

# OJCC E-NEWS

A quarterly newsletter brought to you by the Okanagan Jewish Community Association

VOL. 5779, ISSUE 1

OCTOBER 2018—TISHREI 5779

## What's Up In Our Community...



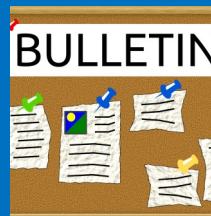
TOP STORIES



COMMUNITY NEWS



UPCOMING EVENTS



BULLETIN BOARD

### TOP STORIES



Top news ...

- AGM Meeting—year in review & selecting new members
- New Rabbinical Candidate

- WELCOME NEW MEMBERS!

### BULLETIN BOARD

- Special Notices, Advertisements, Announcements ...
- Jewish Recipes—Nosh'n Schmooze
- Jewish Humour



### COMMUNITY NEWS



- **Thanksgiving—October 8th, Monday**

• Erev Shabbat Kosher Stand @ Chabad on Richter & Wardlaw, Fridays 9-12.

### UPCOMING OJCA EVENTS



- **Sukkot—Sept 30th, 1-3 pm**
- **Hebrew School is back in session Sept 26th, Wednesdays with Morah Malka.**
- **AGM Meeting—Oct 3rd 7:00 pm (6:30 Registration)**
- **Monthly Sisterhood Meets: October 4th @ 12:30 pm @ Kelowna Golf & Country Club & Book Club meets 11:30 prior to luncheon.**
- **Oct 19-20—Shabbat Services with Alberta's Bridging the Mountains—Cantor Russ**
- **New Presentation Series: Begins Oct 28th— Journey to Gondar—Coffee, Cake & Cultural Anthropology! Come join us for this exciting discovery series led by Steven Finkleman, Sundays from 7:00 sharp to 9pm for four weeks.**
- **Nov 9-10th—Rosh Chodesh Kislev—Shabbat Services with Cantor Russ**
- **Nov 30th—Dec 2nd: Rabbinical Candidate's 1st trial service! Everyone, please come join us in the special Shabbat & Chanukkah celebrations.**
- **Dec 2nd-10th—Chanukah—CHANUKAH PARTY DEC 2nd! Watch your emails for more details.**

Okanagan Jewish Community Association  
admin@ojcc.ca  
102 Snowsell Ct, Kelowna, BC CAN  
1 (250) 862-2305

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Next edition: January 2019— 5779

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## TOP STORIES



- **AGM**—We are wrapping up the old year, bringing in the new! **The OJCA Annual General Meeting will be on October 3rd, Wed. @ 7:00 pm.** Please come at 6:30 to register. We will be reviewing committee reports; electing new officers, and appointing new committee members.
- **New Rabbinical Candidate**—Welcome Rabbi Julie Adler from the Chicago area! Please join us **Nov. 30th—Dec. 2nd** to give our new candidate a warm Canadian welcome during her first Shabbat Services here!
- **WELCOME NEW MEMBERS TO THE OJC!** Marc & Brenda Edelson from Ottawa
- Maureen & Ephraim Mansoor from Richmond, BC
- Kazia & Logan Mullin with sons Alias & Harry from the Coast
- Stuart & Donna Rosove with daughters Aliya & Milah from San Francisco Bay area

## COMMUNITY NEWS



- **ANOTHER MOVIE NIGHT coming up—stay tuned!**  
The last movie night with “Big Sonia” was such a huge success, we decided to have another! Please watch your emails for further details.



- There are kosher items now available at the **"Erev Shabbat" Kosher Stand.** Fridays from 9am -12pm. #Be A Part Of It!! Cash, Cheque or Credit accepted. Visit Chabad Okanagan on the corner of Richter & Wardlaw, jewishokanagan.com or (250) 575-5384 for more information.

## OJCC Events:



- **Sukkot celebration—Sept 30th, 1-3 pm!** We will be decorating the Sukkah. Come join us for a family celebration and shake the lulav. Snacks will be provided.



- **Hebrew School** began Sept 26th and will be held every Wednesday. Another exciting new year brings Morah Malka back to teach your children! To Register, please send names, ages & Hebrew names to Anne at admin@ojcc.ca or 250-862-2305. Minimum age for attendance is Kindergarten.



- The younger class, ages kindergarten to grade 2 will be from 3:30 - 4:25
- The second class for ages 8 to 11 inclusive will be from 4:30 - 5:30

\*Exceptions may be discussed if the child is reading at a grade 3 level

For those children who have been bat/bar mitzvah age, we are introducing a ‘Teen Class’ which also begins on September 26<sup>th</sup> from 7:00 to 8:30 pm.

Looking forward to seeing everyone soon!

