the G.K. Henderson Prize at Dalhousie University for being the top Honours Physics student over three years. He also received another NSERC undergraduate research fellowship this summer to work with the Theoretical Physics Group.

ENGAGEMENTS/WEDDINGS

A hearty mazel tov to:

Marianne and Lawrence Ferguson on the marriage of their granddaughter, Rebecca, to Tim Bochoff; **Karen and Simon Gaum** on the engagement of their daughter, Jennifer, to Adam Bobker; **Ruth and Richard Goldbloom** on the marriage of their granddaughter, Ellen, to Joel Kardish in November; **Wendy Katz and Alan Young** on the marriage of their son, Julian, to Sharon Fraser in Halifax in March; **Millie and Harvey Meretsky** on the marriage of their son, Jonathan, to Lara Edelbaum in May in Los Angeles; **Lea McKnight** on the marriage of her son, Matthew, to Jennifer Thompson in April in Dublin. Mazel tov as well to grandparents **Marianne and Lawrence Ferguson**.

SPECIAL BIRTHDAYS AND ANNIVERSARIES

Best wishes to **Marianne Ferguson** who had her 80th birthday in February and **Ethel Stein** who celebrated her 80th birthday in June. Mazel tov to **Ruth and Ralph Garson** on the occasion of their 50th anniversary and **Ruth and Richard Goldbloom** on their 60th anniversary.

KOL TUV

We are proud to recognize the accomplishments of the following congregants:

Cantor Ari and **The Honourable Constance Glube** gave readings as part of The Holocaust Cantata at First Baptist Church. **Dov Bercovici**, Vice President (Operations) at Acadia University, son in law of Karen and Simon Gaum and husband of their daughter Karen was chosen one of Canada's Top 40 under 40, an award given to top leaders in their professions. **The Honourable Constance R. Glube** received the Order of Nova Scotia and was appointed Officer of the Order of Canada. **Ruth Goldbloom** received an honorary Doctor of Humanities from Acadia University last October and an honorary Doctor of Laws from her alma mater McGill University. She also gave the Convocation Address at McGill. **Dr. Richard Goldbloom** received an honorary Doctor of Science degree from Acadia University in October. He was also honoured by The IWK Health Centre at a ceremony to name the Dr. Richard B. Goldbloom Research and Clinical Care Pavilion. **Jill Grant's** new book, *Planning the Good Community*, had its official launch in Halifax this spring. Her article "Rethinking the Public Interest as a Planning Concept" received the Canadian Institute of Planners 2006 Award for the best feature article published in their journal, *Plan Canada*. **Kevin Hartling**, husband of Zelma Hartling and father of Liza Hartling received the Exemplary Service Medal from Her Honour Myra Freeman for outstanding service in a high-risk job with the Canadian Coast Guard. **Barbara Newman** received an honorary Doctor of Laws from Dalhousie University at the May convocation. **Vincent Richman**, son of Shifra and Alex Richman, received tenure and promotion to full professor at Sonoma State University of the California State University system. Good luck to **Daniel Schroeder**, son of Linda and David Schroeder, who now works in Vancouver as a financial analyst in the Acquisitions and Joint Ventures Department of Intrawest Corp. His sister, **Emily Schroeder**, has returned from Sudan where she was working for the UN Peace Mission and is now working in Ottawa for the UN Association in Canada. In the Year of the Veteran we gave special recognition to our veterans **Lawrence Ferguson, Henry Ferguson, Leonard Fineberg, Leonard Goldberg** and **Irving Perlin**.

