



Beth Zion  
Congregation

# PILLAR

September 2023 - April 2024 Tishrei - Adar 2 5784

On behalf of the Clergy, Officers, Board of Directors  
and staff, we wish you a Shana Tova U'Metuka.  
A new year of health, happiness and sweetness.



September 1, 2023	7:14 PM	September 2, 2023	8:17 PM
September 8, 2023	7:01 PM	September 9, 2023	8:03 PM
September 15, 2023	6:47 PM	September 16, 2023	7:49 PM
September 22, 2023	6:34 PM	September 23, 2023	7:35 PM
September 29, 2023	6:20 PM	Septmeber 30, 2023	7:21 PM
October 6, 2023	6:07 PM	October 7, 2023	7:08 PM
October 13, 2023	5:54 PM	October 14, 2023	6:56 PM
October 20, 2023	5:42 PM	October 21, 2023	6:44 PM
October 27, 2023	5:31 PM	October 28, 2023	6:33 PM
November 3, 2023	5:20 PM	November 4, 2023	6:24 PM
November 10, 2023	4:11 PM	November 11, 2023	5:16 PM
November 17, 2023	4:04 PM	November 18, 2023	5:09 PM
November 24, 2023	3:58 PM	November 25, 2023	5:05 PM
December 1, 2023	3:54 PM	December 2, 2023	5:02 PM
December 8, 2023	3:52 PM	December 9, 2023	5:01 PM
December 15, 2023	3:53 PM	December 16, 2023	5:02 PM
December 22, 2023	3:56 PM	December 23, 2023	5:02 PM
December 29, 2023	4:00 PM	December 30, 2023	5:10 PM
January 5, 2024	4:07 PM	January 6, 2024	5:16 PM
January 12, 2024	4:15 PM	January 13, 2024	5:24 PM
January 19, 2024	4:24 PM	January 20, 2024	5:32 PM
January 26, 2024	4:33 PM	January 27, 2024	5:41 PM
February 2, 2024	4:43 PM	February 3, 2024	5:50 PM
February 9, 2024	4:54 PM	February 10, 2024	6:00 PM
February 16, 2024	5:04 PM	February 17, 2024	6:09 PM
February 23, 2024	5:14 PM	February 24, 2024	6:19 PM
March 1, 2024	5:24 PM	March 2, 2024	6:28 PM
March 8, 2024	5:33 PM	March 9, 2024	6:37 PM
March 15, 2024	6:43 PM	March 16, 2024	7:47 PM
March 22, 2024	6:52 PM	March 23, 2024	7:56 PM
March 29, 2024	7:01 PM	March 30, 2024	8:06 PM
April 5, 2024	7:10 PM	April 6, 2024	8:16 PM
April 12, 2024	7:19 PM	April 13, 2024	8:26 PM
April 19, 2024	7:28 PM	April 20, 2024	8:36 PM

<b>Spiritual Leader</b>	<b>Rabbi Yamin Benarroch</b>
<b>Founding Rabbi</b>	<b>Rabbi Sidney Shoham Z"L</b>
<b>Founding Cantor</b>	<b>Cantor Tibor Holczer Z"L</b>
<b>Founding Chazan Sheini</b>	<b>Rev. Alex Lindinfeld Z"L</b>
<b>Chazan Sheinie Emeritus</b>	<b>Rabbi Yitzchok Rosenberg</b>
<b>Executive Director</b>	<b>Zev Mestel</b>
<b>Immediate Past President</b>	<b>Shlomo Benarroch</b>
<b>President</b>	<b>Charles Benedek</b>
<b>1st Vice President</b>	<b>Ilan Saul</b>
<b>2nd Vice President</b>	<b>Daniel Shaul</b>
<b>3rd Vice President</b>	<b>Rabbi Sorin Rosen</b>
<b>Secretary</b>	<b>Myrna Halickman</b>
<b>Treasurer</b>	<b>David Bensimon</b>

# Thank You

Special thanks to Devorah Abenhaim who continues to generously and unfailingly give her time to Beth Zion by providing the D'var Torah for our weekly Shabbat Bulletin.

A special Yasher Koach to Bobby Shaul, for his dedication and devotion for leining on Shabbat and Yom Tov.

A Yasher Koach is extended to Rabbi Yamin Benarroch, Amirav Davy, Danny Farkas, Rabbi Moshe Farkas, Steve Farkas, Yoel Hofman, David Kogut, Noam Levkovich, Dr. Bruce Mazer, Rev. Yitzchok Rosenberg, Ben Rubin, Bobby Shaul, for their dedication and commitment for leading Shabbat and Yom Tov services and Ben Rubin for leining.

Rabbi Eitan Maazari, Rabbi Mimon Mamane, and Elliot Silverman for delivering Divrei Torah.

Dr. Bruce Mazer for leading the Siyum at the first Minyan on Erev Pesach, Elliot Silverman for leading the Siyum at the second Minyan, and Bobby Shaul for reading Shir Hashirim on Pesach.

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To receive our Shabbat Bulletin information by e-mail, please subscribe on our website or email us at [bethzion@bethzion.com](mailto:bethzion@bethzion.com).

All information contained in this Pillar is up to and including August 1, 2023. If there has been an error or omission, please contact the office and it will be added to the next issue of the Pillar.

## FROM THE DESK OF THE RABBI



Dear Beth Zion Family,

One of the fundamental values of Judaism is the Mitzvah of giving Tzedakah (charity). Maimonides writes: “Every city where a Jewish community exists, the community is obligated to set up a mechanism to gather charity for the poor. Never in Jewish history have we found a Jewish community that did not have a collection for the poor”. Maimonides outlines a hierarchy describing 8 levels of giving charity. The highest being that one helps an individual attain a level of self sustainability whereby they will no longer be dependent on asking for handouts. Another lofty level is when one gives charity anonymously. The list goes on.