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## OJCC Events:

- **Next Ladies Meeting: October 4th @ 12:30 pm** @ Kelowna Golf & Country Club, @ Spall & Glenmore—come join us! Book Club meets 1 hour earlier @ 11:30. Please RSVP to Anne in the Office at least 24 hours prior to meeting to ensure seating accommodation. Everyone is welcome. These Luncheons have been casual, relaxing and fun and have given us the opportunity to get to know each other better.

*Ladies*  
meeting



## SISTERHOOD OF THE OKANAGAN JEWISH COMMUNITY

Our last Sisterhood meeting was held in September, and we were pleased to honour long time OJC member, Hanna Kolb on her 80th birthday! Hanna was pleasantly surprised when we presented her with a bouquet of roses, a card, and a flower candle that wouldn't go out (like her endearing spirit)! Everyone sang Happy Birthday as a delicious cake was brought in. When asked what her secret to life was, she responded, "always be well dressed in the morning before leaving the house, because you never know who you might meet!"

Barb Finkleman chaired the meeting. **Please remember to bring your favourite recipe to the next meeting.** We've



been meeting at the Kelowna Golf Club at the corner of Spall/Glenmore & Bernard in a 'room with a view' so that we can appreciate the beautiful scenery while socializing and enjoying our luncheon (noshing & schmoozing). Special thank you to Koreann Bracken-Horrocks for arranging our meetings at the Kelowna Golf Club.

Shelly Orloff is facilitating a Book Club. Please come 1 hour earlier if you are participating in the book review. Sept's pick up for review next is "The Ice Cream Queen of Orchard Street". Please forward your suggestions and comments to Shelley Orloff @ (778) 363-6916.

## OJCC Events:



- **New Presentation Series: Begins Oct 28th— Journey to Gondar—Coffee, Cake & Cultural Anthropology!**

Welcome to the first presentation which is scheduled to begin Sunday, October 28th starting at 7 pm sharp at the Okanagan Jewish Community Centre in North Glenmore. This is one of several presentations this year to highlight different cultural groups (some Jewish, some not) around the world. The evenings are meant to be social gatherings of the Okanagan Jewish community, getting to know one another and at the same time enjoying and learning about these cultural experiences. Our first presentation entitled "Journey to Gondar" shares my experiences meeting with the remaining Jewish community in Gondar, Ethiopia.

Please come out to enjoy each other's company, learn and share some cake!  
Thanks, Steven and Barb



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## UPCOMING EVENTS: Dates To Remember...



*Happy Anniversary*

**SPECIAL OCCASIONS:** ANNIVERSARIES, BIRTHDAYS, YAHRZEITS, ETC.

Thank you for submitting your updates quickly so we can maintain a current list of your special events.



### October

Stan Bracken-Horrocks	Oct 1
Elia Katz	Oct 3
Ariel Katz	Oct 3
Jordan Spevakow	Oct 3
Lucie Anderson	Oct 6
Mark Golbey	Oct 10
Shea Faigan	Oct 13
Philippe Richer LaFleche	Oct 14
Matthew Faigan	Oct 17
Mike Troup	Oct 17
Harris Fisher	Oct 23
Tom Shlomi	Oct 23
Lily Reicher	Oct 26
Peggy Mandelbaum	Oct 29
Jacob Tizel	Oct 29
Milah Rosove	Oct 30

### November

Mitchell Segal	Nov 16
Lesley Swanson	Nov 20
Cora Westbury	Nov 29

### December

Steven Finkleman	Dec 6
Koreann Bracken-Horrocks	Dec 10
Linda Ruby	Dec 15
Lillian Goodman	Dec 19
Moreh Dalla Porta	Dec 21
Terry Dekur	Dec 22

### YAHRTZEITS: 5779

#### October

Tishrei 25	Oct 04	Archie Eisenstadt
Cheshvan 01	Oct 10	Herb Earl Rosove
Cheshvan 12	Oct 21	Carol Goldstein
Cheshvan 16	Oct 25	Gary Bidner
Cheshvan 17	Oct 26	Sam Larry
Cheshvan 22	Oct 31	Claire Hollender
Cheshvan 22	Oct 31	Yitzhak Rabin

#### November

Kislev 3	Nov 11	Freda Cheroovsky
Kislev 3	Nov 11	Sid Segal
Kislev 11	Nov 19	Wilfred Horowitz
Kislev 17	Nov 25	Anne Golbey
Kislev 18	Nov 26	Kurt Weiss

#### December

Kislev 24	Dec 2	Saul Sigal
Tevet 5	Dec 13	Saul Kotler
Tevet 7	Dec 15	Al Salonin
Tevet 8	Dec 16	Ronald Roy
Tevet 18	Dec 26	Emil Klein
Tevet 20	Dec 28	Marjorie Segal
Tevet 23	Dec 31	Betty Richards

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## JEWISH RECIPES—NOSH & SCHMOOZE

