

## SPREADING THE JOY THAT COMES FROM PERFORMING MITZVOT

*Kol Yisrael areyvim zeh lezeh.... All Jews are responsible for each other.*

This approach to living is fundamental to Judaism and is reflected in the Jewish value of *Tikkun Olam* - making the world a better place by performing acts of loving kindness. Jewish history, in fact, is rich with examples of initiatives that were designed to provide relief and assistance where ever and when ever it was needed.



In our community today there are many ways that people can provide help to those in need. While contributions to our Annual Supporters campaign enhances our ability to provide programs and services that strengthen the lives of individuals and families in our community (see enclosed donation card), the agency also offers many "hands-on" mitzvah opportunities.

Examples of these hands-on mitzvot include preparing food and toy hampers at Chanukah, making regular contributions to our emergency food pantry, or contributing to various other initiatives such as the recent Jewish day camp 'school supply drive' for children in need. They also encompass acts such as extending an invitation during the holidays to someone facing a difficult time or someone new to the community, stepping forward to be a volunteer grocery shopper or a friendly visitor to a housebound senior, becoming a host family to a newly arrived immigrant family, or serving as a guarantor for someone who has applied for an interest free loan.

Lois Shane, a recently retired JCFS social worker, always encouraged her older clients to use their artistic talents to create items that could provide support to others in need. In response to this, Rose Herstein crochets beautiful hand knit afghans which she generously donates to the agency, Judith Raffaeli makes colourful hand knitted dolls to be handed out to foster children at Chanukah, and Hymie Leibl spends

hours in his workshop creating intricately carved wooden toys to be presented to our children in care.

In recognition of the importance of performing mitzvot, Jewish Child and Family Service inaugurated a new tradition at its Annual General Meeting on June 2, 2005 - the presentation of Mitzvah Awards. Recipients of these awards, presented to those who have demonstrated an ongoing commitment to helping others, included Dr Ben Goldberg in recognition of his 20 year commitment to providing clients in need with dental care; National Council of Jewish Women's Sarah Bell Branch for its 20 year tradition of generously preparing *shalach manot* packages for needy families; and the *Quilting Mavens*, a talented group of women who produced quilts for children in foster care. This particular initiative is part of an ongoing JCFS program entitled *Cover Our Kids with Care*, a program that welcomes contributions for the purchase of fabrics and for which special tribute cards are available.

Three synagogue congregations, Congregation Etz Chayim, Congregation Shaarey Zedek and Herzlia Adas Yeshurun also were recognized for their commitment to *Tikkun Olam* and for fundraising in support of JCFS programs and services. As well, the Gray Academy of Jewish Education received a Mitzvah Award in appreciation of its efforts in raising awareness of the difficult situations faced by many people in our community, and for creating programs and initiatives that support the efforts of JCFS to combat these problems.

All of these individuals and organizations have spread joy by performing mitzvot and, in return, have benefited from the joy of giving from the heart. In the process they have helped JCFS improve the lives of individuals and families and have helped it to strengthen the Jewish community of Winnipeg.

**"It is a great Mitzvah to be joyous and Mitzvahs bring great joy."**

photo credit- Keith Levit

# PHOTO HIGHLIGHTS

## MITZVAH HONOUREES

(presented with awards at our Annual Meeting)



Dr Ben Goldberg on left



Congregation Etz Chayim



Congregation Shaarey Zedek



NCJW Sarah Bell Chapter



Quilting Mavens



Gray Academy of Jewish Education



Herzlia Adas Yeshurun  
Congregation

## CREATIVE HANDS



Lois Shane & Mrs.  
Herstein with the  
handmade afghan



Lois Shane & Mrs.  
Raffaelli and her  
dolls



Mr. Leibl in his  
woodworking  
workshop

# A MESSAGE FROM Emily



At the recent High Holiday services some of you may have heard the announcement from the Rabbi about our urgent need for a foster placement for three young children. Many of the congregants found our request disturbing. They were surprised to hear that there are Jewish children in our community who need foster care. The truth is that there is always a constant need for Jewish foster homes. The current need could not be met with our available licensed foster homes and we had to reach out to the community. Our hope was that our desperate plea for a home for these three children would result in finding a suitable home so that we could keep the siblings together.

