



LEST WE FORGET

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McGill Office for Science & Society



Liven up your sex life, says Dr. Ruth

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My "joie de vivre" comes from being Jewish

Continued from page 3

never to use Viagra or any of the other sex pills without a doctor's prescription, because there could be other reasons for not obtaining or maintaining an erection." She added that maintaining a healthy and mutually enriching relationship with a partner is much more than having a good erection.

Sex with a new partner you don't know much about? "Use a condom!"

To a woman whose husband has lost interest in sex: "Make an appointment for both of you to see a urologist — because there might be a physical problem. Make sure the two of you take time."

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Dr. Ruth on sex & Judaism at Shaar Hashamayim

Compiled by Barbara Moser

On being Jewish and the connection to openness about sex:

"My joie de vivre comes from my Jewish background."

"I am very Jewish, not Orthodox, but in the Jewish tradition sex was never something to be ashamed of, but on the contrary an obligation for the husband to (satisfy) the wife — to make the best out of that relationship."

"Even after menopause, the sages said there should be sexual activity. The sages knew it had to be procreation and recreation."

"In Hebrew the word *Ladaat* means to know but it also means to have sex. You have to know each other to have sex."

On losing her family and surviving as an orphan:

"I have an obligation to live large and make a dent."

"When I got on the train (from Germany to Switzerland) at the age of 10, I waved and smiled to my mother and grandparents. I did not know this was the last time I would see them. The fathers had already been taken. My ability to smile came from that early socialization, being an only child."

On anti-Semitism:

"I am terribly worried about anti-Semitism. Not only about the Holocaust deniers, but about those who have Holocaust fatigue. We have to stand up and be counted."

On Israel: "I go back to Israel every

year. I never thought I would not live in Israel."

On the loss of a loved one:

"Let your friends and family help you. I don't say necessarily to go to a bereavement group. Sometimes you don't want to hear about someone else's experience. Do something productive to help someone around you."

On politics:

"I talk about sex from morning to night but now I also talk about politics, which I never did before. Three points (about US politics):

I am so upset about the possibility of women not being able to get an abortion. That means only the rich will get it."

"A rich country like the US has not enough funding for family planning."

"I am terribly upset about the children being separated from their parents at the border."

Immediate advice to her audience at the Shaar Hashamayim:

"If you are a couple, go home and try a position that you never tried before. Call me tomorrow and I'll learn something new. I always learn from my students."

Sex for Dummies, 4th edition, was among Dr. Ruth books available for sale.

Publishers note: Don't be put off by the title. It's full of valuable information on sexuality and relationships at every age and stage of life.

The latest documentary about her life, Ask Dr. Ruth, is available on iTunes and Hulu.

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End-of-life issues: Louise Penny in conversation with Shelagh Rogers

Irwin Block

The event was billed as a conversation between two long-time friends: Best-selling crime novelist Louise Penny and the CBC's Shelagh Rogers, host of *The Next Chapter*, and the title, *Life, Death, and the Whole Damn Thing*, had particular significance for Penny.

It's a topic that Penny lived, first as a palliative-care volunteer some 25 years ago and then sharing the last years of her late husband, Dr. Michael Whitehead. He had been living with dementia and died at home in 2016.

As the last in a weeklong series on End of Life issues – a first for Montreal, sponsored by the McGill Council on Palliative Care – it attracted a crowd of more than 300 to the Temple Emanu-El-Beth Sholom in Westmount.

Rogers joked that that both had worked at CBC – Penny was for many years the host of *Radio Noon* in Montreal – and “it proceeds to murder and mental health issues.”

It was that kind of session — a lot of banter, reflections, and personal reminiscences that dipped into issues related to the overall theme. It was disappointing for those expecting to hear advice about planning with a partner that is ill for the kind of care they might need, and the challenges of caring for them at home.

Penny reflected that living life to the end is all about “love and belonging. That’s what I write about. I don’t write about death, I write about belonging, about friendship, about love and at the end of life, that’s all I want.”



Photo: Barbara Moser

L to R — Shelagh Rogers and Louise Penny

Noting she has no children, Penny said she often wonders who will look after her when her final days approach and joked that she tells a lot of her friends that “they’re already in the will, be nice to me.”