The Torah outlines many ways in which we can help the poor. One Mitzvah that stands out is that of Shemitah, the Sabbatical year. Every seventh year, a farmer is required to open their fields to the poor. The field becomes ownerless and the poor are allowed to take as much as their heart desires. Rav Avraham Saba known as the “Tzror Hamor” writes: There is a fundamental difference between all the laws that protect the poor and “Shemitah”. When performing the laws of “Tzedakah” the rich person remains rich and the poor remains poor. The rich person can never really know how the poor person feels. Shemitah is different. On the seventh year, fields become ownerless. The fields of the rich are available to everyone. The “Shemitah year” levels the playing field. It turns everyone into equals. The farmer can no longer plant and he is not allowed to sell his produce. Loans are forgiven. In short, there is no hierarchy of rich and poor. During the “Shemitah year,” everyone is the same. The rich now understand how the poor feel. They understand what it means to not own anything. They learn to fully empathize with the poor. The “Shemitah year” allows us to realize that we are all equal created in the image of G-d.

To empathize and see each other as equals is a great challenge. The world would be a much better place if empathy would be our raison d'etre. As we begin a new year, let's embrace the challenge.

On behalf of myself and my wife Rivka, I would like to wish each and every one of you, a Shana Tova U'metuka.

Rabbi Yamin Benarroch



### **Rivka Berman's Recipe**

#### **Yom Tov Poached Salmon**

In a Pyrex or corning 8” square dish, cook your gefilte fish as you normally do.

Alternatively, do the following:

1 onion in 1/4" slices. to cover bottom of dish.

1 tsp black peppercorn

2 tbsp sugar

1 whole carrot peeled

1/4 tsp salt

Fill dish with one inch of water (cover carrot)

Bring to a boil. Add the frozen fish loaf seam side up (water should reach to middle of fish loaf). Bring back to a boil and reduce temperature. Simmer for one and a half hours.

To poach the salmon, remove the fish and carrots. Do not discard the broth or the onions. Add a half lemon sliced and peeled. The sliced salmon should be no more than 1 inch thick. This dish will serve 6 to 8 pieces of salmon.

Cook for 30 minutes or until salmon is easy to separate and is a pale pink in color.

Serve cold with extra sliced lemon & or horseradish.



## MESSAGE FROM CHARLES BENEDEK, PRESIDENT



Here we go again! The seemingly daunting task of writing to my fellow members in the High Holiday version of our bi-annual Piller 'magazine'. I will admit that it is a humbling honour to be in the position of such a storied congregation to which I am proud to be affiliated with in such a way. These messages are an avenue for me to share my thoughts and to reflect on the past year of accomplishments as well as future plans.

As we stand on the threshold of the High Holidays, a time of reflection, repentance, and renewal, let us take this opportunity to examine the role our beloved congregation plays in our lives. The challenges and triumphs we've experienced over the past year mirror the ebb and flow of life itself. Our efforts have been substantial. We recovered sections of our roof, ensuring that our sanctuary remains a place of shelter and tranquility for all who enter. The renewal of our front entrance serves as a metaphorical gateway to new beginnings, inviting both longstanding members and newcomers alike to partake in the warmth of our community. The renovation of the bridal room is a gesture toward creating a space of beauty and celebration, in the hopes that more significant life moments will be shared within our sacred walls. The journey towards improvement did not stop at aesthetics. We faced antiquated and leaky plumbing, a challenge that tested our patience and resourcefulness. Yet, with determination, we addressed this issue, recognizing that our shul, like our souls, requires continuous care and attention.

In a moment that may be seen as both humbling and transformative, our storied chandelier descended from its heights to our Bima. The symbolism is rich; even the most storied aspects of our history sometimes require repair, renewal and even replacement. Just as we have recovered from the fallen Torah and fallen chandelier, so must we reignite our spiritual and communal well-being.

The words of Rabbi Jonathan Sacks' Z"l, remind us that forgiveness and repair are powerful forces. "Every act of forgiveness mends something broken in this fractured world. It is a step, however small, in the long, hard journey to redemption.". In our congregation, we find a microcosm of this concept—a place where forgiveness, growth, and shared purpose converge.

Our upcoming programs are designed to be inclusive, engaging every member of our community. From our annual Rabbi Sidney Shoham Annual Memorial Lecture, to Friday night family dinners and the joyous celebrations of Sukkot and Simchat Torah, and our infamous Channukah Carnival, there is something for everyone to participate in and enjoy. These events, as well as our ongoing initiatives, are the lifeblood of our community. They connect us, inspire us, and remind us of the strength we draw from each other's presence.

As we acknowledge the end of my first year as President, I am reminded of the journey that has led me here. From member to board member, Officer, and now President, I have witnessed firsthand the dedication that drives our congregation. Each of us carries multiple commitments in our hearts—our devotion to Hashem, our families, our careers, and our personal aspirations. The commitment we share to our congregation is a thread that weaves through these aspects of our lives.

I encourage each of us to reflect on how our commitment can evolve and inspire greater involvement. Just as my path unfolded naturally through various roles and responsibilities, I believe that by staying attuned to our dedication, we can find meaningful ways to contribute. The progress may be subtle, but it is transformative. Together, we can carry the Beth Zion Congregation forward, nurturing it as it nurtures us.

As we approach the High Holidays, let us embrace the opportunity to deepen our connection to our congregation. Let us forgive, repair, and renew, both individually and collectively. By doing so, we uphold the legacy of our storied congregation, ensuring its vibrancy, sustainability, and growth for generations to come.

On behalf of my family, I want to take this opportunity to wish all members, clergy, staff and friends, a Shana Tova and a G'mar Chatima Tova.

