



# JEWISH SENIOR CITIZEN'S CENTRE

**All Seniors Welcome**

**Drop In For Lunch or Attend a Program**

Mailing Address: **Box 17017 Uptown PO  
Edmonton, AB T5K 0G4**

Location: 10052-117 Street  
Ph: 780-488-4241  
Fax: 780-488-6591

[www.jdicseniors.ca](http://www.jdicseniors.ca)

Email: [programmer@jdicseniors.ca](mailto:programmer@jdicseniors.ca)

## Schmooze and News

March 2021/5781

# SPRING WEDNESDAY SERIES



Wednesdays March 10, 17 & 24 at 1p.m.

*Old Stories, New Ways: Conversations  
About an Architecture Inspired by  
Indigenous Ways of Knowing*

Join **Vivian Manasc**, LLD [Hon], AOE, Architect AAA, MBA, FRAIC, LEEDAP to learn more about the architectural work that her company has done with Indigenous Communities in Alberta over the past few decades.

Vivian, one of the founders of **Manasc Isaac Architects**, has pioneered sustainable architecture in Canada. Her work in partnership with Indigenous communities has been her greatest inspiration, and it has transformed the very nature of her practice. Through the profound lessons of the seven Grandfather Teachings, Vivian came to understand that the process of planning and designing a building should be a circle, with the beginning and end of the story linked together.

The stories Vivian tells in *Old Stories, New Ways* are also framed by these teachings of Courage, Love, Wisdom, Respect, Truth, Humility and Honesty, with each teaching illuminating an aspect of how working with Dene, Cree, Saulteaux, Métis, Inuit and Inuvialuit communities has influenced her design practice.

**Register in advance for this meeting:** <https://tinyurl.com/5y6uo4we>

Fee for the course is \$30 for members  
& \$45 for non-members.

Once payment has been received, you will get the link to join the program via email.

## LET'S GET ACQUAINTED\*\*

### Wendy Danson

Wendy was born and raised in Toronto and came to study at the University of Alberta in the mid-1980s. After a brief career as a social worker, Wendy became involved in the Trade Union movement for the next 17 years, traversing the country. In 1980, she married David Bai and together, they have two sons. In 1989, Wendy returned to the UofA to get her LLB in law and a masters' degree in business. After a successful legal career, she retired in 2015, but not for long.



It was Hanna Pollack Z"L who enticed Wendy to volunteer at the Centre and since no one could say no to Hanna, Wendy has been volunteering with us ever since, taking on many roles. Wendy has, however, found her home in the kitchen, You will find her there every Thursday, making sure that soups and pastries are available for our members and friends. We feel blessed and grateful for her dedication and work.

Wendy believes that volunteering with the Centre is just one way to give back to a community which has been so important to her. From her children's schooling at Talmud Torah, to their Bar Mitzvahs at Temple Beth Ora, the Jewish community has played an integral part of her family's life. In her own words, Wendy offers this: "Volunteers are an important part of the success of the Centre. The time commitment to volunteer is something each individual can decide for herself or himself, but the camaraderie and friendships we make during this journey are a lasting reward for our contributions as volunteers."

Thank you, Wendy, for your on-going support and wonderful spirit of comradery you bring to the Centre!

**\*\* *Let's Get Acquainted* is a feature we will doing every month so that we can better get to know our fellow members/volunteers. If you have someone that you think should be featured, please let us know. Hopefully, it will bring us closer in a time when we cannot sit next to someone at the Centre, talk to them and get to know them.**

#### BOARD OF DIRECTORS

**President:** Sam Koplowicz, **Past-President:** Lewis Wasel, **Treasurer:** Elaine Salkie, **Secretary:** Susan Binnington, **Fundraising Chair:** Leslie Morgenstern, **Transportation Chair:** Hans Pilz, **Directors:** Louise Percheson-Kagan, Lina Kichnevskaja, Inna Sukonnik, Jodi Zabłudowski and Paula Globberman

