



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

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## Schmooze and News

Summer 2021/5781



**Soon Your Membership  
For Our Fabulous Centre  
will need to be renewed!**

**(It is only \$30 per year).**

**We invite you to  
a High Tea Membership Party  
in your home!**

**We will provide entertainment – our own  
very talented Bert Malo will perform  
just for you.**

**Thursday, August 26 at 6p.m.**

We are offering you a special High Tea Package: a box of fancy sandwiches (3 egg + 3 tuna) and a box of your favourite cookies (2 Tahini + 2 Choco Chips Komish bread + 2 Cranberry Oatmeal).

Place your order with payment **(\$18 per package)** by August 5

Pick up your order on Thursday, August 26 between 1p.m. and 4p.m.

**Sign up a friend as a new member & enter the draw to win:**

- 2 chances of winning a Lunch card for 10 lunches or 10 soup orders (value \$100)
- 2 chances of winning a Learning in Retirement course of your choice (value \$85)
- 2 chances of winning a Fitness card for 6 classes (value \$36)

**No cash replacement prizes.**

**Only those members who sign up a new member are eligible to enter the draw  
(one entry only per new sign up).**

Please join us for a unique two session presentation

## ***She Also Served: Jewish Canadian Servicewomen of the Second World War***

by ***Saundra Lipton***, Librarian Emerita, Libraries and Cultural Resources, U of C.



***Cecilia Guttman (nee Feingold) - from her family***

### **Thursday, July 29 at 1p.m. – 3p.m. Session I:**

General background to the acceptance of women into the Canadian military, discussion of why Jewish women enlisted, jobs they filled, experiences as Jews in the military, overseas experiences, and their lives after the war.

### **Thursday, August 5 at 1p.m. – 3p.m. Session II:**

Highlight the stories of specific women, including Gert Feldman from Manitoba, the first woman to enlist in the army, and she served as a sergeant major for five years; Brenda Diamond, a refugee from Europe in the late 30s who enlisted in the army as soon as she became a Canadian; and airwoman Sue Jacobs, an American who enlisted after her Canadian husband serving in the RCAF died in combat.

Please register for the series ahead of time: <https://tinyurl.com/tmzz8kc>

This is a complimentary event, but we encourage you to donate \$18 (Chai) to the Jewish Senior Citizen's Centre either by cheque, cash or E-transfer to [jdic@shaw.ca](mailto:jdic@shaw.ca)

***Three nursing sisters in Europe (Rose Pellat (nee Novick), Estelle Aspler (nee Tritt) and Bessie Davy (nee Fagin) - photo from her family***



***Evelyn Miller***

***Photo courtesy of the JAHSENA***



***Mollie Klein***

***(nee Mickelson)***

***Photo courtesy of the JAHSENA***





## THANK YOU

A photo our non-retired **Bozena** with our dedicated volunteers

**Wendy Danson** and **Pauline Bronstein**, masked and gloved working away to Covid-19 protocol, to make the most delicious take-outs to satisfy our needs.

We also would like to express our sincere gratitude towards our amazing volunteers **Connie Silva**, **Valda Levin**, **Cheryl Shur**, **Donna Hamar** and

**Louise Percheson-Kagan** for making the process of food pick up so smooth and safe!

# The Deal of the Pandemic

*Photos: Our wonderful kitchen volunteer Wendy, our Board members Hans & Leslie, Bozena and Luba pulled the lucky winners' names of The Deal of the Pandemic.*

*Congratulations to our wonderful winners-supporters: Naomi Amato, Penny Hardin, Bonnie Austen and Louise Percheson-Kagan. (Two more draws left).*



## LET'S GET ACQUAINTED\*

### SYLVIA KING-FARLOW

Sylvia was born in Lamont, Alberta in 1940 and lived in the village of Chipman where her father owned a Blacksmith Shop. Her family then moved to Edmonton where she had to learn English, as she only spoke Ukrainian because Chipman was predominately Ukrainian at that time.

She took a 5 year B.Sc. in Nursing, worked in Vancouver as a VON (Victoria Order of Nurses), and then on a medical heart unit at the Royal Alexandra Hospital in Edmonton. From there she worked at Mount Sinai Hospital in Los Angeles in Coronary Care and Intensive Care; both new fields at that time. Upon her return from Mt. Sinai, Sylvia was supervisor and clinical instructor of Cardiovascular Surgery at the University Hospital working with Dr. Callahan, a pioneer who did the first open heart surgery in Canada and was co-inventor of the pacemaker.