Penny recalled the time at 17 when her father

was terminally ill with pancreatic cancer and his doctor advised her not to go see him because it would be “too traumatic.” She disagreed, and prepared herself by looking up photos of emaciated concentration victims and survivors, and went to see her dad at home and found that “he didn’t look as bad as I was prepared for.”

Penny agreed with Rogers that even in moments of great solemnity, there can be touches of whimsy and “we can hold two very different dimensions in our hearts and our lives at the same time.”

After talking about the need to forgive, including oneself for errors, she was asked about her time with husband Michael Whitehead in his last years.

Then there was the irony, that in spite of all she was doing to provide a safe and loving environment for her husband, “I wasn’t with him at the very last moment when he died. I don’t think I was more than three or four feet away from him for 25 years!”

Penny was on a book tour for about ten days, then returned in early September, the doctor came by and they were talking in the living room about running out of drugs, and when she returned to his room “he had died in the meantime.”

“When he walked, he was very thoughtful, he noticed things. We crossed the street together, holding hands. And at the very end he rushes,” Penny reflected, with a smile.

Continued on page 6



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What if your next lunch or dinner could also support Good Food for All in communities facing poverty and social isolation? That’s what will happen during The Big Social, a national fundraising campaign benefitting The Depot Community Food Centre and organizations like it across Canada.

From Nov. 1 to 10, Canadians are asked to host meals in their homes and offices to raise money to increase access to healthy food. The Depot says you can host a Big Social later than these dates and still contribute to the campaign.

Want to join? Simply sign up to host at bigsocial.ca. A Big Social can be whatever a host wants: a dinner party, a potluck, a supper club, an office lunch, or even a laid-back family dinner. Hosts set a fundraising goal, invite guests, and ask them to make donations. In Montreal, funds raised will support The Depot.

The Big Social campaign was launched by Community Food Centres Canada, a non-profit that supports people struggling with poverty and food insecurity. In Montreal, The Depot’s 20 healthy food programs bring together people of all ages to provide healthy food, improve health, address poverty, and reduce social isolation.

To register for a Big Social, visit bigsocial.ca. Info: Bonnie Soutar at 514-483-4680 x 200, development@depotmtl.org

If you do decide to host a Big Social, The Senior Times will publish a photo of your diners and the amount raised in our December issue. Please send your photos (in high resolution), the amount of funds raised and your full name to editor@theseniortimes.com and include “Big Social” in the subject line.

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Pop-Up Book Fair Nov. 30 & Dec. 1 at Concordia

The Association of English-language Publishers of Quebec (AELAQ) & Quebec Writers’ Federation (QWF) will host a free, two-day celebration of Quebec English-language books. This 5th Holiday Pop-Up Book Fair encourages booklovers to browse, buy and get books signed in time for holiday gift-giving.

Quebec publishers and authors will be on hand with hundreds of new titles including fiction, non-fiction, poetry, books for kids, award-winners and bestsellers.

There fair will include readings and other events 11 to 5 both days. Special guest is Giller Prize winner, Sean Michaels.

Events on both days, Sat., Nov. 30 & Sun., Dec. 1
 11-noon: Free tours of the Mordecai Richler Reading Room at Concordia U.

11-2pm: Kids’ activity area
Events on Saturday
 12-1:30pm: Panel on Getting Published in Quebec
 2-3:30pm: Paper City: A Literary Map, readings curated by Sean Michaels

4-5pm: Festive cocktail featuring author Sean Michaels

Events on Sunday
 12:30-2pm: Launch of Véhicule Press poetry anthology *Resisting Canada*



3-4pm: Learn Real Good, Book Fair edition—some of Montreal’s funniest improv performers spin local nonfiction books into comedy gold

Authors in attendance include Taras Grescoe, Dr. Joe Schwarcz, Mark Abley, Mary Soderstrom, Amy Fish, and Susan Doherty.

In the atrium of Concordia’s McConnell Building, 1400 de Maisonneuve W.
aelaq.org/bookfair/qwf.org

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“So come, my friends, be not afraid”

Continued from page 5

When it comes to the grieving process, Penny noted that many of us feel we can’t talk about it.