**Executive Director:** Svetlana Pavlenko, **Executive Assistant:** Luba Allen, **Chef:** Bozena Szopiak

**Fitness Instructors:** Ilonka Wormsbecker, Bonnie Austen and Anita Sielecki (yoga master)

**Ikebana Masters:** Jean-Marcel Duciaume & Brenda Jackson

# Health & Wellness

## Bonnie's Use it or Lose it!

Cardio & Strength training,  
Flexibility & Balance, Laughter

**TUESDAYS @10:45a.m.**

**March 2, 9, 16, 23**

**No classes March 30**

**April 6, 13, 20, 27**

## Ilonka's On Your Seat or On your Feet!

Use of Weights & Stretch Bands,  
Flexibility & Strength, Laughter

**THURSDAYS @ 10:45a.m.**

**March 4, 11, 18, 25**

**No classes April 1**

## YOGA

**Tuesdays @ 3p.m.**

**March 2, 9, 16, 23, No classes March 30, April 6, 13, 20, 27**

Join **Anita Sielecki** -yoga master, who will teach you chair yoga and how you can transform your body and stabilised your mood by practicing yoga.

*Anita's aim is that by the end of our time together each participant will feel more settled and energized... ready to face the rest of your afternoon!*

Fee: \$30 for 6 classes or \$ 50 for 10 classes

# Soups-Soups-Soups

**Dear Members,**

**We know how much you miss our lunches!**

**To sweeten your quarantine days, we want to start take-out food services.**

We are cooking your favourite soups every Thursday.

You can pick up your fresh soup order on Thursday between 1p.m. and 3p.m. or you can ask us to freeze your order for you and pick it up on any convenient Thursday for you.

Please place your order by **Monday of the week you ordering for** till 1p.m. by calling us or via email to [programmer@jdicseniors.ca](mailto:programmer@jdicseniors.ca) Please put Soup Order in the subject line.

Looking forward to serving you! Hurry up – limited quantity will be available!

**Thursdays:**

**March 4: Pickle Soup**

**March 18: Sweet potatoes Soup**

**March 11: French Onion Soup**

**March 25: Pea Soup**

## New President's Welcome Message

As I take up the reins as president of the JDIC, I want to express my sincere appreciation to Lewis and Mark, as immediate past-president and former past-president respectively, for the work they have done on behalf of the Centre and who have both been extremely helpful to me and generous with their time and advice. These are strange and challenging times indeed as we are all learning how to cope with the restrictions and forced changes to our routines. Our organization is thriving under these difficult conditions because so many people are stepping up to keep the wheels turning. A huge thank you to Svetlana and Luba, without whom nothing would be happening at the Centre. Much appreciation also to all the members of the board, who provide leadership and keep our activities going. Last, but not least, a big thank you to all the members, volunteers, lecturers and guests who have continued to participate in Centre activities, from educational Zoom sessions to pole-walking and of course soup-making, baking and volunteering in the kitchen.

For those who do not know me, a brief selection of highlights from my background history. I was born in post-war Germany but grew up in Edmonton from the age of two. I attended Talmud Torah, Oliver Jr. High, Ross Sheppard High School, and the University of Alberta, where I graduated in 1968 with an MA in English, minor in Philosophy. I subsequently studied Motion Picture Direction & Production at the University of California Los Angeles in pursuit of an MFA. My early dream was to be the Jewish-Canadian version of Ingmar Bergman, but somehow that never happened. I did, however, have an early career in film-making with a local award-winning company called Filmwest Associates, working mostly on documentaries about Western Canada. For a while I was a member of the Alberta Film Classification Board, and then for several years worked out of the old Queen Elizabeth Planetarium as producer/writer/director of audio-visual programs for the City of Edmonton.