After Sylvia married, she moved to Guelph, Ontario where she was involved in the opening of the first Coronary Care Unit and Intensive Coronary Care Unit at the Guelph General Hospital. She took a Masters Degree in Education (Administration) in Ottawa, and then taught Gynecological Nursing at the RAH Women's Pavilion and was a lecturer at the University of Alberta Faculty of Nursing. She also took a BA (Special) in English and History, then did several years of law school, stopping because of ill health.

After Expo in Montreal, Sylvia decided to travel—she has now visited over 100 countries, many of them, such as Egypt and Turkey, six times each. She has traveled on six of the seven continents—all except Australia and was a member of the Travelers Century Club for those who have visited 100 or more countries of the world.

As Sylvia says: "The Centre has been both a haven and a resource for me, supplying my need for continuing education and interesting companionship. The Jewish Senior Citizen's Centre is in a class by itself as it attracts members with such hugely varied life experiences. All that and lovely meals! It has been my home away from home and has made me feel young again! I am looking forward to the Grand Re-opening!"

*\* **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 Kichnevskaya, 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)



# Health & Wellness

## Bonnie's Use it or Lose it!

Cardio & Strength training,  
Flexibility & Balance, Laughter

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

July 6, 13, 20, 27  
August 10, 17, 24, 31

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

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

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

July 8, 15, 22, 29  
August 5, 12, 19, 26

## YOGA

We are looking forward to welcoming you to yoga classes in October 2020 together with **Anita Sielecki** -yoga master, who will teach you chair yoga and how you can transform your body and stabilise your mood by practicing yoga.

## Urban Poling Workshops with Your Centre with Bonnie Austen, B.P.E. M.Ed, AFLCA On Mondays at 10:45a.m. during July and August

**Workshops: July 12, 19, 26 and August 9, 16, 23 and 30**

**Urban Poling** (also called Nordic Walking) is popular for those interested in becoming more fit. It takes the benefits of walking but uses more upper body as in cross country skiing. To register for the workshop contact the centre at [programmer@jdicseniors.ca](mailto:programmer@jdicseniors.ca) Let the center know if you need to buy poles. If you already have poles, please bring them.

**Fee: \$35 for 7 classes or \$6 drop-in fee. (The Centre will issue a separate card for you to attend this activity, which if not used by the end of this program may be used for your regular fitness activities.)**



# Not Boring Book Club (NBBC)

The classical Book club at the Centre was postponed in February 2020 as a pre-cautionary response to news forecasts of a global pandemic. Although the Centre closed a few weeks later, programming of activities gradually resumed via Zoom.

In Spring 2021, renowned writer, editor and presenter Debby Waldman started to facilitate monthly meetings of our Book Club hosted through the Centre's Zoom, and **Not Boring Book Club (NBBC)** was born.

**Do you love to read?**

**Join the Not Boring Book Club!**

Participants of all genders enjoy:

- Sharing a range of fiction & non-fiction recommendations
- Selecting multiple-copy titles from libraries and used book vendors
- Meeting from 1:00PM to 2:00PM one Tuesday per month
- Discussing our current title and choosing our next
- Enhancing our reading through supplementary resources
- Inviting guest speakers and the authors to join our lively discussions.



**Debby Waldman, the NBBC facilitator**

**1:00PM Tuesday, July 13**

**1:00PM Tuesday, August 10**

**1:00PM Tuesday, September 14**

**1:00PM Tuesday, October 12**

*After Long Silence* by Helen Fremont

*The Color of Water* by James McBride

*The Exiles* by Christina Baker Kline

*The Nickel Boys* by Colson Whitehead

*Submitted by Edith Lindquist*

*"I really enjoy the variety of opinions at our Club. Sometimes it is a challenge for me, because I personally would never choose to read certain titles on my own. It was a great pleasure to meet the author of **Humane** Anna Marie Sewell, who gave me deeper understanding of her book and her vision behind it."*

**Not Boring Book Club Participant**

Zoom picture: **Rabbi Zolly Claman** from Beth Israel Synagogue giving a very interesting talk on "Purim" with his parents attending from Israel.





