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From Rabbi Moch

Shemot 5776 — Getting Past Narrow Places

At this turn of the Gregorian Year, we face a world in which chaos threatens on numerous fronts. We have only to turn to the Torah reading for this week to find some perspective. We begin this week to read the story of our slavery and oppression in Egypt. We find built into the story of disaster, the seeds of redemption. This is not just a story about Egypt. It is a story about all of our lives. The Hebrew word for Egypt, mitzrayim, literally means "narrow straits," and we call encounter narrow straits in life.

Moses encounters the Divine in a bush, aflame but unconsumed by the flame. God speaks to Moses from the burning bush and tells him that God has heard the suffering cry of the Israelites enslaved and oppressed in Mitzrayim and will deliver them from their suffering.

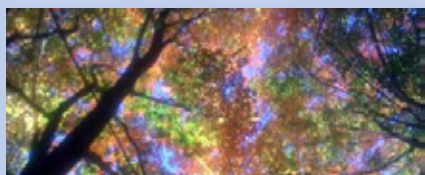
The Torah intends us to take from this episode not only a record of what God did to deliver our ancestors from slavery, but also an understanding that this applies to each of us very personally. Every individual must face personal "narrow straits" at various times in life. We must know that we have help from the Most High, who remains with us in our suffering, who guides us through it and helps deliver us from it.

One's mitzrayim can come in so many forms:

- * a disabling physical or mental illness,
- * an addiction that consumes one's resources and energy,
- * the loss of a loved one through death or a relationship that has broken apart,
- * the loss of work and the crushing of hope for economic security or even basic sustenance.

The kinds of straits we can experience go on and on.

We cannot always avoid such trial and tribulation. We can always decide **how** we will respond to such hardship.



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NEWSLETTER

Julie Elizabeth

Rabbi, continued. God sends a reluctant Moses to Pharaoh to act as an agent of Divine deliverance for the Israelites. As a prelude to that mission God tells Moses, "Take your shoes off your feet; the ground on which you are standing is holy ground."

The word for shoe in Hebrew, na'al, comes from the root meaning "to lock." We lock or enclose our feet in shoes. Martin Buber says in his *Ten Rungs of Hasidic Sayings*, "Take off your shoes from your feet, take off the limiting habitual which encloses your life, and you will recognize that wherever you stand is holy ground."

When Korach's rebellion against Moses resulted in God consuming his two hundred fifty followers with fire, only their metal censers on which they burned their incense remained. Moses told the people to take those censers, symbols of an evil rebellion, and hammer them into plating for the Ark of the Covenant, their most sacred possession.

Redemption begins with an understanding of our ability to recognize the sacred in the very place we stand right now - even when that place feels like Hell.

Recognizing the holy in every miserable circumstance gives us the ability to maintain an ennobling and vitalizing sense of sanctity in the most de-humanizing of circumstances.

Every narrow place has its redemptive possibility. We must but open ourselves to that redemptive potential found hidden in every difficulty.

Rabbi Shimon Moch 



KM's 2015 Best-ever Hanukkah party at the Hanevelts. We had children! We had lots of people! We had dreidels and music and delicious food. And we had fun as we all enjoyed each other's company!

EMAIL: km@kolotmayimreformtemple.com **PHONE:** 250-704-2503

WEBSITE: <http://www.kolotmayimreformtemple.com>



President's Message

Happy New Year chaverim!

While it may seem quiet for Temple this month with only one visit from the Rabbi and a service on New Year's Day, your Board and other volunteers are very busy with a lot of exciting stuff.

First let me welcome Dr. Richard Weiss as our new Vice President. Richard is recently transplanted from Calgary. He is very enthusiastic and optimistic about what Kolot Mayim can offer and has already jumped into planning and action with two feet.

Starting in February, Rabbi Moch will be with us twice a month every month (except summer). That means every first and third weekend of the month, we will have Erev Shabbat services led by the Rabbi, Shaharit service, Torah study, and Adult Education sessions. Additionally, we will have musicians joining us for most of our Friday services! Lovely Marcelina Stanton, with her beautiful voice, guitar, and dog Nelson, is lined up for music for one service a month, with other musicians filling out most of the remaining services. If you know of musicians who might like to be included, please let Reva Meyers (revameyers@gmail.com) know. If you feel very strongly about having musicians for each and every service, please show your support with a donation to that end.