With gratitude and optimism,

Charles

## Message from Rabbi Moshe Ohayon



I would like to start by saying thank you to the Beth Zion Family for welcoming me with warm and open arms. From the first meeting I had with Rabbi Benarroch, and later meeting the President, Mr. Charles Benedek, and the community at large, everyone was so welcoming and warm! I would also like to thank the election committee of the Sephardic minyan that was involved in the process of electing me as the Rabbi and making it easy and professional.

The New Year, the high holidays, days of awe, and days of judgment! These are the thoughts that come to mind along with the beautiful melodies that we still remember from last year's services. Even though they are all right, we must, however, remember G-d's endless mercy and His everlasting kindness with which we need to approach these days.

The Talmud in Kiddushin 36b brings a dispute between Rabbi Yehuda and Rabbi Meir Baal Haness, in regards to when the Jewish people are considered children in the eyes of God and when not. Rabbi Yehuda states that only when the Jews respect the Torah are they considered sons of God, but when they don't follow God's Torah, they are not considered sons. Rabbi Meir, on the other hand, says "Bein Kach U'Bein Kach Banai Hem," "Either way, they are my children," whether the Jewish people keep the Torah or not, they are considered Children of God!

Although the general rule is that in the case of a dispute between Rabbi Meir and Rabbi Yehuda, the law is ruled like the opinion of Rabbi Yehuda, in this instance the halachic ruling is like Rabbi Meir's opinion, since there are many scriptures that support his opinions.

When we approach these days of awe and judgment, we need to remember that the halachic ruling was decided like Rabbi Meir's opinion and that even though there is plenty on which we need to repent and do teshuva, "Either way, they are my children!" We are "sons" of G-d coming back. The awe need be an awe of G-d's greatness and endless empathy, with an extended hand to accept all those who repent. When we come back to visit our father, the king, in his most magnificent palace, we stand in awe at ourselves. How could we have strayed from royalty and such a luxurious lifestyle and in exchange, we adapted the lifestyle of a pauper?

The days of judgment, in which our father, who has everlasting love for us, is the judge, and promises us that all he is looking for, is for us to repent, like we read in the famous Netane Tokef: "Ki lo tachpotz bemot hamet, ki im beshouvo miderachav vechaya," "for you do not want the death of the dead, rather for him to repent and live."

I look forward to the upcoming year with the Sephardic minyan and the larger Beth Zion community as a whole. Our partnership and our unity, a bond that will last many years to come, God willing. Keeping a positive eye and a brotherly love for one another. After all, we are all sons of one king. Like Rabbi Meir's opinion, "Bein Kach U'Bein Kach Banai Hem," "Either way, they are my sons."

Shana Tova Umetuka!  
Happy Sweet New Year!

Rabbi Moshe Ohayon

## MESSAGE FROM ZEV MESTEL, EXECUTIVE DIRECTOR



Since the Pesach Pillar, we have hired Elana Pervin to work in the office. A thank you to Elana, Rivka and Gloria for everything they do behind the scenes.

We have continued to host our Adult Education programs via Zoom. I would like to once again thank our programming chair, Myrna Halickman and her committee for their continuous efforts. Thank you to Sharona Halickman, Yehuda Kops and Ora Rubinstein for their weekly Torah classes. A special thank you to our volunteers who help with event planning.

In August, we held our Scotch tasting and it was a success as always.

On Monday night, September 18 at the conclusion of Tzom Gedalia, we will be having The Rabbi Sidney Shoham z”l Memorial Lecture, sponsored by Jewel Shoham, The Lieberman, Mamelak and Tripp families and The Sheva & David Honig Fund. The guest speaker will be Rabbi Yehoshua Grunstein. His topic will be “The Secret of Achieving Unity.”

Between Rosh Hashana and Pesach, we will have 4 Friday night dinners. The first dinner will be held on Friday, September 22 with Rabbi Grunstein.

We are looking to hold a concert in November. Details to follow.

On behalf of Jewel and myself, Mitchell, Joni & Eric, Max and Ella, Shayna & David and Mia, and Aviva, we wish you a Shana Tova U'metuka, a sweet and happy 5784!

Zev



### Beth Zion Purim Carnival



Saturday	September 9	Selichot	11:15 pm
Friday	September 15	Erev Rosh Hashanah	
		Selichot and Shacharit	5:30 and 7:45 am
		Candle Lighting with Shehecheyanu	6:47 pm
		Mincha and Maariv	6:50 pm
Saturday	September 16	1st Day of Rosh Hashanah	
		Shacharit Sanctuary and Albert Spector	8:00 am
		Torah Reading	9:30 am
		Sermon/ Shofar	10:15 am
		Mincha and Maariv	6:40 pm
		Candle Lighting with Shehecheyanu from pre-existing flame.	After 7:49 pm
Sunday	September 17	2nd Day of Rosh Hashanah	
		Shacharit Sanctuary and Albert Spector	8:00 am
		Torah Reading	9:30 am
		Sermon/ Shofar	10:15 am
		Tashlich	6:00 pm
		Mincha and Maariv	6:45 pm
		Yom Tov Ends	7:47 pm
Monday	September 18	Tzom Gedaliah	
		Fast Begins	5:19 am
		Selichot and Shacharit	5:50 and 7:45 am
		Mincha and Maariv	6:30 pm
		Fast Ends	7:30 pm
Shabbat	September 23	Shabbat Shuvah	
		Shacharit	9:00 am
		Drasha	10:15 am
		Mincha and Maariv	6:25 pm
		Shabbat Ends	7:35pm
Sunday	September 24	Erev Yom Kippur	
		Selichot and Shacharit	8:00 am
		Mincha	3:00 pm
		Candle Lighting with Shehecheyanu	6:30 pm
		Kol Nidre	6:30 pm
Monday	September 25	Yom Kippur	
		Shacharit Sanctuary and Albert Spector	9:00 am
		Sermon/ Yizkor	12:00 pm
		Musaf	1:00 pm
		Mincha	5:00 pm
		Neilah	6:00 pm
		Shofar/ Fast Ends	7:31 pm