In 1982 I moved to Victoria, BC, where I produced a/v programs for the British Columbia government. In 1987 I moved to California, living in Santa Cruz and working at San Jose State University, where for the next twenty years I continued to produce a wide variety of a/v, video and online programming for both academic and administrative departments. If I sometimes sound like a "know-it-all" it's because I have worked on well over a thousand, maybe two thousand (I lost count) different topics, always learning something new that needed communicating. I retired from SJSU at the end of 2007, and returned to Edmonton to look after my mom, Eva (z"l), about two years after my father, Morris (z"l), passed away. Since 2008 I've been active in the annual Edmonton Jewish Film Festival, and am currently the Chair, so you can blame me if you don't like the films. Oh, somewhere along the way I was married, had three children, all now living in the USA, and also have two grandsons in San Francisco. I divorced in 2002.

*Continue to the next page, please...*

Enough about me and the past! I'd really like to concentrate on a vision and plans for the future. Although we have about 460 members and are reasonably secure financially, I would like to see all our numbers increase over time. We really need to encourage more younger members to join our ranks and become active. When I first returned to the city I was "only" 60 years old and considered myself too young to be interested in membership in JDIC, but I would bring my mom for a Yiddish-language discussion group that Shirley Goldberg ran, and also started to enjoy the delicious and nutritious lunches. Gradually I became more and more aware of the superior programs that are the mainstay of the Centre, from Lunch & Learn to Learning in Retirement, and on and on. We have to try to expand our efforts to inform both the Jewish and general community about our activities, which are the envy of other seniors centres. Remember, anyone 55 and up is eligible to join, but we should also encourage inter-generational involvement and connections, to include university and community college students, our families and friends of all ages, but especially seniors. Our wonderful programming committee, supported by and working with Svetlana and Luba in the office, are constantly organizing many interesting, thoughtful and entertaining programs that appeal to a wide range of participants. Most of us are retired, but hardly retiring.

It must be admitted that a silver-lining of the pandemic is more people have become literate in the use of electronic media, out of necessity to be sure, (just ask Luba!) and that has made attending programs much easier via Zoom, not having to schlep across town in the middle of winter to look for parking on 117th Street. Of course, we all miss the in-person camaraderie and the lunches (especially the soups) but we have maintained a great level of connection and active participation on a regular basis. Eventually, some normalcy will return and we will once again meet face-to-face for the delicious meals and fun programs. I hope that when that happens, in 2021 or 2022, our Centre will be stronger and a more happening place than ever. We especially need more individuals – I'm talking to you – to say "I can do that, I'm available, where and how can I help?" and to find ways to become a little more active. May we all have long lives and continue to live in interesting times, which I do not consider a curse, but merely a challenge. **Sam Koplowicz**

*Dear Members & Friends,  
The Boar, staff and volunteers appreciate your  
on-going support  
to the Centre very much.*

*We also would like to acknowledge the following donors:*

*the Beit Horim (Our Parents Home),  
the ORT Educating for Life Canada (Edmonton Chapter),  
the Sam Ousher Switzer Charitable Foundation,  
National Council of Jewish Women,  
Edmonton Jewish Charitable Foundation and  
Jewish Federation of Edmonton.*

**Welcome!**

*Our new members:*

**Robin Inskip  
Roberta & Norman Hanson  
Sylvia Benjamin  
Denny & Connie Zalmanowitz  
Miriam Sheckter  
Tatiana Lissov Kastner  
Denise Purcell & Neil Adesky  
Benaron Gleiberman  
Evette Isak  
Anne Fanning - Binder**



Re-printed from [findingbalancealberta.ca](http://findingbalancealberta.ca)  
Finding Balance is a seniors' fall prevention initiative developed by the Injury Prevention Centre of the UofA

### Walk Like a Penguin

- » Bend slightly and walk flat footed.
- » Point your feet out slightly like a penguin.
- » Keep your centre of gravity over your feet as much as possible.
- » Watch where you are stepping.
- » Take shorter, shuffle-like steps.
- » Keep your arms at your sides (not in your pockets!).
- » Concentrate on keeping your balance.
- » Go S-L-O-W-L-Y.