# SOUPS & TREATS

**Dear Members,**

Looking forward to serving you!

**Please place your order before Tuesday every week!**

**Pick up on Thursdays:**

**July 22:** Cabbage Rolls (\$2 per roll) (last day to order Tuesday, July 20) Dates Squires \$3 each 3" x 3"

**July 29:** Beet Cold Summer Soup Shephard Vegetarian Pie (5" round foil container) \$7.50 (last day to order Tuesday, July 27)

**August 12:** Mushroom—Rosemary Soup (\$5 for 500ml \$10 for 1L), Vegetable strudel (\$14 – the whole strudel) (last day to order Tuesday, August 10)

**August 19:** Cheese Kugel \$12 (8" x 4" x 2.5" foil container) Rosted Squash Soup ( \$5 for 500ml \$10 for 1L), (last day to order Tuesday, August 17)

Remember to make payments easier you can E-Transfer to [jdic@shaw.ca](mailto:jdic@shaw.ca)

**ראש השנה**

**Be ready for High Holidays ahead of time this year!**

The First Day of Rosh Ha'Shana is September 7, 2021



Pre-order your delicious **Bozena Szopiak's made HONEY CAKES** (*Pareve DE*)

Pre-order your tasty **Daniella Drisdell's made APPLE CAKES** (*Pareve DE*)

**Last day to order August 12, 2021**



Four sizes of Honey Cake are available:

**Small Loaf \$ 8 (not shown on the photo)**

**Medium Long \$16, Long Loaf \$22 & Round Big \$26**

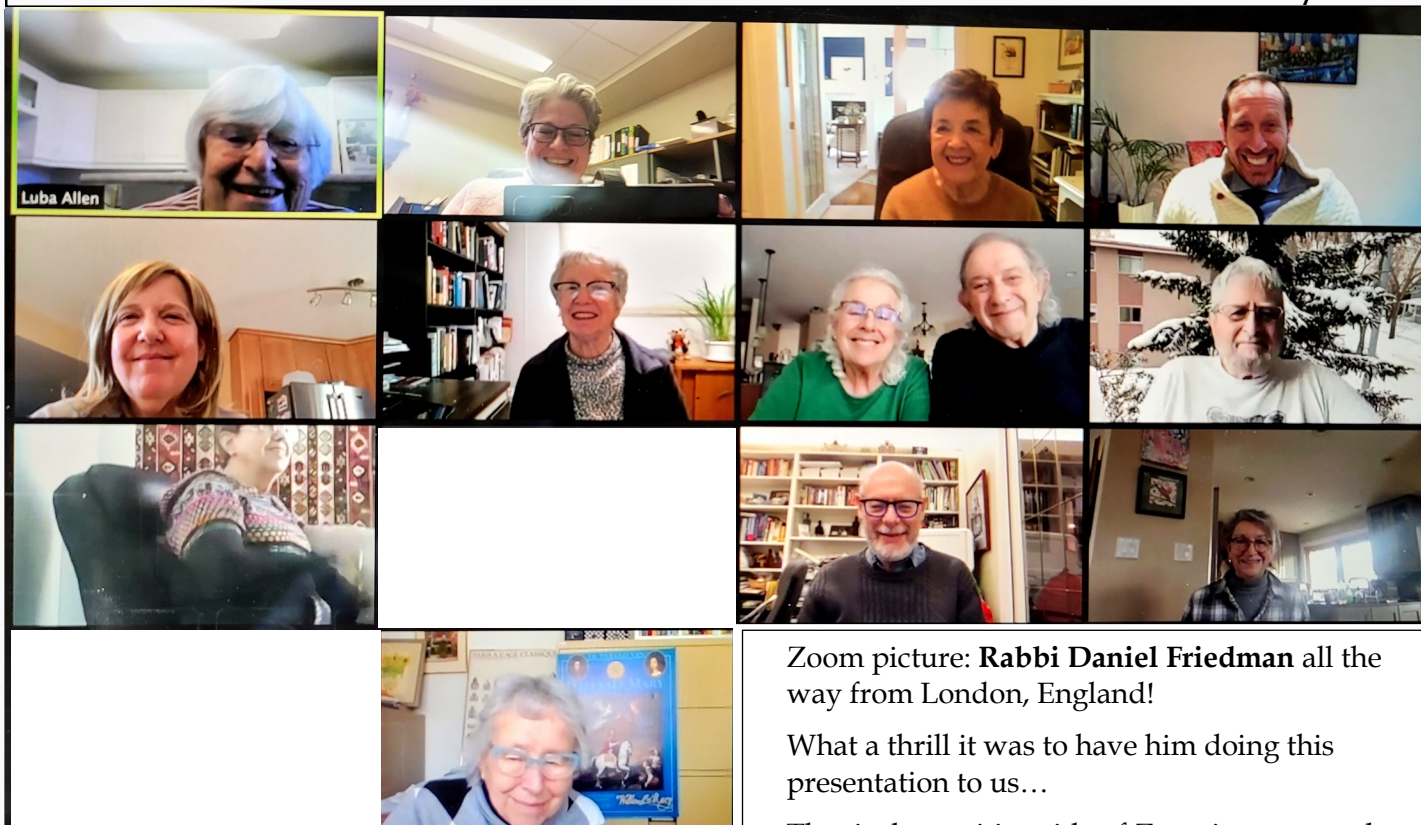
Two sizes of Apple Cake are available:

**Small Loaf \$ 8 (not shown on the photo)**

**Medium Long \$16**

Cash, cheques and E-transfer to [jdic@shaw.ca](mailto:jdic@shaw.ca) are very welcome.

The orders will be available for pick up on Tuesdays and Thursdays anytime between 1p.m. and 3p.m. starting August 14. Please call the office to inform us that you are coming and we will load it in your car trunk.



Zoom picture: **Rabbi Daniel Friedman** all the way from London, England!

What a thrill it was to have him doing this presentation to us...

That is the positive side of Zooming, we can be honoured with so many international speakers!

Zoom picture: **Judge Robert Greasser**, we cannot thank you enough for giving us this most remarkable 7 week series *"Crime & Punishment"*. Every week you introduced us to a professional from different areas of Canadian criminal law to give us an insight into the remarkable Canadian Legal World.





## Open Letter from our member Sarah Nyland

During this time of the Covid-19 Pandemic I have missed so much the in-person contact of Centre's lunches, presentations, programs and overall fellowship.

However, fortunately for everyone Svetlana and Luba initiated a multitude of programs on offer courtesy of Zoom starting with Bonnie's and Ilonka's exercise classes the first week of May 2020 followed by a wealth of programs and presentations by many different speakers. These programs were and continue to be so helpful as we can see and talk to one another on our screens as many of the members of JDIC have had to adjust to being at home while wanting to keep active and continuing to interact with others as much as possible.

Svetlana and Luba make it easy to know what is offered by JDIC. Back in the spring of 2020 when I had trouble registering for the first Zoom program Svetlana smoothed the way. Both Svetlana and Luba are always so welcoming as one joins in on the various programs.

I have been so grateful for the choice of the many programs offered whether they be in series form or one by one. These programs show how your members are constantly curious and they always give me lots to think about as I attempt to absorb new information.

There has been such a wide range of subjects offered, from health, architecture, baking, travel, history, books, cooking, music, various other professional fields, really too many to list here. Kathleen Silverman's series on Art Museums in New York stands out as I love armchair travelling and D.T. Baker's course on the History of Keyboard Instruments was fascinating as were so many others.

Another plus has been that many programs have been offered at no charge or at a very reasonable price. Most programs have been inspirational and while often challenging they have been relaxing too as they have taken me out of myself while opening up other worlds to consider. Question and answer and discussions are always encouraged and often enlightening. Some presentations show visuals and power points to clarify and help one focus no matter what the subject. At least two of the presenters were in their teens and it was so good to see them and hear their viewpoints.

Of course the treats that one can buy from the JDIC kitchen on Thursday afternoons of soups, mac and cheese and sweet treats made by Bozena and her helpers are so appreciated and delicious.

And as I hope you know, I am always thankful for JDIC's friendly faces and welcoming atmosphere. May we all stay well!