“It’s not that we don’t want to, we just don’t want to impose on others. We’ve all seen that look of fear in others when they ask ‘how are you?’ ... You stop talking about it, you internalize. Yet it’s such a relief when you can talk about it.”

Rogers closed with lines from Leonard Cohen’s Boogie Street:

“So come, my friends, be not afraid/
 We are so lightly here/
 It is in love that we are made/
 In Love we disappear.”

When the session ended, Penny signed copies of *A Better Man*, the latest in her Inspector Armand Gamache mysteries.

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Funsensical hit comes to Montreal

Photo: Courtesy of Lakeshore Players Dorval



Nunsense, The Musical, will be presented in seven performances at Lakeside Academy in Lachine from Nov. 14-23. Now in its 55th season, it is the first musical offered by Lakeshore Players Dorval, and looks like a fun way to celebrate the season.

The story, with book, music, and lyrics by Dan Goggin, is basically a hilarious spoof about the misadventures of five nuns trying to manage a fundraising event.

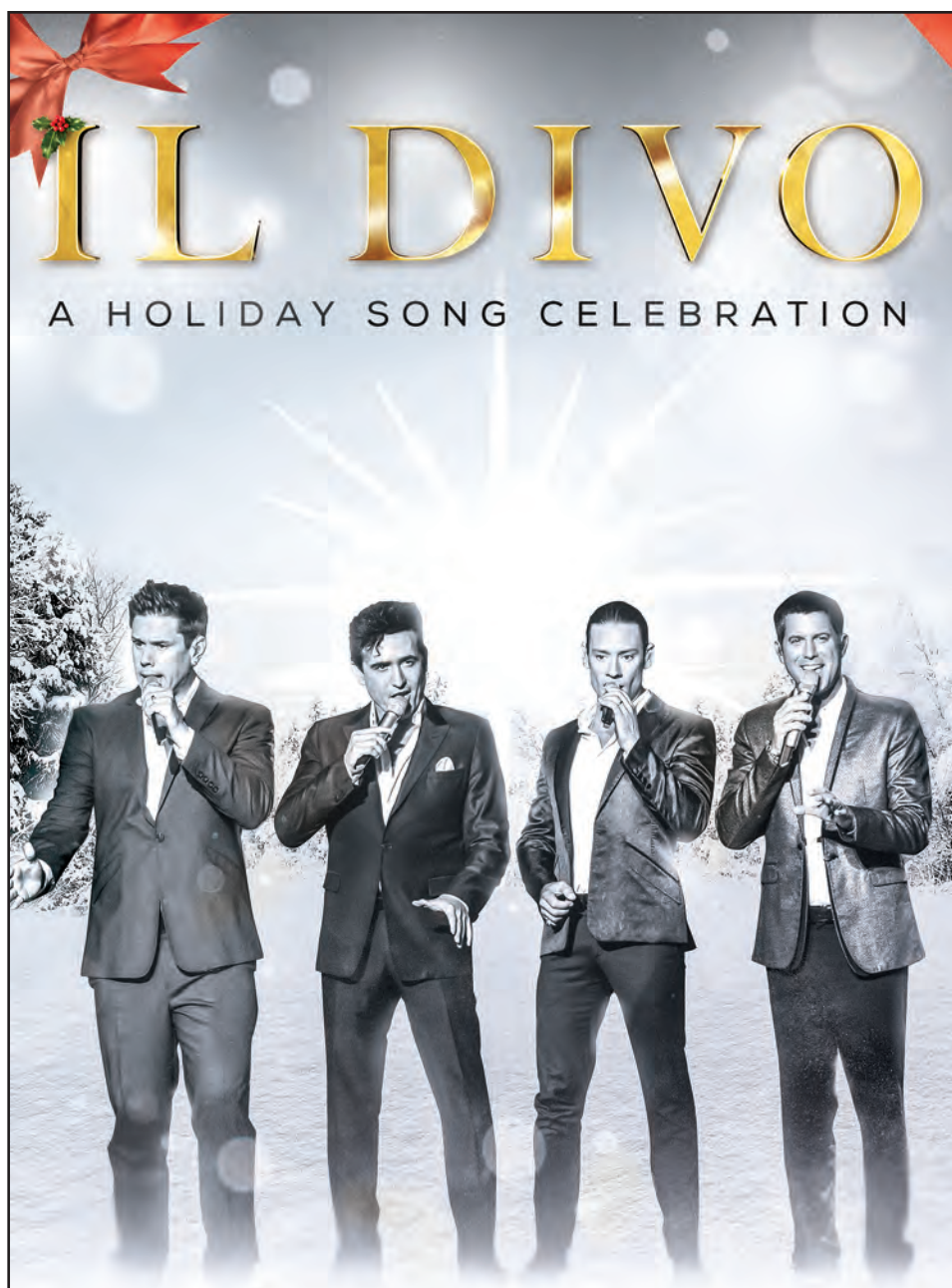
Things get off to a rocky start when a few of the nuns die from botulism after eating vichyssoise prepared by Sister Julia. The surviving nuns – ballet-loving Sister Mary Leo, street-wise Sister Robert Anne, befuddled Sister Mary Amnesia, Mother Superior Sister Regina, and mistress of the novices Sister Mary Hubert – stage a talent show to raise funds to bury their colleagues.