TODAH RABBAH

To our President **Philip Belitsky and the Shaar Shalom Board Members**, many thanks for your leadership and ongoing efforts to keep Shaar Shalom thriving. To **Cantor Ari**, who has injected fresh life and spirit into our congregation, our heartfelt thanks for your energy, wisdom and guidance. Sincere thanks to all of the congregants who worked tirelessly to bring us so many stimulating and wonderful events this past year including: The Original Soul Music concert organized by **Philip Belitsky** and committee members **Cantor Isenberg, Linda Law, Sandy MacDonald, Murray Schwartz**, with special contributors **Fran Ornstein, Peggy and Shimon Walt** and featuring our own **Cantor Ari Isenberg, Cantor Tracey Sher** from New York and **The Aeolian Singers**; Scholar in Residence weekend with **Rabbi Moshe Edelman** organized by **Cantor Ari, Jamie Blustein, Florie Fineberg and Molly Rechnitzer** and funded by the Noa and Sarah Heinisch Endowment Fund and the Joseph and Mildred Glube Endowment Fund. Thanks as well to **Judith and Victor Goldberg** for the lovely reception in their home. The Art and Wine evening and breakfast with **David Silverberg** organized by **Lysa April, Roz Belitsky, Dawn Frail, Cynthia Guzner and Joan Pink**. **David Alexander** gave a fascinating talk on Jewish Life in Cuba at our breakfast club. We had another successful yard sale thanks to **Florie and Len Fineberg, and Ruth and Ralph Garson**. Sincere thanks to: all of the gabbaim for their continuing efforts at our Shabbat services including **Michael April, Mark David, Len Goldberg, Ted Tax, Phil Warman, Marty Zelenietz and Mitchell Zusman**; to our **Choir** directed by **Ezra Wexler** for enhancing our Yom Tov services and to **Renee Warman** for repairing the straps on the bema Torah stand. Todah rabbah to all of the congregants who participated in synagogue services, baked, gave donations and participated in shul events and activities. It is the combined efforts of many people that keep Shaar Shalom growing and flourishing. Special thanks to **Florence Slaunwhite and John Casey** for their ongoing help and support.

B'RUCHIM HABAYIM

We extend a warm welcome to all of the new members who have joined the Shaar Shalom community this past year. We hope you will enjoy your involvement with our congregation:

Marion Barel

Adrienne Blumenthal

Jason Brown & Sondra Rutman and Family

Jon & Ildiko Chigier and Family

Sarah Cohen

Beverly Hymes & Herbert Vandermeulen and Family

Harry Jacobs

Dr. Edward Pencer

Philippe & Monique Westreich

Ongoing Projects

Todah Rabbah to all of the dedicated congregants who keep our projects going year after year. Your hard work and commitment is outstanding. Interested in helping? There is always room for more volunteers.

ENTERTAINMENT BOOKS

Florie Fineberg and Carol Ann Silverman continue to do an outstanding job with this major fundraiser. New books are available for the coming year. Call Florie, Carol Ann or the office to reserve your copies and to help sell.

GIFT CARDS

A Shaar Shalom gift card is a perfect way to acknowledge any occasion or event. Call Molly Rechnitzer at 443-4770. For a minimum donation of \$5.50 she will send a card on your behalf.

GIFT SHOP

The gift shop gets better every year, thanks to Rona Schwartz. She seems to know what we like and continues to stock beautiful Judaic items for every occasion. Drop by or give Rona a call at 477-3456 if you have a special request. Gift certificates are now available.

GROCERY SLIPS

Rosalind Belitsky will take your Sobey's grocery slips and turn them into cash. Drop them into the envelope on the bulletin board the next time you are at shul. An easy fundraiser to which everyone can contribute.

KIDDUSH

On a special occasion or to honour someone special, why not sponsor a kiddush? It is as easy as calling the office to make arrangements.

LIBRARY

Elliot Lehman has been kindly keeping the books organized in the library. Volunteers are needed to help in the library on an ongoing basis.

MONTHLY NEWSLETTER

Sharon Waxman has made our Shaar Shalom Times a first class publication that we await with eager anticipation. She is always looking for your input and ideas. You can email her at *timesnewsletter@eastlink.ca*.

PASSOVER CANDY SALE

Sue David continues to coordinate this important Hebrew School fundraiser. Don't miss out on Barton's Passover Chocolates this year.

SHAAR SHALOM TABLECLOTH

Over the years this beautifully embroidered tablecloth has become an archive of simchas in our congregation. Full of names and dates of milestone events in our lives, it needs someone to keep this project going. Please contact the office if you are willing to embroider.

TELEPHONE COMMITTEE

Barbara Silburt, Cynthia Guzner, along with their committee, do a wonderful job in keeping us informed of any important event concerning the congregation. The committee members are: Celia Fried, Ruth Garson, Margaret Green, Dawn Frail, Helena Jockel, Edith Schneiderman, Rona Schwartz, Molly Rechnitzer, Susan Strug and Debbie Whitzman.

TORAH REPAIR FUND

Established by the Adult B'not Mitzvah class of 2004, this fund is a meaningful way to honour any person or occasion. The Torah Repair Fund will eventually cover the cost of repairs to our Torahs. This fund continues to build with your support.