The reaction from the congregants to our request brought to light the need for us to heighten awareness of the range of social problems we are challenged with in our community. We are not immune to poverty, mental illness, child abuse and neglect, drug and alcohol addictions, family violence, and the plight of isolated and frail seniors. We are not spared any of these difficult problems. However, we as the Jewish community have an obligation to deal effectively with these problems. Our community is strengthened when we assist those who are the most vulnerable.

Through JCFS we ensure that there is a place available which makes certain that no one is left behind. Together as a caring community, we reaffirm that all are treated with dignity and respect as we assume and internalize the Jewish value of *Tikun Olam* - of repairing the world. The writings of the Torah and subsequent commentaries reaffirm this basic value that underlies all the work we do. Our request for Jewish foster homes for example, reflects the Talmudic saying- "Whoever raises a child is as if he gave birth to him" (The Talmud -Megillah 13a). It is comforting and rewarding to know that we as an agency are a small yet persistent link in the chain of Jewish continuity inherent with the obligations of making the world a better place for all.

Emily Shane  
Executive Director

## We Are Cooking.....

JCFS is preparing a Passover cookbook for release prior to Pesach 2006! The new cookbook is a reflection of the tried and true favorites from the kitchens of the *balabustas* of the past but with variations of new and interesting culinary delights for the more health conscious palates of today's modern cooks. Get ready for Pesach dishes you won't "pass over" (pun intended) that will be featured in the new cookbook! titled, **A 21<sup>st</sup> Century Passover - Recipes from the Friends of Jewish Child and Family Service.** The committee of *matzah mavens* are working diligently to create a cookbook that will have something for everyone. You will want to order your book and obtain an extra one for the new bride or groom in your family!

### Circle the date

You can buy your copy of the new cookbook and sample some of the delicious recipes at the book launching on THURSDAY MARCH 8TH AT THE BERNEY THEATRE. David Gale from the TV show *LOVING SPOONFULS* will be there to supervise and entertain us as the cooks whip up some of the wonderful recipes found in the book. A reception will follow with samples to taste from a variety of the recipes.

## HAPPENINGS

- 150 people attended a BBQ, which was held on June 5<sup>th</sup>, for newcomers as well as Canadian born families. The families enjoyed the outdoor barbecue and participating in the Israeli dancing, and other special activities for the children. This program was a joint initiative with JCFS and Jewish Federation's Grow Winnipeg Program.

- Four afternoon Employment Workshops were held in June to assist newcomers with their employment skills. Topics covered were: how to market yourself, interview preparation, employer expectations. In the final session a job finding club was developed for the purpose of ongoing networking and sharing ideas about looking for employment.

- A Workshop was held for the Russian speaking immigrant women on July 27<sup>th</sup> at Gwen Secter Centre. 23 women came to learn about the Canadian culture and share stories about their immigration experience. The workshop was led by JCFS Resettlement workers, **Rina Roytburg** and **Olga Yarmak**. The feedback was very positive and the women are interested in meeting again in the near future.

- Over 160 newcomers enjoyed their evening attending the Israel pavilion at *Folklorama*. Some have also participated as volunteers at the Israel Shalom Square pavilion as well as the Argentinean Tango pavilion.

- A Newcomer get-together was held on Sunday, August 21 at the Asper Campus. Over 60 newcomers and local families joined together for an afternoon of sports, square dancing and games to meet new people. This program was a joint initiative with JCFS and the Jewish Federation's Young Adult Division.