Friday	September 29	Erev Succot	
		Shacharit	6:25 and 8:00 am
		Candle Lighting with Shehecheyanu	6:20 pm
		Mincha and Maariv	6:20 pm
Saturday	September 30	1st Day of Succot	
		Shacharit	9:00 am
		Mincha and Maariv	6:15 pm
		Candle Lighting with Shehecheyanu from pre-existing flame.	After 7:21 pm
Sunday	October 1	2nd Day of Succot	
		Shacharit	9:00 am
		Mincha and Maariv	6:20 pm
		Yom Tov Ends	7:19 pm
Monday	October 2	Chol Hamoed	
		Shacharit	6:00 and 7:45 am
		Mincha and Maariv	6:15 pm
Tuesday	October 3	Chol Hamoed	
		Shacharit	6:00 and 7:45 am
		Mincha and Maariv	6:25 pm
Wednesday	October 4	Chol Hamoed	
		Shacharit	6:00 and 7:45 am
		Mincha and Maariv	6:25 pm
Thursday	October 5	Chol Hamoed	
		Shacharit	6:00 and 7:45 am
		Mincha	6:25 pm
Friday	October 6	Hoshana Rabbah	
		Shacharit	5:30 and 7:45 am
		Candle Lighting with Shehecheyanu	6:07 pm
		Mincha / Kabbalat Shabbat	6:15 pm
Saturday	October 7	Shmini Atzeret	
		Selichot and Kohelet	9:00 am
		Sermon/ Yizkor	10:45 pm
		Mincha	6:05 pm
		Maariv with Hakafof	6:45 pm
		Candle Lighting with Shehecheyanu from pre-existing flame.	After 7:08 pm
Sunday	October 8	Simchat Torah	
		Shacharit with Hakafof	8:30 am
		Mincha and Maariv	6:10 pm
		Yom Tov Ends	7:06 pm

## Sefardi Minyan Services Schedule

<b>Friday</b>	<b>September 15</b>	<b>Erev Rosh Hashanah</b>	
		<b>Mincha and Maariv</b>	<b>6:50 pm</b>
<b>Saturday</b>	<b>September 16</b>	<b>1st Day of Rosh Hashanah</b>	
		<b>Shacharit</b>	<b>8:30 am</b>
		<b>Shofar</b>	<b>10:30 am</b>
		<b>Mincha and Maariv</b>	<b>6:40 pm</b>
<b>Sunday</b>	<b>September 17</b>	<b>2nd Day of Rosh Hashanah</b>	
		<b>Shacharit</b>	<b>8:30 am</b>
		<b>Shofar</b>	<b>10:30 am</b>
		<b>Mincha followed by tashlich</b>	<b>6:30 pm</b>
		<b>Maariv</b>	<b>7:45 pm</b>
<b>Sunday</b>	<b>September 24</b>	<b>Erev Yom Kippur</b>	
		<b>Mincha</b>	<b>2:00 pm</b>
		<b>Kol Nidre</b>	<b>6:30 pm</b>
<b>Monday</b>	<b>September 25</b>	<b>Yom Kippur</b>	
		<b>Shacharit</b>	<b>9:00 am</b>
		<b>Mincha</b>	<b>5:00 pm</b>
		<b>Neilah</b>	<b>6:15 pm</b>
		<b>Shofar/Fast Ends</b>	<b>7:31 pm</b>

## PRE-SHAVUOT BBQ





***Monday, September 18, 2023 -Tzom Gedalia  
Mincha/ Maariv – 6:30 pm***

***THE RABBI SIDNEY SHOHAM Z”L  
MEMORIAL LECTURE  
featuring  
Rabbi Yehoshua Grunstein***

**Graciously sponsored by Jewel Shoham, The Lieberman, Mamelak  
and Tripp families and The Sheva & David Honig Fund in memory of  
Rabbi Sidney Shoham z”l**

***Lite Break – Fast – 7:25 pm***

***Lecture – 8:00 pm***

***Topic:***

**The Secret of Achieving Unity**

Rabbi Grunstein serves as Director of Development of North America at Tzohar, He was formerly the Rabbi of the Beth Israel Synagogue in Halifax, and Director of Training and Placement at Ohr Torah Stone. An experienced rabbi, writer and popular lecturer in Israel and around the world, he is the author of *Daven Your Age* (2013), *Beyond Routine* (2018), *Murmurings of a Minyaner* (2021), co-editor of *Machzor Vechai Bahem* (OTS 2020 and 2021), and has over 1,000 recorded classes online in both Hebrew and English.



**Please RSVP: [zev@bethzion.com](mailto:zev@bethzion.com) prior to September 11  
with the number of people who will be attending the BreakFast.**



This past year, we continued to have a loyal following of participants and through the magic of Zoom, we had attendees from near and far. We will once again offer wonderful programs and hope that even more people will join us.

Many thanks to our sponsors, as well as, those who donated so generously, to the Programming Fund. Since there is no charge for these programs, we rely heavily on all donations which are both welcomed and appreciated.

A special Thank You to the following Committee members for securing our upcoming speakers, Esther Csillag, Joy Farkas, Pearl Hazan, Hindy Lieberman and Rena Rush.

We are indebted to Rabbi Benarroch who not only hosts the programs but also delivers Divrei Torah, which is greatly appreciated.

Thank you, as well to our Executive Director, Zev Mestel, and the Office Staff - Rivka Berman and Elana Pervin, who work diligently behind the scenes. They go above and beyond the call of duty.