TREE OF LIFE

Molly Rechnitzer devotes untiring commitment to this project. Leaves or Foundation Stones are a beautiful way to commemorate any occasion. Please call Molly at 443-4770 to place an order. Please note that this fundraiser is nearing its completion. We have only five leaves and three foundation stones remaining to be ordered. Yahrzeit Plaques can be ordered through the office.

<p>Rabbi to congregant: "Yes, I understand that McDonald's calls it 'fast food'...but you STILL can't eat it on Yom Kippur!"</p>
--

Hebrew School Highlights 5766

The Shaar Shalom School has completed another successful year of education and supplementary programming for our students. This year, the Joint School Program with the Beth Israel encompassed grades Preschool through 4. Students in grades 5 through 7 studied exclusively at the Shaar, while participating in joint programming for both schools. Plans for the continuing combination of the two schools through the grade 5 level are being worked on this summer. Many thanks to all of the parents who volunteered their time and energy organizing and staffing the joint programs.

Cantor Ari organized one of the most successful joint programs this past year: the Pesach tzedakah project which converted our chametz into needed food donations for the less fortunate of Halifax. We want to thank the Cantor for this innovative program, and all those who brought in their chametz. The students learned much about the wider community from their visit to, and volunteer work at, Hope Cottage. The project received a nice write-up in Joel Jacobson's column in the Herald.

Thanks also go to all those congregants who donated Israeli stamps to my grade 6/7 history project. Students benefited from a well-stocked selection of stamps as their incentive for studying the history of Israel.

Another innovation this year was the introduction of a hands-on exercise in the Early Jewish History class. The grade 5 students participated in a mini archaeological excavation, and each received an ancient Judean coin as a souvenir of the project.

The annual Pesach candy sale, organized as always by Sue David's volunteer efforts, was expanded to include the students at the Beth. Thanks again to Sue for her efforts in this vital fundraising project.

It is with great pride, and some sorrow, that we watch the departure of our graduating grade 7 class. We wish all the best to our graduates Matt Bugar, Leah MacDonald, Jasper Sonmor and Rebecca Wolff.

Two groups deserve special mention and thanks for their devotion to the school. I want to thank Murray Schwartz and the members of the Shaar Education Committee for their guidance, help and direction through the year. I also want to thank our corps of dedicated teachers: Yoli Wassersug, Bracha Koren, and Gordon Dankner, for their wonderful contributions to our children's education. We are truly blessed to live in a community with so many people devoted to our youth.

Have a happy and healthy New Year. L'Shana Tova.

Marty Zelenietz
School Administrator

Chevra Kadisha

Overall Chairperson

Jon Goldberg

Men's Division

Mark David
Dr. George Kovacs
Joel Offman
Dr. Avi Ostry
Erwin Wanderer
Dr. Marty Zelenietz
Mitchell Zusman
Peter Herschorn - Honorary Member
David Sherman - Honorary Member

Women's Division

Marianne Ferguson - Chairperson
Mildred Glynn
Sheryl Harrison
Fran Hinton
Lorraine Hurtig
Naomi Judah
Dr. Stacey Schwartz
Tova Sherman
Dr. Jana Wieder
Gertrude Shane -Honorary Member

At the Shiva House

Molly Rechnitzer - Chairperson
Nancy Cieplinski
Marianne Ferguson
Celia Fried
Helena Jockel

Naomi Judah
Yona Korn
Lea McKnight
Edith Schneiderman
Myrna Sherman

It is a great mitzvah to be involved with the Chevra Kadisha.

If you want to volunteer please call:

Jon Goldberg - 422-7491 or 492-2383

Marianne Ferguson - 423-6795

Mark David - 445-4735

Mitchell Zusman - 443-7894



Cemetery Trust

Chairperson

Martin Herschorn

Committee Members

Mark David
Marianne Ferguson
Debbie Garson

Wendy Katz
Mitchell Zusman

Tree of Life

Placing a foundation stone or a leaf on the Tree of Life is a beautiful way of commemorating any occasion. Call Molly Rechnitzer at 443-4770 for details.