It has all the ingredients of a made-for-Montreal hit. The original Off-Broadway production opened Dec. 12, 1985 and became a smash success, running for 3,672 performances. When it closed it was the second-longest Off-Broadway show.

The cast includes Ashley Dunn, Candace Holder, Julia Lemire, Sylvia Mauri, and Stephanie von Roretz. Corey Castle is director and choreographer and Corina Vincelli is musical director. The show opens with a gala performance Nov. 14, 7:30 pm, and continues Nov. 15-16 and Nov. 22-23 at 8 pm, with 2 pm matinees Nov. 17 and 23. Lakeside Academy is at 5050 Sherbrooke in Lachine.

Tickets cost \$24-26, with discounts for seniors, students, and Quebec Drama Federation members.

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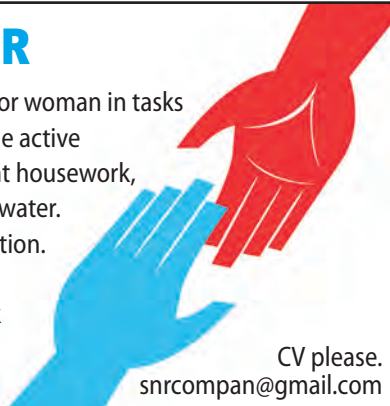
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Adrian and Natalie with Brian Davidson and Santa at St. Gabriel School



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Good times at Generations

We are in high gear! Generations is focused on the upcoming festive season and November is our pivotal month. Class lists are plentiful from schools and learning centers but worrisome, too, because we hope to have all the appropriate toys we need for boys and girls, 4 to 12.

Our volunteers are ready to start holiday wrapping in time to hand out gifts to thousands of youngsters. We are launching our Toy and Food Drive with Global News Montreal this



Amanda, with her brother, donates her birthday presents to other children



Lunch moms and children at St. Gabriel School

month and our drivers will pick up the toy and non-perishable food collections from hosting HSBC Branches and other organizations. The Mega Bloks Factory Tour is an enchanting event, when the little ones are bussed to the company to see hundreds of toys in a mini rail car and each child receives one from Santa.

The EMSB Children's Holiday Party is a yearly delight in a circus-like environment. Children can do a science experiment, create designs on a T-shirt, eat cotton candy, take photos in a phone booth, bang drums, learn a new dance, and enjoy a complete lunch. The Christmas Luncheon for seniors is held annually at Bonsecours Market with Father John Walsh as host, where a gourmet lunch is served with gifts and dancing for all. Along with a joyous holiday breakfast, personally named and wrapped gifts are handed out by Santa to all the students in the school. Our donation campaign asks everyone to give generously to ensure all youngsters enjoy healthy food for breakfast, lunch, and snack programs.