Other things we've been working on are finalizing our Mission Statement (sorry, not ready for press time!), which will serve to guide all our decision-making and how we operate, and an overall Strategic Plan. I will give you the heads up on where that's leading now – we will be asking all to step up with your sweat, equity and fundraising. If Kolot Mayim means as much to you as it does to everyone on the Board, don't shy away from the opportunities! Contact me (klgreenfh@gmail.com) now to find out more before one of us comes a-calling!

Wishing you a peaceful 2016.

Katrina



A Note from our Past President and Wandering Jew, Neal Wasser



I'm in southern Turkey. It's hard to believe I arrived in Turkey almost a month ago. It's really a fascinating country with so much ancient history. I'm walking on Lycian Way, which is a 500 km route that follows the south coast. The route follows the ancient territory of the Lycian civilization that dates back 4000 years.

I've been doing loads of walking on this trip. I walked on the Camino de Santiago through Spain and into Portugal. I walked more than 1000 km over 2 months.

Whenever I finish in Turkey I'm heading to Israel, probably around new years.

Ciao, *Neal*



Some ancient Lycian tombs



Some ancient Lycian tombs

Picnic graciously offered by these people to me

The son spoke a very little bit of English. Most of the conversation was in Turkish and me responding in English. Lots of hand gestures and body language. The food they fed me was fantastic. They weren't eating any meat. They had roasted eggplant and peppers as well as olives, tahini, yogurt, boiled potatoes, green onions and parsley. It was an amazing lunch.



the Aegean coast

Tzedakah: A way of life.

Kolot Mayim Supports Food Bank

Hundreds of people rely on the various food banks in town. Torah tells us to leave the four corners of our fields for those in need; today, this could be translated to mean the 4 corners of our shopping carts!

We urge everyone to bring a little something to Shul on Fridays for our Tzedakah Box. We support two food banks: Jewish Family Services and the James Bay Community Project Food Bank. If everyone brought one can each week, it would go a long way to helping those in need. Thank you for your support.

Chai חיי

CHAI FUND

Thank you to the Temple –
Anita Wolfe and Janna Ginsberg-Bleviss

Arlette Baker.

Caroline Hergt in memory
of Basil Blackman

*Donations may now be made on our
website via PayPal and credit card.*

Shabbat Shacharit Service

led by Rabbi Moch

10:00 a.m.

Saturday Jan. 16th

followed by

Torah Study

at 11:00 a.m.

at the JCCV

3636 Shelbourne

Jan. 16 - led by Rabbi Moch

Jan. 1,8,22,29 - led by Julie Elizabeth

Adult Education

2:30 p.m.

Jan. 16 at the Torontows

2116 Granite St.

(250) 598-0229 for directions

Everyone is welcome.

מחזור לימים הנוראים
משכן הנפש
MISHKAN HANEFESH
Machzor for the Days of Awe



It's never too late to purchase your own set of our new High Holyday Machzor, or to purchase a set for the Temple. The two volume set costs \$50.00 and is a wonderful investment. Please make cheques payable to Kolot Mayim Reform Temple and bring them with you to any Kabbalat Shabbat service or mail to Kolot Mayim Reform Temple, 3636 Shelbourne Street, Victoria, BC, V8P 4H2.

Those we remember ...

**January 2016
Tevet-Shevat 5775**

Yahrzeits for the following people will be observed on the dates as listed below:

January 1, 2016

Max Spiegelman, Grandfather of

Avrael Perrault

Michael Loeb

Cousin of Joel Fagan

Marion Small

Aunt of Rennie Parrish

January 15

Edward Quinn Father of Susan Halpert

Elizabeth Taylor Mother of Doreen Sullivan

Arthur Fischl Step-father Aaron Devor

Nathan Kadanoff Father-in-law of June

Kadanoff

Betty Tobias Grandmother of Lynne

Marks

David-F. Dinning Partner of Julie Elizabeth

Irving Garbell Father of Marla yacowar

Zavi Miller Friend of Reva Hutkin

Debbie Friedman Composer for the

Jewish Community

Elerine Ashford Mother of Murray Ashford

David Fagan Father of Joel Fagan

Cynthia Ryan Friend of Arlette Baker

Thomas M.