- A special Shabbat dinner - *Celebrating Seniors in our Community* - took place at the Asper Jewish Community Campus on Friday, September 9<sup>th</sup>. Over 130 attended the dinner, which was sponsored by the Coalition of Older Adults. Jewish Child and Family Service is a participant of the Coalition. Other members include: The Jewish Federation of Winnipeg, the Gwen Secter Creative Living Centre, The Rady JCC and the Sharon Home. This program was supported by the Marion Bookbinder Fund of the Jewish Foundation of Manitoba. The successful evening has prompted the organizers to try and plan another dinner in the future.

## WELCOME ABOARD

A warm welcome to **Mara Barsky** and **Hernan Popper**, who have joined our Board of Directors.



**Mara Barsky** is currently a guidance counsellor at the Gray Academy of Jewish Education, as well as a grade four English teacher. Mara is interested in combining her involvement as a JCFS board member with her career in the counselling field.



**Hernan Popper** is employed as a product manager with Manitoba Telephone System. Hernan and his family arrived from Argentina two and a half years ago. As a newcomer to Winnipeg he is very anxious to become involved in community activities and to offer his experience and to "make a difference".

## Mazel Tov!

Mazel tov to **Ida Margolis** who received her Honorary BA from the University of Winnipeg's 55 plus program at the spring convocation. 93-year-old Ida has been volunteering for JCFS for over 2 decades. Her busy schedule of activities has kept her young and committed to life long learning.



Mazel tov to staff member **Rishona Hyman** (Slutchuk) who recently graduated from the Wurzweiler School of Social Work where she received a Masters of Social Work degree. Wurzweiler is part of the Yeshiva University. Rishona took part in a 2 year program where she lived and studied in NYC during the months of June and July and then returned to Winnipeg to do her field placement portion of the program. Double congratulations to Rishona who also was married in August to Hartley Hyman.

## Jewish Immigrant Aid Services Scholarship Awards

Mazel tov to this year's JIAS Scholarship Awards winners.

**Zhana Assa** - John Hirsch Scholarship for the Arts - commencing her first year in Fine Arts at the University of Manitoba.

**Vadim Brodsky** - General Scholarship - starting his first year of Fine Arts at the University of Manitoba.

**Leandro Freylejer** - General Scholarship - beginning his 4th year Arts Honours program at the University of Manitoba.

**Ksenya Khomenko** - General Scholarship - beginning her first year Arts program at the University of Winnipeg.

## Adrienne at Ambrosia



Women in the community were treated to a makeover this year just prior to the High Holidays. Adrienne Gold, a Canadian TV personality and noted speaker on Jewish values and self development, spoke to a group of 43 women. Her topic, "Spiritual Makeover- 40 days to a New You - the power of Elul" took place on Sunday, September 18<sup>th</sup>. Adrienne explained in her talk that traditionally the month of Elul, prior to Rosh Hashanah, is meant for deep reflection and self assessment to prepare for a meaningful life in the year ahead. Those in attendance also had the opportunity to experience the regenerative qualities of aromatherapy as demonstrated by Camille Luce Forsythe. The program was conducted at Carrie's newly developed site *Ambrosia*, which is a Holistic Conference Centre with bed and breakfast facilities. A number of jewellery items by gifted gemologist and jeweler Eugene Kostovetsky were on display throughout the day. Jewish Child and Family Service is appreciative of the efforts of Shoshana, the Women's Division Aish Winnipeg, for organizing this program. They also encouraged that donations be made to JCFS's *Shalom Bayit Fund*, which raises awareness of issues of Jewish domestic abuse. A special thank you to Ahava Halpern and Frank Lavitt for their generous support of this program.

## NEW FACES



**Cheryl Corrin** is working half time in the Older Adult Services area. She has been a social worker since 1984 and has always had a strong interest in Geriatrics. For the past seven years she ran a home day care and was involved in community volunteer work. Prior to that she was employed with Homecare as a case coordinator, as well as with CNIB.



**Tana Lyng** is our new case-aide in the Older Adult Services area. In the two days she will be working with us, she will be providing assistance with the *Social Connections* group for seniors who are experiencing memory loss, help with the Holocaust support group and some individual client support work.