Wishing everyone a Happy, Healthy and Meaningful Holiday Season! Shana Tova to all,

**Myrna Halickman, Chairperson Programming Committee**



## Upcoming Programs for Fall and Winter 2023 – 2024 which will all be at 7:00pm

- Tuesday, September 5      **Rabbi Yamin Benarroch**  
Rosh Hashana Presentation
- Tuesday, October 10      **Yitzhak Brook MD, MSc**  
A Physician's Personal Account of The Yom Kippur War
- Tuesday, October 17      **Joni Mestel BSW, MSW, Social Worker - JGH**  
Let's Talk About Loss
- Tuesday, October 31      **Lawyer Irwin Liebman**  
Justice System in Quebec and A Few Interesting Stories
- Tuesday, November 7      **Dr. Lawrence Rosenberg MD, CM, MSc, PhD, MEng, FRCPSC, FACS,**  
**FCAHS President and CEO CIUSSS du Centre - Ouest de l'île de Montreal**  
Book Review - Patients Matter Most
- Tuesday, November 14      **Hank Topas, B'nai Brith Canada - Quebec Regional Director**  
What I Learned at the McGill Ski Club About Antisemitism
- Tuesday, November 28      **Yosef Robinson - Independent Scholar**  
The Geography of Interwar Jewish Montreal
- Tuesday, December 5      **Larissa Feldman - Pharmacist - Feldman and Messias**  
Pharmacists wear white coats and many hats
- Tuesday, December 12      **Rabbi Yamin Benarroch**  
Morocco – A Journey to my Roots
- Tuesday, January 16, 2024      **Dietician Cindy Bassel- Brown**  
Unscrambling Diet Confusion
- Tuesday, January 23      **Anthony Bonaparte -Features Editor, The Suburban**  
A Look Back at 30 Years of Editorial Cartoons and the Memorable  
News Events That Inspired Them
- Tuesday, February 6      **Bradley Martin -BA, MA - Editor CIJR Montreal**  
Hezbollah's Presence in Canada



## WEEKLY SHIURIM

*Parshah Class with Yehuda Kops*  
*Sunday Nights on Zoom*

***Torah with Ora***  
*will resume*  
*In the Fall*  
***The Book of Deuteronomy***  
***(Devarim)***

*Weekly Sunday Program with*  
***Sharona Halickman, BA Judaic Studies, MS Jewish Education***  
***"Israel and the Parsha" Live from Jerusalem***

*Sunday, September 10 at 1:00pm*  
Why do we read about Chana on Rosh HaShana?  
*Sunday, October 15 at 1:00pm*  
Avraham and Sarah: The Beginning of the Journey

*Can also be viewed on Facebook*  
<https://www.facebook.com/toratrevayerushalayim>



## SCOTCH TASTING 2023





# Rosh Hashana: A Holiday Filled With Joy and Trepidation



**Rabbi Yamin Benarroch**

Rabbi, Beth Zion Congregation

Tuesday, September 5, 2023, 7:00pm



BETH ZION  
CONGREGATION

## A PHYSICIAN'S PERSONAL ACCOUNT OF THE YOM KIPPUR WAR

**TUESDAY  
OCTOBER  
10  
7 PM**



**ON  
ZOOM**

**ITZHAK BROOK, M.D., M.SC.,**



**A HISTORICAL BACKGROUND OF THE  
YOM KIPPUR WAR AND ITS EFFECTS ON  
ISRAELI SOCIETY AS WELL AS HIS  
PERSONAL EXPERIENCES AND CHALLENGES  
AS A BATTALION PHYSICIAN IN THE SINAI.**



BETH ZION  
CONGREGATION

## LET'S TALK ABOUT LOSS

THE LOSSES PEOPLE DO NOT  
TALK ABOUT WHEN DEALING WITH  
AN ILLNESS AND HOW WE CAN  
BEST SUPPORT OURSELVES AND  
OTHERS IN COPING WITH THESE  
LIFE CHANGING EXPERIENCES



**TUESDAY**

**OCTOBER 17TH**

**7:00 PM ON ZOOM**

**JONI MESTEL, BSW, MSW**

Social worker at  
The Jewish General Hospital,  
Member of the Order of  
Social Workers, Family and  
Marriage Therapists  
of Quebec



BETH ZION  
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## Justice System in Quebec & A Few Interesting Stories



**Irwin I. Liebman**

A lawyer at Liebman Legal Inc.

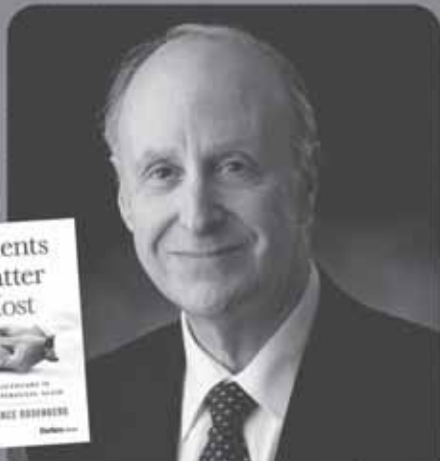
**Tuesday, October 31, 7:00PM**







# Patients Matter Most



**Dr Lawrence Rosenberg**

MD, CM, MSc, PhD, MEng, FRCPC, FACS, FCAHS  
President and CEO CIUSSS du Centre - Ouest de l'île de Montréal

**Tuesday, November 7, 7:00pm**

zoom



# What I learned at the McGill Ski Club

## About antisemitism



**Hank Topas**

B'nai Brith Canada-Quebec Regional Director

**Tuesday, November 14, 7:00pm**



# The Geography of Interwar Jewish Montreal: A Demographic and Cartographic Survey

**November 28, 2023, 7:00 PM**

zoom



**Yosef Robinson**  
Independent Scholar living in Montreal



# Pharmacists Wear White Coats and Many Hats:

## Learn what the pharmacist can do for you!



**Larissa Feldman**

Pharmacist - Pharmacie Feldman and Messiah Pharmacy

**Tuesday, December 5, 2023, 7:00 PM**





## Morocco: A Journey to my Roots



**Rabbi Yamin Benarroch**

Rabbi, Beth Zion Congregation

Tuesday December 12, 2023, 7:00pm



## Unscrambling Diet confusion



**Cindy Bassel Brown**

Dietician

Tuesday, January 16, 2024, 7:00 PM



## A look back at 30 years of editorial cartoons

& the memorable news events that inspired them



**Anthony Bonaparte**

Features editor, The Suburban

Tuesday, January 23, 2024, 7:00PM



## Hezbollah's Presence in Canada



**Bradley Martin**

BA, Master in Judaic Studies, MA Specializing in Counter Terrorism, Homeland and Cyber Security and Deputy Editor CIJR Montreal