Jardine

Father of June Kadanoff

Duart McLean

Friend of Rennie Parrish

*May their memory
be for a blessing.*



Don't forget to use your Thrifty's Smile Card. You'd be surprised how quickly the funds add up to a sizeable donation for Kolot Mayim. They're easy to use: just load up the card with any amount you wish, then each time you shop, pay for your groceries with the card, and Thrifty's will donate a percentage of your grocery bill to us! It's that simple! A really easy way to help out your Temple: you're buying food anyway, so why not allow your purchases to 'feed' Kolot Mayim as well!?!

The Victoria and Vancouver Island Jewish Burial Society

The Jewish Burial Society of Victoria and Vancouver Island is a service organization founded to assist all Jews with end of life requirements. We administer four totally separate and distinct sections in the Hatley Memorial Gardens and provide space for all persuasions of Jewish life from orthodox to secular, complete with cremation if specified.

The Society works with the Victoria Chevrah Kadisha in preparation of the body for burial, and works with the family in all ways to ensure that the concern and embrace of the entire community for the bereaved.

While we are a non profit Society, regretfully, end of life does not respect one's pocketbook, and costs are dear. There is a small membership charge that must be paid to become a member of our Society, and arrangements for this, and for burial requirements may be made at any time. We recommend dealing with one's self and saving the pain and expense of the survivors at a very stressful time.

For additional information on a highly confidential basis, call Joel Fagan (250 477-2006), or Jack Shalinsky (250 477-1012).

Kolot Mayim is offering a Hebrew Class with a Difference!



Words and Roots is a Hebrew Level 1 class offered by Kolot Mayim Reform Temple to the Victoria Community – all faiths and denominations are welcome! The class will be taught by Dr. Elior Kinarthy, a retired College Professor, and 6th generation Sabra (native born Israeli).

Dr. Kinarthy has designed a Hebrew class just for you, wherein participants will learn experientially. Come join us for 8 sessions of creative and easy Hebrew using key biblical words and phrases starting with the 22 letters of the Hebrew alphabet. With insight into Hebrew letters, the words and sentences will enrich the experience of prayers. Then we will learn together how to build simple and frequently used words in Israel.

February 4th until March 6th
at the JCCV.

7 pm until 8:30 pm for 8 weeks.

Cost:

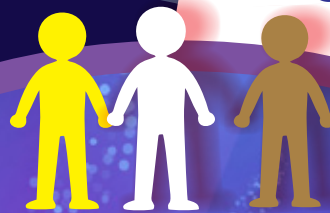
\$100 for non-members.

\$36 suggested donation for members.

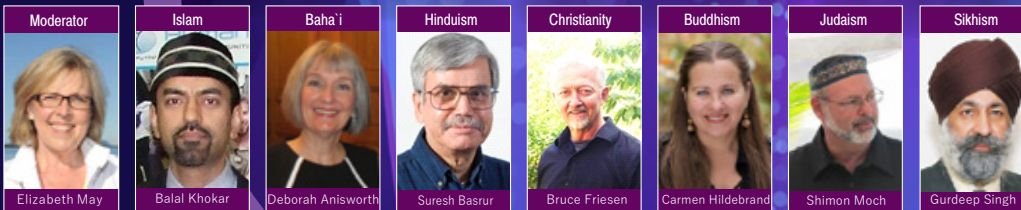
Sunday
January 17, 2016
3:00PM to 7:00PM
David Lam Auditorium
MacLaurin Building
University of Victoria



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Admission
Free
Refreshments**



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effects of one's
Deeds in this Life
and the after Life?**



www.worldreligionsconference.ca

www.islamevents.ca

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Note that our Rabbi Shimon Moch, as well as Green Party Leader, Elizabeth May, are both participants at this event.



Likud MK Amir Ohana
in the Knesset

Haredi MKs stay away as first openly gay Likud MK sworn in

By Marissa Newman

December 28, 2015, 10:03 pm 14

Ultra-Orthodox lawmakers skipped the ceremony, with a source in the United Torah Judaism party quoted by Channel 2 as saying that they plan to “ignore him, today and altogether.”

In his opening remarks to the Knesset plenum, Ohana, who replaces former interior minister Silvan Shalom, identified himself as a “Jew, Israeli, Mizrahi, homosexual, a Likud member, a security buff, a liberal and a man of the free market,” in no particular order.

When people cry “Death to the Jews,” Ohana said, using the Arabic phrase, “I am a Jew first. “When they shoot, boycott, label, and expel — I am a settler. When they try to blur cultures, to minimize and ignore — I am Mizrahi. When they defame IDF soldiers and security forces — I am a soldier,” said Ohana. In the latter example, the fresh MK was referring to the recent controversy over the Breaking the Silence NGO, which documents alleged abuses by IDF soldiers.