### Low Carb Zucchini Lasagna with Spicy Turkey Meat Sauce

#### Ingredients:

Non-stick cooking spray  
4 large zucchini, sliced lengthwise about 1/4" thick  
1 tsp olive oil  
3 cloves garlic, minced  
1 small yellow onion, diced  
1 green pepper, diced  
1 lb lean ground turkey  
1—14 oz can tomato sauce  
1—14 oz can crushed tomatoes  
2 tblsp tomato paste  
2 tsp dried oregano  
handful of basil, finely chopped (about 1/4 cup)  
handful of parsley, finely chopped (about 1/4 cup)  
1/2 tsp red cayenne pepper, if desired  
red pepper flakes if desired  
salt & pepper to taste

#### For the cheese mixture:

15 oz part skim ricotta  
1 egg white  
1/4 cup grated Parmesan cheese  
1/2 oz reduced fat or part skim shredded mozzarella cheese

#### Directions:

1. Preheat oven to 375 degrees F.
2. Place sliced zucchini on large baking sheet, coated with non tick cooking spray. Sprinkle with salt and roast in the oven for 15-20 minutes to help dry out the zucchini a bit. **This is a critical step.**
3. While the zucchini noodles are roasting, you can make the turkey east sauce. Heat olive oil in a large pot over medium high heat. Add garlic, onions, and peppers

and cook a few minutes until onions become translucent and garlic is fragrant; stir occasionally so that you don't burn it. Add in ground turkey and cook until no longer pink. Add in tomato sauce, crushed tomatoes, tomato paste, oregano, basil, parsley, and a few dashes of red pepper flakes. Bring to a boil, hem reduce heat to low and simmer UNCOVERED 25—30 minutes or until sauce REALLY thickens up! (If it needs to be thicker, I suggest adding in another tablespoon of tomato paste) Season with salt and pepper to taste. Remove from heat to cool.

4. In a medium bowl, combine egg white, ricotta, ad parmesan. Season with a bit of salt and pepper. Add in 1/2 cup of the slightly cooled eat sauce and stir to combine.
5. To assemble lasagna, spread 1/2 of the turkey meat sauce into the bottom of a 9x13 inch baking dish coated with non-stick cooking spray. Place zucchini slices evenly over meat sauce, spread on 1/2 the ricotta mixture, then sprinkle 1/2 the mozzarella on. Repeat layers again starting with the meat sauce, zucchini slices and ricotta mixture then finishing with mozzarella. Cover with foil and bake for 30 minutes.
6. Remove foil and bake for 15 minutes longer uncovered. Makes 8 very generous servings.

#### Nutrition Information

Serving size: 1/8th of recipe Calories: 308 Fat: 12.6g Carbohydrates: 15.1g Sugar: 6.9g Fiber: 3.2g Protein: 37.3g

NOTES: Recipe adapted from allrecipes.com by Ambitious Kitchen at <https://www.ambitiouskitchen.com>.

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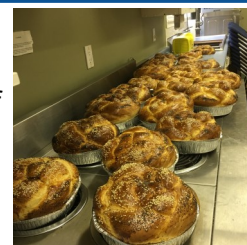
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**TODAH RABBAH TO:** Barb Finkleman for making 65 Rosh Hashana Challahs! In honour of Rosh Hashana 5779, members and friends were offered the opportunity of purchasing round Challah's for the amazing low price of \$5.00 each! They say 'variety is the spice of life', with choices of regular, raisin or apple, whole wheat regular with raisin or apple, and Gluten Free with raisin or apple, who wouldn't be happy! Barb also made Challah's for the Rosh Hashana and Yom Kippur celebrations.



**WE APPRECIATE ALL YOUR EFFORTS BARB! THANK YOU**



**MAZEL TOV TO**

Ray and Marcia Turner on the birth of their Grandson, Conner Myles Bragg on August 29th in Seattle, WA.

**MAZEL TOV TO**

Ari and Lucie Anderson on the birth of their new granddaughter, Kaliyah Mikelle Laidlaw, who was born a month early on July 6th.

Another Mazel Tov to the Andersons as they wait with anticipation for the birth of another grandchild to their son and daughter in law in Israel, May 2019.



**We wish the families much joy and happiness in the years ahead!**

**Mazel Tov!**

## GIFT SHOP: CARDS / JUDAICA / TREE OF LIFE

We have Shabbat and Yahrzeit candles available as well as some gift items; miscellaneous cards; a Looney / Twooney Table with various clearance items.

If you wish to make a donation to have a sympathy card sent out, we will do so for you. The person is advised that there has been a donation made in Memory of their loved one however the amount remains confidential.

If you have a special occasion you wish to honour or want to purchase a leaf In Memory, we have the 'Tree of Life' on the right as you go into the hall and a leaf can be purchased for \$72.00 which will be inscribed appropriately.

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