Visit AHS at: [www.penguinwalk.ca](http://www.penguinwalk.ca)

### Tips to walk safely in the winter

- » Take your time and avoid rushing.
- » When possible, avoid walking on snow and ice.
- » Wear shoes or boots with a wide, flat heel.
- » Make sure footwear has the proper amount of grip - not too much and not too little. Wear ice grips over your shoes or boots to get better grip on ice.
- » Choose footwear with soles that stay flexible in the cold.
- » If you use a cane, put a retractable ice pick on the end of it.
- » Carry a small bag or container of sand to sprinkle on icy spots you cannot avoid.
- » Keep your hands free for gripping handrails or supports.
- » When going indoors, stomp the snow off of your footwear and remove ice grips.

Join our fun & knowledgeable  
fitness instructor **Bonnie Austen**

for the

## FALL PREVENTION PRESENTATION

Wednesday, February 24 at 1p.m.

Are you concerned about  
poor balance?

Do you have a fear of falling?

The risk for serious injury increases as we age. The good news is that many older individuals at risk for falls can be identified and helped. Learn more about how you can reduce your chance and fear of falling.

Register once for both sessions:

<https://tinyurl.com/v3gszz8l>

## Staying Strong as We Age

Thursday, March 25 at 1p.m.

Are you concerned about muscle loss  
and reduced flexibility?

Do you find it difficult to open that bottle or can?

Join us to learn how to maintain your



## REMEMBERING DON SAX Z"L



Don was born on a farm in Loughheed, Alberta, the eldest of four boys. He didn't care for farming so joined the army when he was 16. He decided that he was not suited for the army, so he wrote an anonymous letter telling them that he was too young to be in the army. Once he was released from the army, he then joined the navy where he did well even getting injured, serving on the Corvettes that escorted the big ships as far as Iceland on their way to the UK during

World War II to prevent attacks.

He and Lee lived in many different states and provinces : Arizona, Washington, Michigan and California, Saskatchewan, Manitoba, Ontario and then moved to the Yukon where they lived in the Village of Old Crow for 11 years, and in Dawson City for three years. Then they moved to Banning, California where they lived for 17 years. They decided it was time to come back to Canada so they packed up the car with their belongings ending up in Edmonton near Lees' sister-in-law who was living a block from the Jewish Senior Drop In Centre ---and the rest is history. Don was a very active member of our centre, attending classes, participating and heading the Elders Circle. He will truly be missed.

"We rode every bus to the end of the line, ate out and played pool until we couldn't see the ball or the end of the table. He started out as an engineer but changed course as he got older because he wanted to work with people. He loved people and when he listened to them, he HEARD them. He could always see the uniqueness in people. For all those who didn't believe in themselves, he pushed, opened doors and enabled them to be more than they ever imagined. His gift was believing that everything could be better, that there were no limits to possibility. As his eyesight and hearing deteriorated, his spirit and belief in endless possibilities and adventure never lessened."

Lee Sax

*Don was a very active member of our Centre who facilitated the Elder's Circle program enjoyed by many of our members. He was always full of ideas and had the energy to implement them. His positive and caring legacy will always stay with us!*

Svetlana





## OPINION

## COVID—19 and The Vaccine

*Rabbi David A. Kunin*

Sometimes, reading only the Facebook headline (seemingly a common occurrence, as evidenced by the comments) can be both misleading and even dangerous. This was made evident by a recent Haaretz post (12/20/20) entitled, “Concern among Muslims, Orthodox Jews over pork-derived gelatin in COVID-19 Vaccine.” (It is interesting to note that the actual article reached by the link does not include “Orthodox Jews” in the headline.) The Facebook headline implies that Muslim and Jewish authorities may not support the use of various COVID vaccines. Yet, when the article is actually read, at least half of the headline is proved untrue. While the article asserts that the use of pork gelatin may be problematic for Orthodox Jews and Muslims, this is only demonstrated in the case of Islam, where religious authorities are quoted on both sides of the question.