Tuesday, February 6, 2024, 7:00pm





# Kratz Bridal Room

We're excited to share that the Kratz Bridal Room underwent a wonderful transformation this past May. Originally established between 1966 and 1967, the room stands as a heartfelt memorial to Ruth Kratz z"l. Its beginnings are intertwined with the enduring love of her parents, Seren and Dov (Beri) Kratz z"l, both Holocaust survivors and valued members of our Beth Zion community. Through the kind generosity of the Kratz and Abish families, the room has been thoughtfully redesigned to embrace a fresh, modern aesthetic. A heartfelt appreciation goes out to Eta Blitzer for her dedicated time and creative contributions, making the reimagining of this beloved space possible.

Portrait of Ruth Kratz z"l and photos of the Bridal Room



**Have a Good and Sweet New Year!**



## NEWS OF OUR MEMBERS

### ANNIVERSARIES

(March 2023 – July 2023 inclusive)

75 years	<b>Fagie &amp; Jack Steinberg</b>		
60 years	<b>Sharon &amp; Victor Kaufman</b>	<b>Rona &amp; Bernard Rapp</b>	
55 years	<b>Susan &amp; Harvey Bucovetsky</b>	<b>Myrna &amp; Mel Halickman</b>	<b>Hindy &amp; Issie Lieberman</b>
50 years	<b>Barbara &amp; Harley Victor</b>		
45 years	<b>Leah &amp; Alex Benedek</b>	<b>Eileen &amp; Isaac Burbela</b>	
35 years	<b>Janet &amp; Louis Fleischer</b>		

### BIRTHS

**Diana & Shamai Breitstein** on the birth of their grandson, **Jahfari Ronen Green**

**Corinne Chazan** on the birth of her granddaughter, **Hadassah**

**Bonnie & Steve Farkas** on the birth of their granddaughter, **Naomi Shoshana**, granddaughter of Bob & Donna Moskowitz, son of Hannah & Yakov, sister of Emma and Charlie

**Joy & Zvi Farkas** on the birth of their grandson, **Aron Simcha**, grandson of Michelle Cassell and Jonathon Cassell, son of Rachel & Josh Farkas, brother of Avraham Yacov, Nachum, Miriam Bracha & Basya Raizel, nephew of **Sara & Noah Farkas** and cousin of Asher, Shmuel and Ezra

**Tamara & Brian Hofman** on the birth of their son, **Gabriel David (David Teivel)**, grandson of **Elaine Brandt and Alan**

**Hofman**, great grandson of Mercedes and Salomon Sultan and Bella Jedwab and grandson of Louise & Jack Jedwab

**Fay Klein** on the birth of her great-grandson, **Joseph Arthur Farbarovitz Klein**, grandson of the late Judy z"l & Allan Klein, son of Shilo & Ryan Klein

### B'NAI AND BAT MITZVAH

**Bonnie & Steve Farkas** on the Bat Mitzvah of their granddaughter, **Noa Arbesman**, granddaughter of Marian & Dr. Harvey Arbesman, daughter of Michelle & Dr. Josh Arbesman, sister of Mattan and Eliora

**Sara & Nathan Farkas** on the Bar Mitzvah of their son, **Moshe Asher**, brother of Shmuel and Ezra and grandson of **Joy & Zvi Farkas** and Elaine & Marten Brodsky

**Myrna and Mel Halickman** on Bar Mitzvah of their grandson, **Yonatan Ephraim Halickman (Yoni)**, grandson of Judy and Steve Kaplan, son of Dr. Isaac and Amy Halickman, brother of Allison, Daniel, Elizabeth and Jennifer and uncle Josh Halickman from Jerusalem

**Rena & Yehuda Kops** on the Bat Mitzvah of their granddaughter, **Ahuva Neema Bannett**, great-granddaughter of Rebbetzin Shirley Kops and Rabbanit Ruth Rackovsky, granddaughter of Rena Bannett and Ezra Bannett, daughter of Yardena & Rabbi Ariel Bannett and sister of Shalva Yakira, Yonah Zecharia and Akiva Daniel

**Rachel & Michael Pfeffer** on the Bar Mitzvah of their grandson, **Ben Tzion (Benjamin) Pfeffer**, grandson of Matt Salisbury and the late Jean Salisbury Z"L, son of Gerald & Bracha Pfeffer

**Rebbetzin Jewel Shoham** on the occasion of the Bar Mitzvah of her great-grandson, **Noah (Eliezer Noah) Schwebel**

## ENGAGEMENTS

**Nathan Friedman** on his engagement to **Melissa Para**

**Hana & Sam Friedman** on the engagement of their son **Nathan** to **Melissa Para**, daughter of Manny & Henri Para

**Jodi & Leon Krantzberg** on the engagement of their daughter, **Alexandra**, granddaughter of Iris & Marvin Hayman and Gertrude & Morris Krantzberg z"l to **Gabe Alon**, son of Chaim & Annette Alon

**Betty & Tommy Schwartz** on the engagement of their son, **Joshua** to **Jordana Gross**, daughter of Elisa & Mickey Beller, granddaughter of Judy & Harry Speiser and Harriet Gross. Missed at this time is Jordana's father, Mitchell Gross z"l