The following have been added to the Tree in the past year:

Leaves

Samantha Ann April
Bat Mitzvah
May 21, 2005
All our love
Mom, Dad & Allan

In loving memory of
Uncle Leo Green
David, Julie, Nathalie
And Julian Green

In honour of
Rebecca Wolff
Bat-Mitzvah
May 6, 2006

In honour of
Dr. Saul Green
A Gentleman and
A Gentle Man
The Abrams and
Rubin Families

In loving celebration of
Pinnie Green
On her 89th birthday
David, Julie, Nathalie
And Julian Green

In celebration of
Arielle Eden Rechnitzer
Bat-Mitzvah,
May 13, 2006
With pride & joy
Mom & Dad
David, Matthew
Nathan, Bubby Molly

In loving memory of
Frances & David Singer
Our parents and
grandparents
Judith, Aaron and
Joshua Bates

Heather Zitner
A valued member
Of this Congregation
Best wishes for
A happy future
April 2006

Caspar MacAulay
Bar-Mitzvah
June 17th, 2006

In loving memory of
Our dear father
Ike Schneiderman
From Ron & Chris,
Michael, Norman &
Becky

In honour of
Ruth Pink
On the occasion of
Her 91st Birthday
From Joel, Rita, Jennifer,
Leah, Aaron & Daniel

In celebration of
Jasper Sonmor's
Bar Mitzvah
August 19, 2006

In loving memory of
Uncle Saul Green
David, Julie, Nathalie
And Julian Green

Mazel Tov
Leah Schwartz MacDonald
Bat Mitzvah
September 2nd 2006
All our love,
Mom Dad and Jonah

Foundation Stone

In loving memory of
Our dear mother
Fay Belitsky Bracher
1915 - 2006
Philip, Irwin & Ralph
Belitsky



“Mankind must remember that peace is not God's gift to his creatures; peace is our gift to each other.” Elie Wiesel

Symbolic Foods of Rosh Hashanah

Food is a central feature of most Jewish celebrations and Rosh Hashanah is no exception. Like most holidays, we wait with eager anticipation for those sumptuous smells and tastes that evoke comfort and delight the palate. It's all about tradition, those memorable practices and customs that shape and guide us. Tevye would say tradition is the glue that holds us together and gives meaning to our lives.

At Rosh Hashanah it is customary to eat foods that are sweet and to avoid the sour and bitter. The round *challah*, signifying the completion of a year and the cycle of life, is often sweetened with raisins. As with apples, we dip it in honey invoking a sweet year. Our hope for a sweet year is also symbolized by the honey or sugar added to *tzimmes*. The carrots are traditionally cut into the shape of coins expressing our hope for abundance and prosperity. We avoid eating nuts since the Hebrew letters of the word *egoz*, or nut, have the same numerical value as the Hebrew word for sin, *chet*.

On the second night of Rosh Hashanah it is common to eat a new or unfamiliar fruit as a way to taste the newness of the year. Pomegranate is often used as it is said to have 613 seeds which correspond to the 613 *mitzvot*. We ask that our merits be as numerous as the seeds of the pomegranate.

The Sephardic Jews have a tradition of the Rosh Hashanah *seder*. Like Passover, it is full of symbolic foods each with a blessing that is a good omen of success and happiness for the coming year.

We start with a sheep's head (you can use a fish head) and the prayer "May it be Your will that we should be at the head and not at the tail." Fish is traditionally eaten following the prayer "May it be Your will that we be fruitful and multiply like fish." Covered baskets of fruit are served. No one knows what the basket contains, just as one does not know what the New Year will bring.

Many of the prayers are puns using the Hebrew word for each food. For example, in Hebrew the word for date is *tamar* which sounds like *tam* the Hebrew word for "cease". We eat the date following the prayer "May it be Your will that our foes cease to harass us". Eating pumpkin or squash, *k'ra'a* in Hebrew, is also traditional. It resembles the word *kara* meaning "to cut or rip" and is eaten after a prayer asking that any bad deeds be ripped out of G-d's book.

Egyptian Jews eat black-eyed peas, associated with fertility and prosperity. Jews from North Africa eat couscous, cooked with seven different vegetables. Seven is considered a lucky number being the day of the week on which G-d rested. Leeks and onions are associated with the exodus from Egypt and beets or *silka* in Aramaic is similar to *salak*

meaning “go away” in Hebrew. In eating these foods we express the hope that our enemies disappear.

This year start a new tradition in your family with the Rosh Hashanah *seder*. Be creative, have fun and develop your own puns and symbolism with the foods you like to eat.

B'tayavon!

Enhance your Rosh Hashanah table with these recipes.

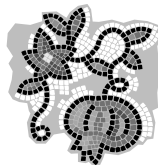
Baked Stuffed Pumpkin

1 small pumpkin	1/3 c. sugar
1 c. chopped apple	1 tsp. lemon juice
1 c. chopped cranberries	¼ tsp. nutmeg
1 cup raisins	¼ tsp. cinnamon

Cut top off pumpkin. Clean seeds out of pumpkin. Mix remaining ingredients together and put in uncovered pumpkin. Bake stuffed, uncovered pumpkin in deep baking dish at 350 degrees for 35 – 40 minutes. At the same time, bake pumpkin top on a piece of aluminium foil. Put top on pumpkin and bake 20 minutes more. Serve hot or cold as accompaniment for poultry or roast.