On the other hand, the only Jewish authority quoted actually states just the opposite. “According to the Jewish law, the prohibition on eating pork or using pork is only forbidden when it’s a natural way of eating it [and is therefore unproblematic for a vaccine].” The headline provided by Haaretz to Facebook is therefore intentionally sensational and duplicitous and may lead less knowledgeable traditional Jews (and Muslims) to believe that the vaccine is religiously forbidden.

Traditional rabbinic texts from antiquity to the present recognize the importance of pikuach nefesh (saving life) as a paramount Jewish concern. Indeed, all but three mitzvot (murder, idolatry, and incest) can be broken to save another life, and consuming pork products and other non-kosher substances is undoubtedly among these three. Indeed, while the rabbinic authority quoted in the text states that injection does not qualify as eating, the Mishnah itself makes it explicitly clear that it is permissible to eat pork and other religiously forbidden foods to save a life.

The Jewish tradition has a long history of support for vaccination, beginning at least in the 18th century. Religious authorities in the 1780s embraced the use of the smallpox vaccine, even with the inherent possibility of mortality from the vaccine (at that time 1 in a thousand, a mortality rate which would be extremely unacceptable in modern medical practice). Rabbi Nachman of Bratzlav (1772-1811) famously required every baby to be vaccinated against smallpox. This injunction has been generalized among Bratzlav Hassidim to more recent vaccinations. This embrace of preventative vaccination has been embraced by religious authorities in all streams of Jewish life, from the CCAR (Reform) to the Agudath Israel (American-Haredi).

Vaccination (along with social separation and masks) as an aspect of pikuach nefesh moves well beyond preventative medicine to a sense of responsibility to safeguard others’ health. Medical science suggests that vaccinated herd immunity for COVID requires that at least 70% of the population receive a vaccine. Without a vaccine herd immunity, a similar percentage would need to be infected with COVID in nine months (in the USA, around 850,000 cases a day), leading to more than 2.3 million deaths in the USA alone. Jewish sources are unanimous, requiring that action must be taken when the lives of others are threatened. Indeed, The Rambam states, “Anyone who is able to save a life and fails to do so, violates, ‘You shall not stand idly by the blood of your neighbour.’” He adds, “All Israel are commanded to take life-saving action.” Until the vaccine is widely available, masks and social separation allow us to begin to fulfill this injunction, and with general availability the vaccine will enable us to defeat COVID and effectively protect ourselves and other people.

Re-printed from <https://blogs.timesofisrael.com/read-the-full-article-and-take-the-vaccine/>



Dear Members,

We know how much you miss our lunches!

We have been looking for ways to support our Centre during this global pandemic because our usual revenue streams have dried up and we are now doing everything totally electronically.

We know that you love our soups and baking so we have decided to put on the "Deal of the Pandemic!" – a fun way to support your Centre!

Tickets for our "**Deal of the Pandemic**" draw will be \$60.00 for six months entry, which breaks down to \$10.00 a month. The tickets must be purchased in one transaction before Monday, March 1 (E-transfer, cheque or cash). The minimal purchase is 6 tickets for \$60 but you can buy 12 tickets for \$120 or 18 tickets... It is a great present for your loved one with a very good possibility to win!

We will have a draw the first Thursday of every month at the Centre with our wonderful kitchen volunteers participating for Three Soups and the Baking of the month, a value of approximately \$35.00 - \$40.00. If you are already buying our soups, you are probably spending at least \$20.00 - \$40.00 a month. With these tickets, you will be entered into the draw every month for six months.

**We will do the draw March 4, April 1, May 6, June 3, July 1 and August 1.**

**The Deadline for your entry is March 1, 2021.**

Looking forward to Your participation,

The Fundraising Committee

# SPECIAL PRESENTATIONS

**Wednesday, March 3 at 1p.m.** "***Let's talk about treasure***" with **Jane Alemaskin**, a jeweler, who will open up a few professional secrets just for you.