## CONDOLENCES

### The family of the late

**Edith Berlin z"l**

**Ann Breslow z"l**

**Edith Engelberg z"l**

**Ida Gold z"l**

**Philip Goldberg z"l**

**Dovena Hart z"l**

**Miriam Klein z"l**

**Rose Melnick z"l**

**Norma Miller z"l**

**Andre Sipos z"l**

**Gisela Sipos z"l**

**Ronnie Yarin z"l**

**Sylvia Yarin z"l**

**Molly & David Adelson and family** on the passing of her brother, **Michel (Moishe) Fuchs z"l**

**Rivka & Rabbi Yamin Benarroch and family** on the passing of his mother, **Miriam Benarroch z"l**

**Shelley & Raymond Benhaim and family** on the passing of his brother, **Daniel Benhaim z"l**

**Rita Bloom and family** on the passing of her husband, **Bernard Mendelman z"l**

**Eileen & Issie Burbela and family** on the passing of his sister, **Adele Friedman z"l**

**Francine & Harold Cohen** on the passing of their daughter, **Susan Sebestyen z"l**

**Janice & Allan Fainman and family** on the passing of her brother, **Richard Katezansky (Kay) z"l**

**Renita Fischler and family** on the passing of her sister, **Gloria Nachmanoff z"l**

**Cynthia & Aviyam Friedman and family** on the passing of her mother, **Gloria Segal z"l**,

**Rita & David Fuchs and family** on the passing of his brother, **Michel (Moishe) Fuchs z"l**

**Miriam & Morris Grunzweig and family** on the passing of his mother, **Hanka Grunzweig z"l**

**Myrna & Mel Halickman and family** on the passing of his sister, **Evelyn (Cookie) Halickman Seligman**

**Shari & Stephen Hecht and family** on the passing of his sister, **Linda Bogante z"l**

**Ellen & Larry Kogut and family** on the passing of her father, **Saul Yanover z"l**

**Lillian Mangel and family** on the passing of her husband, **Dr. Roman Mangel z"l**

**Phyllis Nashen and family** on the passing of her husband, **George Nashen z"l**

**Paulabel Novick and family** on the passing of her brother-in-law, **Dr. William (Bill) Novick z"l**

**Paulabel Novick and family** on the passing of her husband, **Arthur Novick z"l**

**Rachel & Michael Pfeffer and family** on the passing of her brother, **Albert Cohen z"l**

**Ira Robinson and family** on the passing of his sister, **Lillian Zipporah Freedman z"l**

**Rhonda & Henry Rosenblum and family** on the passing of her father, **Gerald Fagan z"l**

**Janet Sanders and family** on the passing of her husband, **Judah Sanders z"l**

**Jewel Shoham and family** on the passing of her sister, **Estelle Mael z"l**

**Simon Slawner and family** on the passing of his brother, **Abraham Slawner z"l**

**Annlizbeth Soroka and family** on the passing of her husband, **Abraham Soroka z"l**

**Nadine & Lorne Switzer and family** on the passing of his sister, **Susan Switzer z"l**

**Helen & Robert Winikoff and family** on the passing of his mother, **Fay Winikoff Randolph z"l**

**Vicki Zack and family** on the passing of her husband, **Stanley Zack z"l**

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**Molly & David Adelson and family** in memory of his parents, **Bella & Judel Adelson**  
**Laura Beer**, Iris, Mitchell, Richard and grandchildren in memory of **Issie Beer z"l** on the occasion of his 18<sup>th</sup> yahrzeit  
**Shelley and Raymond Benhaim and family** in honour of the 4th Nahala (Yahrzeit) of his father, **Ruben Benhaim (Reuven ben Mercedes) z"l** and to wish everyone an extremely Happy Holiday of Purim!  
**Irene Blitt and family** in memory of her mother, **Alice Goldstein z"l**  
**Irene Blitt & family** in memory of her father, **Joseph Goldstein z"l**  
**Irene Blitt and family** in memory of her husband, **Ronald Blitt z"l**  
**Laurence & Henri Bronner and Lydia & Aaron Grubner and families** in memory of their father, **David Bronner z"l**  
**Laurence & Henri Bronner and Lydia & Aaron Grubner and families** in memory of their mother, **Esther Bronner z"l**  
**Shoshana & Phil Buch** and **Sheila & Simon Jegher** in memory of Shoshana and Sheila's mother, **Lotty Lobel z"l**  
**Lloyd Fischler** in memory of his father, **David Fischler z"l**  
**Renita Fischler** in memory of her husband, **David Fischler z"l**  
**Jimmy Indig and family** in memory of his parents, **Rachel & Zelig Indig z"l**  
**Paula Kadaner, Irwin, Debbie, Humphrey, Reesa and families** in memory of their beloved husband, father, grandfather and great-grandfather, **Jack Kadaner z"l** on the occasion of his third yahrzeit, 5 Sivan  
**Lois and Arnold z"l Kanefsky and family** in loving memory of their parents and grandparents, **Freda Rachel (Ray) and George Lubin z"l** and **Sara (Boba) and Isidore Kanefsky z"l**, on their Yahrzeits.  
**Jewel & Zev Mestel and family** in memory of her father, **Myron Cohen z"l**  
**Eileen Rabinovitch** in memory of her parents, **Sarah & Irving Rabinovitch z"l**  
**Mina & Mark Richman and family** in memory of her mother, **Rita Geiger z"l**  
**Margaret & David Ronis and family** in memory of **Dave Etinson (David Moshe ben Aaron) z"l**  
**Margaret & David Ronis and family** in memory of David's father, **Teddy Ronis (Tuvia ben David) z"l**  
**Earl Rosen and family** in memory of his brother, **Sheldon Rosen z"l**, (**Shabtai Feivel ben Yirachmiel Hakohen**)  
**Rhona & Lenny Samsonovitch and family** in memory of his mother, **Jenny Samsonovitch z"l (Sheindel bat Aharon)**  
**Rhona & Lenny Samsonovitch and family** on the 1st yahrtzeit of her beloved sister, **Risa (Rivka bat Moshe) z"l**  
**Didi & Seymour Silverman and family** in memory of his mother, **Sally Silverman z"l**  
**Didi & Seymour Silverman and family** in memory of his father, **Ernest Shapiro z"l**  
**Joy & Moti Yunger and family** in memory of his mother, **Sara Yunger z"l (Sarah bat Eliyahu)**