Roasted Pomegranate Chicken

¼ cup olive oil	¼ c. dry white wine
1 tablespoon minced garlic	juice of 1 lemon
1 (3 ½-4 lb) chicken, quartered	1 tablespoon cinnamon sugar
1 pomegranate, halved	salt and pepper



Preheat oven to 375 degrees. Mix oil and garlic and brush on chicken. Place chicken in a shallow baking dish. Drizzle with remaining oil. Bake for 45 minutes, basting several times with pan juices, until skin is browned and juices run clear.

Remove 1 tbsp of seeds from the pomegranate. Set aside for garnish. Squeeze juice from remaining pomegranate through a sieve into a bowl. Bring pomegranate juice, wine, lemon juice, and cinnamon sugar to a boil over high heat. Reduce heat and cook 5 minutes. Add salt and pepper to taste. Place chicken on a platter, pierce several times and cover with sauce. Garnish with pomegranate seeds.

7 Question Quiz for Yom Tov

Test your knowledge about Rosh Hashanah and Yom Kippur.

1. In what Hebrew month are Rosh Hashanah and Yom Kippur?
 - a) Elul
 - b) Tishrei
 - c) Tammuz
2. Which shofar sound is a series of 3 short blasts?
 - a) teru'ah
 - b) teki'yah
 - c) shevarim
3. What service is held at midnight the Saturday before Rosh Hashanah?
 - a) havdalah
 - b) slichot
 - c) ma'ariv
4. How many times is Kol Nidre chanted on Yom Kippur?
 - a) once
 - b) twice
 - c) 3 times
5. What is the ceremony where we cast our sins into the water?
 - a) teiglach
 - b) tshuva
 - c) tashlich
6. What are the Days of Awe that begin with Rosh Hashanah?
 - a) Yamin Noraim
 - b) Yom Hadin
 - c) Yom Huledet
7. What is the name of the prayer book we use during the High Holidays?
 - a) machzor
 - b) megillah
 - c) siddur

Check your answers on the inside back cover.

**Best Wishes For A
Happy And Healthy
New Year**

Henry Ferguson

**May You Have A Happy
And
Healthy New Year**

Rhonna & Thomas Gaum

**Greetings For A Happy
And A Healthy
New Year**

Freda & Irving Perlin

**Best Wishes For A
Happy New Year**

Harry Glube

**Every Good Wish
For The Holidays
And Always**

The Silburt Family

**Best Wishes For
A Happy New Year**

*Louise, Len,
Adam & Jasper Sonmor*

**A Happy, Healthy And Peaceful
New Year**

Linda Law & Lloyd Newman

**Wishing A Healthy
& Happy New Year To
The Whole Community**

*France Hinton & Avi,
Leah & Nicky Ostry*

**New Year's Greetings
To All Friends
& Relatives**

Helen Offman

**Warmest Wishes
For A Happy And
Healthy New Year**

Rona & Murray Schwartz

**A Happy And Healthy
New Year**

*Linda Rand, Barrie Green
And Family*

**Best Wishes For The
New Year**

*Emily, Daniel,
Linda & David Schroeder*

**L' Shana Tova
To All**

*Leigha, Elliot,
Benjamin, Jacob
& Hannah Givner*

**Best Wishes For A
Happy And Healthy
New Year**

*Sharon Waxman
& Charlie Campbell*

**Best Wishes For A
Happy New Year**

*Ray Caplan
& Marilyn Anne Cohen*

**May You Have A
Happy New Year**

*Irma, Jerry,
Philip & Sarah Barkow*

**Best Wishes For
A Happy And Healthy
New Year**

Jack Baig

**Best Wishes For The
Year 5767**

*Maxine & Frank Cordon
David & Ki nam Cordon
Danielle Cordon & Steve,
Oliver & Fletcher Lohrentz*