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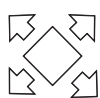
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Balancing financial obligations to children and senior parents

“My ex has the kids, I have to pay child support, but I am also struggling to support my senior parents. I want to pay the support but I can’t afford to do both. I am financially torn between my obligations to my children and to my parents.”

Our country has an increasingly senior population and this question will arise more frequently. Both the Civil Code of Quebec and the Canadian Federal Child Support Guidelines allow the parent paying child support (“debtor parent”) to request a reduction of the amount payable based upon the concept of undue hardship.

One typical reason provided for granting an undue hardship order is the cost involved in caring for another person toward whom one has legal obligations such as parents who are ill. A more common claim for undue hardship, and therefore the one most of the case law has focused on, involves the cost of exercising visitation rights when the children live far away from the visiting parent. Since this example sets the rule, we will examine the principles developed in visitation cases in order to apply them to cases of elder care.

The basic rule is that if the cost to visit the child or to have the child visit you, constitutes an excessive financial burden, child support can be reduced in accordance with the Court’s discretion. One of the important guidelines is that these visitation costs must be significantly higher than those that a non-custodian parent would “normally” incur in order to exercise visitation. So, the cost of gas to drive from Laval to Verdun would not qualify,



Legally Speaking

Daniel Romano
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LL.C., LL.B., LL.M.

but a regular plane ticket from Vancouver might. Although child support is a matter of public order, meaning it is a child’s right and it cannot be taken away or renounced by the parties, the law does give the Court discretion in reducing the amount of the child support payable if that will help make visitation possible. Facilitating visitation can be a justified ground for reducing child support.

When applying these principles to the undue hardship caused by the obligation to care for a parent, we have many of the same ingredients. It is a societal benefit, and now a legal requirement, that children help to care for their parents when the parents are in need. Facilitating such care can be a justified ground for reducing child support.

The Court’s analysis will be driven by the following questions: How genuine is the need for care? Is the care being offered to the parents reasonable, efficient and cost-effective? Are there more desirable alternatives? Are the costs of such care beyond the ordinary costs one incurs in maintaining relationships between parents and children? What are the financial capabilities of the debtor parent? As with the case of visitation, **undue hardship** shall be analyzed on a case-by-case basis and Judges will want to look at the global picture before making a decision.

All this theory is well and good, but how much money are we talking about in real numbers?

In a recent case, (July 2019) we represented a parent living in Western Canada who wanted to visit his child in Montreal. Given his income, he should have been paying child support of around \$405 per month. But he wanted to be a part of his child’s life as well, and to do this, he was willing to fly to Montreal once a month, rent a hotel and spend the weekend with his child.

The Court took these costs into consideration and reduced his basic child support by \$200 per month on the basis of undue hardship.

Although the Court did not grant a dollar-for-dollar reduction, what it did grant certainly helped to both promote visitation and continue child support. We can expect similar results in cases of an obligation to care for a parent.

In a famous biblical case brought before King Solomon, one mother claimed that a child was hers, perhaps in anticipation of the future care and assistance that this child could bring her in her later years, and the other mother was willing to forsake her claim to that child in order to preserve its well-being.

King Solomon was faced with a “one or the other” type of decision where there was no middle ground possible, unless of course he followed through with his threat of cutting the child in half.

In cases of undue hardship, our modern judges have a slightly easier task. They can compromise, and that is, in fact, the law.

Antonio Ostrica and Daniel Romano are attorneys with **KALMAN SAMUELS**, a family law firm. We invite you to follow us in the next issue when we address *Travel Authorizations – When the Grinch wants to steal your Christmas/Hannukah Holidays with the Grand-kids.*

Dear Reader, these articles are published to provide you with general information about interesting legal topics and not as a legal opinion. Please do not hold the author, KALMAN SAMUELS – Attorneys, or *The Senior Times* liable for any consequences arising from any attempts to rely on this material. If you need a legal opinion for a specific matter, we recommend you consult with a qualified attorney.



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While Conservatives soul-search, Liberals have much to do

We're glad it's over, and the result of the Oct. 21 federal election – a Liberal minority – is possibly the best that could be obtained in the context of a lackluster campaign, relatively weak policy initiatives, and the Conservative campaign to demonize Justin Trudeau.