Ohana also sided with the residents of south Tel Aviv, who have long complained about the influx of African migrants from Sudan and Eritrea. “When entire neighborhoods are not as they were, and the elderly are forced to live out the remainder of their lives in fear — I am a south Tel Aviv resident. And when the outside appearance of a man is considered a good reason to hate him, to distance him from neighborhoods and employment — I am an ultra-Orthodox Jew who is not afraid,” he added.

“When a baby is burned with his relatives, dammit, I’m with you, brothers,” Ohana said, finishing his sentence in Arabic. Ohana was referring to the fatal Duma firebombing in July, in which three members of the Palestinian Dawabsha family were killed.

“And when a young girl is stabbed to death at a parade of love and tolerance — I am gay,” he concluded, referring to the murder of Shira Banki in the Jerusalem Gay Pride Parade last summer.

Prime Minister Benjamin Netanyahu welcomed Ohana to the Knesset, and said he thinks “he will be an excellent MK and a bridge between the various elements of the public.” Alluding to Ohana’s sexual orientation, he added that he was “proud” to have him in parliament.

Ohana replaced Shalom, the erstwhile interior minister, in the Knesset after the longtime lawmaker resigned last week in the wake of over a dozen sexual harassment complaints.

Ohana is a lawyer by training, who is also a major in the reserves and a veteran of the Shin Bet domestic security service. [<timesofisrael.com>](http://timesofisrael.com)



Marissa Newman is The Times of Israel political correspondent.



Tu B'Shevat — Monday January 25, 2016



Tu BiSh'vat or the "New Year of the Trees" is Jewish Arbor Day. The holiday is observed on the 15th (tu) of the Hebrew month of Sh'vat. Scholars believe that originally Tu BiSh'vat was an agricultural festival, marking the emergence of spring. In

You can incorporate social justice themes into your Tu BiSh'vat celebration in the following ways.

Host a Tu B'Shevat Social Action Seder

Infuse your Tu BiShvat seder with environmental education to give modern meaning to this celebration. Many such seders focus on the natural world and our responsibility to protect it. In keeping with the nature of this holiday, this seder is a call to action, a time of education and reflection as we examine our impact on the world around us and commit to changing the way we interact with our environment.

Reduce, Reuse, Recycle

In honor of Tu BiSh'vat, make a commitment as a family or with friends to focus on one or more of these environmental practices:

Reduce waste by buying products that use less packaging.

Use the reverse side of paper as scrap paper or for art projects.

Learn about your community's most up-to-date regulations on recycling.

Get Back to Nature

Adopting natural areas, such as parks, streams, and roadsides, are projects individuals of all ages can get involved in to enhance the beauty and environmental quality of natural green spaces. Together with family members and friends, you can informally "adopt" an area simply by pledging to clean it regularly and advocating to the local government for its needs; in some areas, more formal adoption programs are available. Cleaning up a natural area near home can make a big difference – not only to the ecological health of the area itself, but to the esteem of the neighborhood around the area. Helping restore such areas may also give local children a safe place to play.

Prepare an Organic Oneg

Organic food is produced according to organic standards, which means crops are grown without the use of conventional pesticides or artificial fertilizers, animals are reared without the routine use of antibiotics or growth hormones, and food is processed without ionizing radiation or food additives. Introduce congregants to organic foods by organizing an "organic oneg" in which community members bring to the synagogue organic produce and foods for a Shabbat dinner or oneg.

Tu B'Shevat, continued. Alternatively, host an "organic tasting" where blindfolded attendees are asked to taste different foods and determine which are organic and which are not. This program allows members to see for themselves that organic food tastes just as good as "regular" food and educates members about safe food measures. Include traditional Tu BiShvat foods like barley, dates, figs, grapes, pomegranates, olives, and wheat, which are native to Israel. [See more at: http://www.reformjudaism.org/tu-bishvat-social-justice-guide#sthash.YF89FaPY.dpuf](http://www.reformjudaism.org/tu-bishvat-social-justice-guide#sthash.YF89FaPY.dpuf)

Date-Fig Bars for Tu B'Shevat

by **Rabbi Phyllis Sommer** *This recipe is adapted from the King Arthur Flour Cookie Companion's recipe for Bakery Date Squares. The original called for only dates and had a variant filling recipe using figs and orange juice; this version mixes up dates and figs for that Tu BiSh'vat flavor!*