**Best Wishes For A
Good Yom Tov**

Renee & Gordon Dankner

**Best Wishes For A
Happy And Healthy
New Year**

*Lysa, Michael,
Allan & Samantha April*

**Our Best Wishes For A
Happy And Healthy
New Year**

*Sue, Mark,
Joshua, Jennie & Rebecca
David*

**Warmest Wishes For
The New Year**

*Lili & Mike Falk
and Sons*

Happy New Year

*Donna Assh & Rod,
Matthew & Benjamin
Burgar*

**Our Best Wishes For A Happy
And Healthy New Year**

*Marianne, Lawrence & Randy Ferguson
Jamie Ferguson & Jennifer Jones
MacKenzie & Noah
Rebecca & Tim Bochoff & Baby Hannah*

**Best Wishes For
The New Year**

*Lea, Simon, Matt & Jen
McKnight*

**Best Regards To The
Shaar Community**

*Fran Ornstein, Fred,
Emma & Daniel Wendt*

**Warmest Wishes To All
For A Happy New Year**

Judith & Steve Bates

**May You Have A Happy
& Prosperous New Year**

*Sheri, Bernie,
Bronia, David, Marc
& Sarah Myer*

**Warmest Wishes For
The New Year**

*Jane, David,
Benjamin & Sharon Alexander*

**L'Shana Tova
To All**

*Rosalind & Philip Belitsky
And Family*

<p style="text-align: center;">L' Shana Tova To All</p> <p style="text-align: center;"><i>Roselle Green & Family</i></p>	<p style="text-align: center;">Happy New Year</p> <p style="text-align: center;"><i>The Lehman Family</i></p>
<p style="text-align: center;">Our Best Wishes For A Happy New Year</p> <p style="text-align: center;"><i>Margaret & Allan Green</i></p>	<p style="text-align: center;">A Happy & Healthy New Year To All</p> <p style="text-align: center;"><i>Gertrude & Aubrey Shane</i></p>
<p style="text-align: center;">Best Wishes For A Happy & Healthy New Year</p> <p style="text-align: center;"><i>Harriette & Joy Laing Marcy & John Lillard</i></p>	<p style="text-align: center;">Wishing You A Happy And Healthy New Year</p> <p style="text-align: center;"><i>Nancy & Menashe Cieplinski & Family</i></p>
<p style="text-align: center;">Our Best Wishes For A Happy And Healthy New Year To All</p> <p style="text-align: center;"><i>Fig, Tim, & Jessica Margolian</i></p>	<p style="text-align: center;">L'Shana Tova To All</p> <p style="text-align: center;"><i>Jill Grant & Marty, Sari & Caleb Zelenietz</i></p>

Best Wishes for a Happy New Year

*Marcie, Jim,
Avrum & Josh Spatz*

**Best Wishes For A
Happy And Healthy
New Year To All**

The Rayson Family

**L'Shana Tova
To All**

The Wexler Family

**Wishing You A
Happy Holiday**

*Peggy, Shimon,
Josh & Hannah Walt*

**Warmest Wishes For A
Happy And Healthy
New Year**

*Janet & Alan,
Debra, Adam, Debbie, Gabriel
& Madelyn Stern*

**Every Good Wish For
The New Year**

Ruth & Richard Goldbloom

**L'Shana Tova
To All**

*Jana Wieder,
Yolana Wassersug
& Helena Jockel*

<p>A Happy And Healthy New Year To All</p> <p><i>Bracha & Jacob Koren And Family</i></p>	<p>Best Wishes For A Happy New Year</p> <p><i>Naomi Judah & Family</i></p>
<p>New Year's Greetings For 5767 To All</p> <p><i>Wendy Katz, Alan Young And Family</i></p>	<p>Best Wishes For Good Health & Happiness In The New Year</p> <p><i>Lorraine Hurtig</i></p>
<p>Warmest Wishes For The Coming Year</p> <p><i>Peter Herschorn</i></p>	<p>A Happy & Healthy New Year To All</p> <p><i>Martin & Joseph Herschorn</i></p>
<p>Best Wishes For A Happy And Healthy New Year</p> <p><i>Lorri, Paul, Sarah, Lisa & Ben Goldberg</i></p>	<p>A Healthy And Happy New Year To Everyone</p> <p><i>Ruth & Ralph Garson</i></p>