Register: <https://tinyurl.com/wg3m3hww>

**Thursday, March 11 at 1p.m.** In partnership with **NCJW** we present "***Sustain Your Brain Using the Power of your Shopping Cart***". **Katrina Breau**, a Neurological Nutrition, specializes in brain health and psychological wellness. As a Best-Selling Author, Certified Holistic Nutritional Consultant, Mental Wellness, Stress Relief and Professional Life Coach Katrina brings an amazing toolbox to share with us today. Katrina's vast experience in geriatrics, palliative care and overall wellness surrounded with compassion, motivation and encouragement brings transition forward in times of COVID challenges.

Register: <https://tinyurl.com/3tost3gk>

**Tuesday, March 16 at 1p.m.** "***What you don't know about legacy planning?***" with **Cyril Fried and Melissa Benjamin**

Register: <https://tinyurl.com/11730yb7>

**Monday, March 22 at 12p.m.** "***Autism and Society: A Clinician's view***" with **Dr. Lonnie Zwaggenbaum** Register: <https://tinyurl.com/5grxbj6v>

**Thank you for Supporting your Centre!**

*Call the office for Tribute Cards - (780) 488-4241*

**We try to be as accurate as possible - Please accept our apologies for any omissions or errors made!**

**Cards sent from the Board of Directors**

**SYMPATHY**

**To: Michael Paull & family loss of father Cecil Paull z"l**

**To: Cory Felber uncle Cecil Paull z"l**

**To: Adrian Albert loss of mother Doreen Albert z"l**

**SYMPATHY**

**To: Anne Green loss of mother Lillian Green z"l**

**To: Ken Soroka & family loss father Jack Soroka z"l**

**To: Jason & Mathew Cairns loss Parents Bobby & Sharon Cairns z"l**

**SYMPATHY**

**To: Dr. Bernie Adler, Reisa Sheckter & Shirlann Bliss loss wife & mother Miriam z"l**

**To: Natalie Jerwak – loss of friends George Walter Loh Z"L and Winnie Lesick**

**SYMPATHY**

**To: Howie Sniderman -**

**Loss of Parents**

From: Paula Globerman & Graham Usher

**To: Helly Goez**

**Loss of Husband Jeff Grobman z"l**

Fr: Mel Wyne & Phyllis Nurgitz

**To: Claude Oppenheim**

**Loss of Mother-in-law**

From: Elaine & Mark Salkie

**To: Anne Green**

**Loss of Mother, Lillian Green z"l**

From: Ilonka Wormsbecker

Mark & Elaine Salkie

Marvin & Brigitte Katz

Bonnie Austen

Faye & Cyril Kay

Robyn & Geoff Sperber

Phyllis Nurgitz & Mel Wyne

Elizabeth Sindler

Gillian & Billy Horwitz

**To: Cory Felber, Loss of Uncle Cecil Paull z"l**

From: Luba Allen

Freya & Lewis Wasel

Dr. Sam & Eva Weisz

Cheryl & Wayne Shur

**SYMPATHY**

**To: Adrian Albert**

**Loss of Mother Doreen Albert z"l**

From: Marian & Dwayne Jenkins

Paula Snyder

Penny & Phil Hardin

Robyn & Geoff Sperber

Mark & Elaine Salkie

Bernie & Gail Estrin

Svetlana & Aleksey Pavlenko

**To: Marni Dlin loss of uncle Cecil Paull z"l**

From: Cheryl & Wayne Shur

**To: Howard & Esther Starkman loss of Brother-in-law Jack Soroka z"l**

From: Freya & Lewis Wasel

Phyllis Nurgitz & Mel Wyne

**To: Ken & Marvin Soroka & family loss of Father Jack Soroka z"l**

From: Penny & Phil Hardin