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**Shayna & Brian Kahane and family**  
Raphael Marciano

**Lisa & Felix Benzecry** in memory of Felix's mother, **Miriam Bat Hanina z"l**  
**Jessica & Richard Halpern and their children, Jack Dov, Avner Naftali and Orly Emunah** in memory of their grandparents and Great-Grandparents, **Ray and Manny Gotlieb Z"L (Rivka Bat Binyomin & Menachem Mendel Ben Shimon Dov)**.  
**Marcel (Mickey) Katz and Lindy Katz** in memory of their grandfather, **Israel Rothfleisch z"l**  
**Eveline & Irving Kuperman and family** in memory of Irving's brother, **Sam Kuperman z"l**  
**Bina & Avie Lapides** in memory of his father, **Jerome Lapides z"l**  
**Risa & Alain Mamane and family** in memory of Alain's father, **Charles Mamane z"l**  
**Fagey & Simon Rossdeutscher and Judy & Harry Rossdeutscher** in honour of the yahrtzeit of Simon and Harry's father, **Leib Rossdeutscher Z"L**  
**Keren & Ilan Saul and family** in memory of her mother, **Esther Dayan z"l**



## SEUDA SHLISHIT SPONSORS

**Rivka & Rabbi Yamin Benarroch** in observance of the Shloshim of Yamin's mother, **Miriam Benarroch z"l**  
**Rita & David Fuchs and family** in memory of his grandparents **Sarah & Moishe Fuchs z"l**, **Malka & Moishe Fuchs z"l**, who perished in the Holocaust, and his brother, **Michel (Moishe) Fuchs z"l**  
**Rita & David Fuchs and family** in memory of Rita's mother, **Bruhe Shtivelman Kopolovicz (Brucha bat Yitzchok) z"l**  
**Rita & David Fuchs and family** in memory of Rita's father, **Moshe Kopolovicz (Moshe ben Simcha) z"l**  
**Mary-Joy & Danny Kroo** in memory of Mary-Joy's father, **Arthur Klein (Mordechai ben Shlomo) z"l**

## ALIYAH FUND

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## PROGRAMMING FUND

**Irene Blitt**

**Marsha Ptack**

**Annie & David Garmaise** in honour of Myrna & Mel Halickman's grandson, **Yonatan Ephraim Halickman's** Bar Mitzvah

**Annie & David Garmaise** in appreciation to **Ora Rubinstein** for all of her preparation and wisdom

**Rena & Ronald Rush** in memory of Rabbi Yamin & Rivka Benarroch's mother and mother-in-law, **Miriam z"l**

**The Programming Committee** in memory of Rabbi Yamin & Rivka Benarroch's mother and mother-in-law, **Miriam z"l**

## Program Sponsors

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Renita Fischler

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**Bernice Eidelman** wishing mazel tov to her grandson **Rafi**, on his grade 12 graduation

**Melaine Lipsey** in memory of the uncle of **Fern Goldman**

**Rhoda Schnarch** in memory of **Rivka Rachel bat Yisrael z"l**, mother of **Martin Labow**

**Sandy & Joey Schreter** wishing happy birthday to **Simon Rossdeutscher**

**Didi & Seymour Silverman** in appreciation to **Kate & Lorne Grintuch**

**Rhonda Yarin and Michael Yarin** in appreciation to **Martin Labow**

## ANNE & SAMUEL BELLMAN MEMORIAL FUND

**Debbie & Naphtali Shainbach** in memory of **Miriam Benarroch z"l** – mother and mother-in-law of Rabbi Yamin and Rivka Benarroch

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**Pamela Berbrier** in honour of the engagement of **Susan Silverman & Jack Esses**

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## **DINAH & REUBEN ROSEN MEMORIAL FUND**

**Earl Rosen** in honour of **Linda Lieberman** - with deep appreciation for her thoughtfulness

## **FREDA & MOE THAU MEMORIAL FUND**

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### **Rivka Berman's Recipe**

#### **Roqot Krumpli Hungarian pleated or layered potatoes recipe**

One 9 x 2 1/2” round pan  
Bake at 400 until done (about 1/2 to 3/4 hour).  
6 hard - boiled eggs  
26 slices of salami  
5 to 6 med. yellow potatoes boiled with skin and cooled.  
Peel and slice potatoes in 1/4” pieces  
1/8 tsp salt  
1/8 tsp black pepper  
3 eggs beaten  
1/2 tbsp mustard  
3 tbsp mayo (1/4 cup)  
1/2 tbsp margarine to coat bottom and sides of pan  
1 tbsp bread crumbs to sprinkle over margarine in pan  
Place sliced potatoes to cover bottom of pan  
Sliced hard boiled eggs to cover potatoes  
Put 13 slices of salami on the eggs. Coat salami with a thin coating of mustard mayo mix (1/2 tbsp)  
Repeat, potatoes/eggs/13 slices salami, a thin coat of mustard mayo mix, about 1/2 tbsp  
Top with the rest of potatoes Pour the beaten eggs with salt and pepper on the top layer  
Drop by half spoons the balance of mustard mayo mix  
Place in center of oven. Bake until eggs are set and top is golden

**Proxim**

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**Happy New Year! Wishing you good  
 health, peace, happiness and prosperity.**

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