**Wishing You Joy,
Happiness, And Good
Health Throughout
The Coming Year**

Florie & Leonard Fineberg

**L'Shana Tova
To All**

*Karen, Simon Gaum,
Lesley, Dov, Rebekah
& Matthew Bercovici
Jennifer & Adam*

**Best Wishes For A
Happy New Year**

*Judith, Victor,
Eric & Rachael Goldberg*

**Our Best Wishes For A
Happy & Healthy
New Year**

Miriam & Leonard Goldberg

**A Happy & Healthy
New Year**

Sara & Fred Rose

**Best Wishes For A
Happy & Healthy
New Year**

*Rita, Joel,
Leah, Aaron & Daniel Pink*

**Many Blessings In The Coming Year
May Good Health, Peace And Happiness
Grace Your Homes**

Bunny & Lowell Shore And Family

**L'Shana Tova
To All**

Morris Strug

**A Happy And Healthy
New Year To All**

*Jennifer, Gary,
Lena & Hannah Rubenstein*

**May Yours Be A
Happy & Prosperous New Year**

*Diane, Irwin
Adam & Sarah Wanderer*

**Every Good Wish For
The New Year**

*Debbie, Martin,
Sarah, Rachael & Rebecca
Whitzman*

**Warmest Wishes To All
for the New Year**

All the Rechnitzers

**L'Shana Tova
To All**

*Ethel, Mark,
Lauren & Brendan
Rosen*

**Warmest Wishes
For The New Year**

Pinnie Green

<p style="text-align: center;">Good Health In The New Year</p> <p style="text-align: center;"><i>Sharyn & Larry Harris And Family</i></p>	<p style="text-align: center;">Wishing You A Happy And Healthy New Year</p> <p style="text-align: center;"><i>Ardith, Joel Sarah, Toba & Matthew Offman</i></p>
<p style="text-align: center;">Best Wishes For A Happy And Healthy New Year</p> <p style="text-align: center;"><i>Susan & Joe Strug And Family</i></p>	<p style="text-align: center;">Best Wishes For A Good Yom Tov</p> <p style="text-align: center;"><i>Eric Offman & Ruth McCulloch</i></p>
<p style="text-align: center;">L' Shana Tova To All</p> <p style="text-align: center;"><i>Krystyna & Roman Panek</i></p>	<p style="text-align: center;">Best Wishes For A Good Yom Tov</p> <p style="text-align: center;"><i>Leslie Dubinsky & Family</i></p>
<p style="text-align: center;">L'Shana Tova</p> <p style="text-align: center;"><i>Ildi & Jonathan, Samantha, Noah, & Rachael Chigier</i></p>	<p style="text-align: center;">L' Shana Tova</p> <p style="text-align: center;"><i>Randi & David, Adrien & Adam Adler</i></p>

**Best Wishes For A
Bright And Happy
New Year**

*Millie & Harvey Meretsky
Jonathan & Lara
Tami & Adam*

**Best Wishes For
A Happy And Healthy
New Year**

*Hilroy & Fannie Nathanson
And Family*

**Best Wishes For A
Healthy And Happy
New Year**

Alta Mushkat & Family

**Best Wishes For A
Healthy And Happy
New Year**

Edith Schneiderman & Family

**Best Wishes For
A Happy And Healthy
New Year**

*Shifra & Alex Richman
And Family*

**L'Shana Tova
To All**

*Joanne, Ron,
Lauren, Zach, Eric & Rose
Abrahams
& Lillian Heir-Pink*

**Best Wishes For A
Happy & Healthy
New Year**

Constance Glube

<p>Every Good Wish For The New Year</p> <p><i>Celia Fried And Family</i></p>	<p>Best Wishes For A Happy And Healthy New Year</p> <p><i>Ted, Cara, David, Jaimie & Dana Tax</i></p>
<p>Our Best Wishes For A Happy New Year</p> <p><i>Carol Ann, David & Lorie Silverman</i></p>	<p>Shana Tova Greetings, And Our Very Best Wishes To All</p> <p><i>Yona & David Korn And Family</i></p>
<p>Every Good Wish For The New Year</p> <p><i>Ethel Stein And Family</i></p>	<p>Best Wishes For A Happy New Year</p> <p><i>Jon Goldberg</i></p>
<p>Happy New Year</p> <p><i>Annette & Will Strug</i></p>	<p>Best Wishes For A Happy New Year</p> <p><i>Debora & Michael, Sara, Hanna & Louis Zatzman</i></p>