Beryl Nahornick

Bernie & Gail Estrin

Clarice Switzer

**To: Jared, Hannah Paull & Family**

From: Sue & Alvin Winestock

**SYMPATHY**

**To: Michael & Colleen Paull loss of Father, Cecil Paull z"l**

From: Bozena Szopiak & Family

Anna Betlej

Phyllis Nurgitz & Mel Wyne

Svetlana & Aleksey Pavlenko

Beryl Nahornick

Bev Sonmor

Paula Globerman & Graham Usher

Shirley Grossman

Marvin & Brigitte Katz

Freya & Lewis Wasel

Naomi Wolfman

Bernie & Gail Estrin

Cheryl & Wayne Shur

Jodi & Michael Zabłudowski

**To: Roni Sheps & Family loss of Father Jack Soroka z"l**

From: Marvin & Brigitte Katz

Freya & Lewis Wasel

Cheryl & Wayne Shur

Gillian & Billy Horwitz

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**Cards sent from the Board of Directors**

**MAZAL TOV**

To: Misha Shmuilovich on his Special Birthday  
To: Sveta Bass on her Birthday  
To: Rabbi Mendy & Chaya Sarah Blachman—arrival of Sholom Dovber

**MAZAL TOV**

To: Paula Snyder on a Special Birthday  
To: Geoff & Robyn Sperber on giving a special gift to the U of A Dentistry department. To Malcolm Cohen on his 90th Birthday  
To Naomi Beck—Special Birthday

**MAZAL TOV**

To Barbara Gleiberman on her 90th Birthday  
To: Leslie Morgenstern—Special Bday  
To: Jon Nobleman—Special Bday

**SHALOM WALL**

A Plaque in Memory of Cecil Paull z"l  
By Susan & Glen Binnington

A Plaque by the Snyder Family in Celebration of a Special Birthday of Paula Snyder

A Plaque in Memory of Bobby & Sharron Cairns z"l  
By Susan & Glen Binnington

**DONATIONS**

Sheila Parr  
Valda Levin  
Lea Modalen  
Lynne Moulton  
Deirdre Hill-Richards  
Esther Sklofsky  
Lee Sax  
Reva Theuman  
Lorretta Sharun  
Hans Pilz  
Dr. Sam & Eva Weisz  
Naomi Wolfman  
Cynthia Pertman  
Eva Willox & Bill Mustard  
Mari Segal & Arni Feintuch  
Phyllis D'Aguiar  
Jan Nolan  
Esther Bergman  
Doug Hughs  
Michael Morgan  
Lynn Einstein  
Natalie Jerwak

**DONATIONS**

Ronald Snyder  
Phyllis Nurgitz & Mel Wyne  
Dawn Milligan  
Miriam McCartney

**MAZAL TOV**

To: Sue & Alvin Winestock  
On becoming Great-Grandparents  
Fr: Paula Globerman & Graham Usher

To: Geoff & Robyn Sperber on giving a special gift to the U of A Dentistry Department

From: Leslie & Rick Morgenstern  
Dwayne & Marian Jenkins

To: Hinda Lipshitz on her Bday  
From: Haika (Clarice) Switzer

To: Malcolm Cohen on his 90th Birthday  
From: Gillian & Billy Horwitz

To: Barbara Gleiberman on her 90th Birthday  
From: Valda Levin

To: Stacey Leavitt-Wright  
Appointment as CEO of Edmonton Jewish Federation  
From: Freya & Lewis Wasel

To: Jon Nobleman—Special Bday  
From: Faye and Cyril Kay

**GET WELL**

To: Paula Weil  
From: Louise Percheson-Kagan  
Leslie Morgenstern

To: Mel Wyne  
From: Clarice Switzer  
Mark & Elaine Salkie  
Bozena Szopiak & Family  
Leslie & Rick Morgenstern

To: Sylvia King-Farlow  
From: Leslie & Rick Morgenstern

To: Ruth Nolan  
From: Mark & Elaine Salkie  
Svetlana & Aleksey Pavlenko  
Leslie & Rick Morgenstern  
Jodi & Michael Zabłudowski