**Myriam Saitman** is the newest addition to our Administrative staff. In Argentina she was involved in statistical analysis for a government agency that dealt with international trade. She and her family have been in Canada for two years.



**Olga Yarmak** is working as an Integration Worker in the Resettlement program. Olga arrived from Israel with her husband and sons over 17 months ago from Israel. She has training and experience in the fields of computer programming, nursing and teaching mathematics and sciences.

University of Manitoba, Faculty of Social work students **Bonnie Johnson** and **Dawn Barron** are doing their field placement at JCFS. Bonnie will be supervised by Cheryl Hirsh Katz where she will gain experience in the area of Older Adult Services. Dawn will be working with Shelley Levit where she is interested in working with some of our support groups and obtaining direct experience in providing therapeutic counselling.

### North end seniors: Urgent need for grocery shoppers

Please consider volunteering to help a senior grocery shop. A number of isolated seniors are having problems getting out to do their own shopping. You would be performing a real "mitzvah" by accompanying a senior on a shopping outing. Scheduling of time is flexible. Call Lola at 477-7430.

### Open Your Heart – Open Your Home: Foster a Jewish Child

Every child deserves to have a safe and secure environment in which to grow and develop into a responsible adult. JCFS is in need of Jewish foster homes. If you feel that your home could be a place of safety and nurturing for a child who is separated from his own family, please consider becoming a foster family. Some placements are longer depending on the circumstances. Contact **Randee Pollock**, Foster Care Coordinator, to find out more. Call 477-7430.



**The Asper Helping Hand Initiative**, administered by Jewish Child and Family Service, provides interest-free loans to people at every stage of life.

The program assists individuals and families in becoming or remaining self-supporting and valued members of the community through self-respect and dignity. A borrower must:

- be experiencing temporary financial hardships
- be a Jewish resident of Manitoba
- be able to demonstrate a need for the loan
- have the ability to repay it
- provide qualified guarantors who are willing to co-sign

For more information or if you would like to become a guarantor for someone in need, please contact **Shelley Garfield**, Program Manager, at 338-7132 or email: [helpinghand@aspercampus.mb.ca](mailto:helpinghand@aspercampus.mb.ca)

### SAY IT WITH A TRIBUTE CARD FROM JEWISH CHILD AND FAMILY SERVICE.....

Send a *mazel tov* on a special occasion like a bar/bat mitzvah, a special birthday, anniversary, wedding or graduation. Send a note of sympathy or encouragement from recovery from a recent illness.

### COVER OUR KIDS WITH CARE

Specially designed tribute cards are also available to support the foster care program.

Call the office at 477-7430.

### Think You Already Know EVERYONE in Winnipeg???

New immigrants are arriving all the time. They need your help. Being involved in the Host Family program or tutoring immigrants are both great opportunities for you to meet people from all over the world. This is a wonderful way to learn about different cultures and help newcomers become part of our vibrant Jewish Community. The time commitment is flexible and every effort is made to match you with a new family or individual with whom you share common interests.

For more information about the Host Family Program and the Tutor a New Immigrant Program call **Adele Lewin** or **Lola Baral** at Jewish Child and Family Service at 477-7430



If you, or someone you know, have been confined to hospital and would appreciate a visit from the Jewish Community Chaplain, please notify the JCFS offices. Many patients have benefited from the spiritual counsel that a visit with **Rabbi Charytan** can provide. Unfortunately, because of the privacy legislation (PHIA), we have been limited in our ability to access patients who are Jewish. If a Jewish patient does not sign a request, then they will not be placed on the hospital's list marked for a chaplaincy visit. Call JCFS at 477-7430 and explain that you, or the person you are calling on behalf of, would like to be visited by the Rabbi.

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Jewish Child and Family Service is committed to protecting the personal information by following responsible information handling practices in keeping with the new privacy laws.

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