INGREDIENTS

Filling

3 cups of chopped dates and figs
1 cup of water
1/4 teaspoon salt
1 tablespoon plus 1 teaspoon lemon juice
2 teaspoons vanilla

Crust

1 1/2 cups rolled oats
1 1/2 cups whole wheat pastry flour (or all-purpose)
1 cup brown sugar
3/4 teaspoon baking soda
3/4 teaspoon salt
3/4 cup unsalted butter, melted
1/2 cup chopped walnuts or pecans

DIRECTIONS

Filling: In a saucepan, combine the ingredients, bring to a boil, reduce heat to low, and simmer for about 5 minutes. The mixture will thicken after a few minutes. Remove from heat and set aside to cool. I ran the immersion blender through it to give it a nice smooth texture and let it sit for a while.

Crust: Whisk together the dry ingredients (except the nuts) and then add the melted butter. Stir until well combined. Lightly grease a 9x9 inch pan and press 2 1/2 cups of the crust mixture into the pan, smoothing it out to fill the bottom with no gaps. Spread the filling on the crust. Add the nuts to the remaining crust mixture and sprinkle it over the filling. Bake for 30 minutes at 350 degrees, until golden brown. Let cool before cutting. **Source:** Ima On and Off The Bima

Limmud Vancouver 2016

January 30-31, 2016

Limmud Vancouver 2016 will be hosting a Cabaret on Saturday evening, January 30th followed by a full day programme on Sunday, January 31st, both to be held at Congregation Beth Israel (28th and Oak).

There's an amazing list of presenters and sessions to attend. It will be hard to choose which ones to attend!

Limmud Vancouver gathers hundreds of Jews from all walks of life, backgrounds, lifestyles and ages to celebrate Jewish learning and community.

Keep up to date on Limmud Vancouver news by following us on Facebook or at limmudvancouver.ca.

**The 36th IAJGS
International Conference
on Jewish Genealogy**

**Sheraton Hotel
Seattle, Washington, USA**



IAJGS Seattle 2016

Save the Date!
August 7-12, 2016



WALLENBERG-SUGIHARA CIVIL COURAGE SOCIETY

ELEVENTH ANNUAL VANCOUVER
RAOUL WALLENBERG DAY

1:30 P.M. | SUNDAY, JANUARY 17, 2016
WOSK AUDITORIUM, 950 W 41ST AVE, VANCOUVER

The **WALLENBERG-SUGIHARA CIVIL COURAGE AWARD** will be presented to an individual who – at significant personal risk or after facing severe oppression – courageously stood up against social injustice to help others, with tangible results, as exemplified by Raoul Wallenberg and Chiune Sugihara.

- The name of the recipient will be announced in early January, 2016

FOLLOWED BY THE FILM:



CARL LUTZ – THE FORGOTTEN HERO (PG). Carl Lutz, a diplomat and second-in-command at the Swiss Embassy in Budapest, saved tens of thousands of persecuted Hungarian Jews from death during World War II. His humanitarian action is considered one of the greatest civil rescue operations of Jews during the Holocaust.

ADMISSION BY DONATION | RECEPTION TO FOLLOW
DOORS OPEN 1:00 P.M. | LIMITED SEATING

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www.wsccs.ca





Tu B'Shevat

Monday
January 25th

Calendar-at-a-Glance

January 2016/Tevet-Shevat 5776

Kabbalat Shabbat Services

7:30 pm at JCCV

Friday January 1st

led by Julie Elizabeth

Friday January 15th

led by Rabbi Moch

Shabbat Shacharit Services

led by Rabbi Moch

10: a.m. Saturday January 16th

Torah Study

Every Saturday at 11 a.m.

at the JCCV

Led by Rabbi Moch: Sat. January 16th
and Julie Elizabeth, all other January Saturdays

Parashot: Jan. 1: Sh'mot; 8th: Va'era;
15th: Bo; 22nd: Be-Shallah; 29th: Yitro

Adult Education

2:30 pm Sat. January 16th

Led by Rabbi Moch

at the home of David & Dorothy Torontow

Watch for topics & addresses in the Weekly Updates

Roving Shabbat Dinner

Pot Luck

7:00 Friday January 29th

@ Susan Abrill's home

3930 Dawe Road (off Arbutus)

Call 250-532-2982 to RSVP