Best Wishes For A Happy New Year

*Rennie & Peter Claman
Dayna & Jeffrey Silver*

**Best Wishes To All For
A Good Life In
The New Year**

Alemayehu S. Engeda

**Best Wishes For Health
And Happiness In The
Coming Year**

*Anetta, Sid
& Janet Chernin*

**Warmest Wishes For A
Happy And Healthy
New Year To All**

Eleanor & Morris Givner

**We Wish You A Very
Happy And Healthy
New Year**

*Cynthia, Rob,
Hershel, Ethan & Casper
Guzner/MacAulay*

**L'Shana Tova To The
Atlantic Jewish
Community**

Joanna & Ezra Wexler

**Best Wishes For A
Happy And Healthy
New Year**

Tova, Joe & Dave

**Happy New Year
To All**

Aingeal & Harry

**Wishing All Good
Health, Happiness &
Friendship In The
New Year**

Myrna Sherman

**Best Wishes For Health,
Happiness And Peace
For The New Year**

*T. Renee Munro-Warman
& Phil Warman*

**May You Have A
Happy & Prosperous
New Year**

*Rosalie Fine & Steven,
Rebecca & Jacques Wolff*

**Warm Wishes For A
Happy And Healthy
New Year To All**

Ruth Shane

Happy Rosh Hashanah

*The Schwartz/MacDonald
Family
Stacey, Sandy, Leah, & Jonah*

**Warmest
New Year's Wishes**

*Mary Dale Pencer
& Ed Pencer*

**Best Wishes For A
Happy & Healthy New
Year To All**

Beverly Parsons

**Best Wishes For
A Happy And Healthy
New Year**

Joseph Zatzman

**Best Wishes For A
Good And Sweet
New Year**

Howard Heyman & Hal Walsh

**Good Health And Peace
In The New Year**

The Lecker-Evans Family

**Best Wishes For The
New Year**

*Sandy & George Kovacs
And Family*

**Very Best Wishes For
A Happy And Healthy
New Year**

Barbara Newman

**A Happy And Healthy
New Year**

Ken Offman

**Best Wishes For A
Happy New Year**

Mark Offman

**Very Best Wishes To All
For The New Year**

Bess & Julius Solomon

Warmest Wishes For The New Year

*Shirley Chernin
Bill H. Chernin & Family
Ken Chernin & Family
Beth Derible & Family*

Warmest Wishes For The New Year

*Joan & Ronald Pink
David, Rachael,
Daniel and Noah*

Good Wishes For A Peaceful, Happy & Healthy New Year

*Denise, Natan,
Amir, Tamy, Igal
and Itai Nevo*

L'Shana Tova To All

The Hirsch Family

Wishing All A Peaceful, Healthy & Happy New Year

*Sondra, Jason,
Shael and Zane Brown*

Wishing You A Wonderful & Abundant New Year

*Helen, Patrick,
Dalia and Micah
Wilson-Welsh*

Looking Ahead: Upcoming Events

Dr. Saul Green Lectureship in Judaism and Medicine

Inaugural lecture in cooperation with

Dalhousie Medical School's Department of Humanities

September 14, 2006 at Shaar Shalom

Time: TBA

Guest Speaker: Dr. David Novak

We can also look forward to the following events in the New Year:

- Autumn auction fundraiser
- Scholar in Residence Program
- Another congregant sponsored public lecture, in partnership with a local university, on the subject of mutual understanding and tolerance

Watch for details of these and other programs in the year ahead and plan to participate.

A Prayer for Peace



May we see the day when war and bloodshed cease, when a great peace will embrace the whole world.

Then nation will not threaten nation, and mankind will not again know war.

For all who live on earth shall realize we have not come into being to hate or to destroy.

We have come into being to praise, to labor and to love.

Compassionate God, bless the leaders of all nations with the power of compassion.

Fulfill the promise conveyed in Scripture;

I will bring peace to the land, and you shall lie down and no one shall terrify you.

I will rid the land of vicious beasts and it shall not be ravaged by war.

Let love and justice flow like a mighty stream.

Let peace fill the earth as the waters fill the sea.

And let us say: Amen.

Sincere thanks to everyone who so willingly gave of their time to help with this publication. I couldn't have done it without you. Greetings callers: **Jane Alexander, Marianne Ferguson, Celia Fried, Ruth and Ralph Garson, Cynthia Guzner, Mary Kanner, Molly Rechnitzer, Debbie Whitzman.** Proof readers: **Marianne Ferguson and Molly Rechnitzer.** Our 'Sweet' Cover: **Fran Ornstein.** Thanks to everyone who submitted articles and news and purchased ads. Extra thanks to **Florence Slaunwhite** for her support, advice and help with the personal greetings and business ads.

Lea McKnight

Editor 5767

Answers to the Yom Tov Quiz:

1 - b, 2 - c, 3 - b, 4 - c, 5 - c, 6 - a, 7 - a