Présence des  
Femmes



Bracha Lambert + Corinne  
Hamel + Lortie +  
Mackasey + St Pierre + Thibault

CAVA - the Centre for Visual Art in Alberta  
presents

**Thursday, July 8 at 1p.m.**

"Where are the women?" - a presentation with Sabine Lecorre-Moore, the current exhibition curator.

To register for this event, please use this link

<https://tinyurl.com/bpvwbsss>

**Thursday, August 19 at 1p.m.**

Join us for a very special art workshop with the franco-yukonnaise artist Virginie Hamel and create your own unique collage. All materials will be provided. Limited spots available, RSVP ASAP.

To register for this event, please use this link

<https://tinyurl.com/s94snk32>

This is a complimentary series, but we encourage you to donate \$18 (Chai) to the Jewish Senior Citizen's Centre either by cheque, cash or E-transfer to [jdic@shaw.ca](mailto:jdic@shaw.ca)

## Young at Heart Choir

Starts to rehearse on Mondays at 10a.m. at the Centre

August 23 & 30, September 20 & 27 and October 4, 11, 18, 25 till December.

Join our wonderful choir! Choir fee is \$50 for this period (you will receive a \$25 tax receipt). All choir participants must be paid members of the Centre.

The Centre's Membership is only \$30 per year & runs from September 1 till August 31.





## OUR REMARKABLE GEESE

It's that time of year and the geese are back in town to nest and raise their families. Many years ago, my husband and I had a "goose couple," George and Germaine, who eventually had a family. It was quite the learning experience for me (and them). At one point, George



took to chasing my daughter and myself, so one day I turned around to face him and we had a little "chat" on how he would look on a platter. After that, we never had another problem. An experience of trial and error, filled with happiness and disaster. So I thought now would be a good time to put together some facts on our beloved and reviled Canadian symbol.

The female goose selects the nest site and does most of the nest construction. She adds down feathers along with some body feathers plus an assortment of dry grasses, mosses, lichens and other plant material. She will do the incubating for the month long period while her partner stands guard. They will return to the same nesting and feeding sites year after year. Their hatchlings will leave the nest at 1-2 days and can walk, swim, feed and even dive. They will have their first flight at 7-9 weeks after their parents have taught them the logistics. I watched George and Germaine teaching their young ones to fly – the family would run down the path together, flapping their wings over and over again until the little ones finally achieved uplift. This went on for days.



Geese have a very low divorce rate – they usually marry for life. They are also highly emotional and mourn the loss of mates, babies and eggs, often staying widows and widowers after the loss of a mate. They do not breed until four years of age and live 10-24 years.

Unfortunately, if they are in an area where there are people and the people feed them, they lose their fear of humans and build their nests too close to where humans congregate, leading to defensive behaviours. Geese rarely attack but are on the defensive and very protective when they have young – not just with people but also other geese.

*(Continued on next page...)*



## OUR REMARKABLE GEESE (continuation)

Geese have a clock in their brains that measures how much sunlight there is each day so that they know when to start their migrations. Birds can see two to three times farther than humans and can see both ultraviolet radiation and sense the Earth's magnetic fields. (Gives a whole new meaning to the phrase "A birds' eye view.") They can detect the direction of magnetic field lines with an error of 5 degrees or less. There is a portion of their brain that responds to magnetic fields which we humans also have, but ours seems to have become dormant. There is a substance called Magnetite that is in bird beaks, fish noses and the human brain that is believed to facilitate seeing both the direction and strength of magnetic fields.

By flying in a V the whole flock adds at least 71% more flying range than if each bird flew on its' own. Geese honk to encourage those upfront to keep up their speed. They rotate the front position as that position consumes the most energy. Geese are masters of detecting and following air currents. They fly at 3,000 to 29,000 feet and do sleep while flying – I would love to know how they discovered that one!

I find them so wonderful as they go about their lives in this ever-changing world and how they have adapted to living with us. They have been decimated by hunting and habitat loss and have mostly come back. This world would be less interesting without them – especially since they are the scatterers of seeds, amongst other things. I always look forward to the time after the goslings have hatched as I watch all the cars stopped to allow them to take their family down Groat Road or other streets. The other day, a Peace Officer stopped all traffic to allow a family to continue their days outing. Gives me back some of my faith in human nature.

*Leslie Morgenstern, Fundraising Chair on our Board*