To: Faye Kay  
From: Naomi & Victor Amato

To: Misha Shmuilovich  
From: Mark & Elaine Salkie

To: Brenda Nahornick  
From: Jodi & Michael Zabłudowski

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SPECIAL THANK YOU		
<p><b>THANK YOU</b></p> <p>Our heartfelt thanks to all who expressed condolences and made donations to the Centre in loving memory of my father Cecil Paull Z"l.</p> <p><b>Fondly, Michael &amp; Colleen Paull and Family.</b></p>	<p><b>THANK YOU</b></p> <p>Hello to everyone at the Centre, Thank you all for making my Chanukah brighter! I still hope to see you soon. Best regards for healthy New Year,</p> <p><b>Bev Sonmor</b></p>	<p><b>GET WELL</b></p> <p>To: Misha Shmuilovich To: Ruth Nolan To: Faye Kay <b>MAZEL TOV</b> To: Stacey Leavitt-Wright on her Appointment as CEO of Edmonton Jewish Federation</p>
<p><b>SHALOM WALL</b></p> <p>A Plaque in Honour of the 10th Anniversary of Svetlana Pavlenko at the Centre by the Board:</p> <p>Lewis Wasel, Sam Koplowitz, Elaine &amp; Mark Salkie, Paula Globerman, Leslie Morgenstern, Susan Binnington, Ina Sukkonik, Louise Percheson-Kagan, Jodi Zabłudowski, Shirley Grossman, Hans Pilz.</p> <p><b>SYMPATHY</b></p> <p>To: Pauline Uretsky loss of Husband Rick Uretsky z"l</p> <p>From: Cory Felber Cheryl &amp; Wayne Shur Shirley Grossman Gillian &amp; Billy Horwitz Luba Allen Svetlana &amp; Aleksey Pavlenko Jodi &amp; Michael Zabłudowski</p> <p>To: Sari Uretsky loss of Father Rick z"l</p> <p>Fr: Jodi &amp; Michael Zabłudowski</p>	<p>To: Karen Herring loss of brother Rick Uretsky z"l</p> <p>From: Naomi Wolfman Gillian &amp; Billy Horwitz Cory Felber</p> <p>To: Minnie Emas- Loss of Husband Harvey z"l</p> <p>From: Paula Globerman &amp; Graham Usher Natalie Jerwak Brigitte &amp; Marvin Katz Beryl Nahornick Cheryl &amp; Wayne Shur</p> <p>To: Michelle Dinner loss of husband Hilton Dinner z"l</p> <p>From: Cory Felber Cheryl &amp; Wayne Shur Jodi &amp; Michael Zabłudowski</p> <p>To: Jason &amp; Mathew Cairns &amp; families, loss of parents Bobby &amp; Sharon z"l</p> <p>From: Naomi &amp; Victor Amato Leslie &amp; Rick Morgenstern Mark &amp; Elaine Salkie Louise, Dayna &amp; Kagan Family Cheryl &amp; Wayne Shur Jodi &amp; Michael Zabłudowski</p>	<p>To: Dr. Bernie Adler -loss of wife Miriam Z"l</p> <p>From: Mari Segal &amp; Arni Feintuch Diane Marcovitch George &amp; Judy Goldsand</p> <p>To: Dr. Bernie Adler and Reisa Shekter and family</p> <p>Fr: Joel &amp; Melany Allen &amp; Family Naomi Wolfman Elaine &amp; Mark Salkie Phyllis Nurgitz and Mel Wyne Valda Levin</p> <p>To: Shirlann Bliss and family From: Joel &amp; Melany Allen and family Naomi Wolfman Elaine &amp; Mark Salkie</p> <p>To: Jeannette Hoffman &amp; family on the loss of husband Bernie z"l</p> <p>From: Luba Allen Cheryl &amp; Wayne Schur</p> <p>To: Rhonda Eidelman -loss of sister</p> <p>From: Phyllis Nurgita &amp; Mel Wyne</p>