Since he will have to govern with the support of opposition party members, the first year of

his new and weakened mandate will be a time of compromise and cooperation. It is no one party's interest to have another go at it, at least until there is an unresolvable conflict. Minority governments in Canada usually last 12 to 18 months.

The Liberals have to compensate for total lack of support in Saskatchewan and Alberta; the NDP, which had to mortgage its headquarters in Ottawa to finance the campaign, is broke and ran a poor campaign in Quebec; and the resurgent Bloc Québécois will have to navigate its pro-Quebec outlook in a way that makes it seem credible.

The Conservatives, who actually won more of the popular vote than the Liberals and increased their seat count by 23, will have a lot of soul-searching to do. Some are geared up to blame the leader, while the Conservative platform, as described by the National Post's Chris Selley, who followed Andrew Scheer in the campaign, amounted to "random dreck."

Conservative program "a dumb, pandering" mess

"The party that insists every dollar left in your pocket is better than one collected by the government nevertheless pledged to bring back Stephen Harper's politically micro-targeted tax breaks for your kids' lacrosse and saxophone lessons. The party that boasts of representing Canada proudly and properly on the world stage vowed to cut our already middling foreign aid budget by 25 per cent, insisting against all evidence it could do so only by excluding objectively un-needy or unworthy recipients. This is the party that vowed to end needle-exchange programs in prisons, which borders on criminal negligence. It was a dumb, pandering, unambitious mess that reeked of focus grouping."

Even Scheer's promise to follow in the footsteps of Donald Trump (and the government of Guatemala) by promising to recognize Jerusalem as Israel's capital and move our embassy there failed to persuade Jewish voters to increase their support. Based on calculations by Andrew Griffith from the 2011 National Household Survey of the number of Jews by religion or ethnicity, in Mount Royal riding (30.7 per cent Jewish), Liberal Anthony Housefather saw his share of the vote increase by 6 per cent; In Notre-Dame-de Grâce-Westmount, (10.6 per cent Jewish), Marc Garneau won another majority while the Conservative candidate, Neil Drabkin, came a distant third, with three percent less support than the party's candidate in 2015. Liberals Sameer Zuberi in Pierrefonds-Dollard (8.5 per cent) and Emanuella Lambropoulos in Saint-Laurent (7.4 per cent) won majorities.

Housefather, Guilbeault belong in cabinet

One possible follow-up is that Housefather, who skillfully chaired controversial hearings of the Standing Committee on Justice and Human Rights looking into the SNC Lavalin affair, should be in line for a promotion to cabinet. The same goes for Steven Guilbeault, the La Tuque-born environmentalist, who left the movement to bolster Liberal credibility and won in the hotly contested Laurier-Sainte-Marie riding.

Then there is climate change, and the simplistic and retrograde Conservative war against the carbon tax may well have helped bolster the party's

standing among its base, but went against the growing conviction among Canadians that this is a reasonable way to reduce greenhouse gas emissions. It is not a coincidence that Conservative candidates lost voting share in 144 ridings, 139 of which were in Ontario and Quebec.

When you add the support that went to Liberals, the NDP, Greens, and Bloc Québécois, fully two-thirds of Canadian voters support the carbon tax. And when it comes to Scheer's personal views as a social conservative against same-sex marriage and women's reproductive freedom, he appeared out of synch with a large majority that supports these hard-won rights.

As noted by political scientist Duncan Cameron in a thoughtful essay for Rabble.ca, Scheer is not a Canadian Conservative and the party he leads has little in common with the Progressive Conservative (PC) traditions of R.B. Bennett, John Diefenbaker, Robert Stanfield, and Joe Clark. "Historically, Canadian PC's have been wary of U.S. domination of the economy, loyal to principles of British cabinet government, protective of institutions such as the courts, universities, banks, churches and military, and anxious to protect the weak and vulnerable from the excesses of liberal capitalism."

Scheer's Conservatives mimic U.S. Republicans

Scheer's Conservatives – the product of the 2003 merger of the federal PCs led by Peter MacKay and the Canadian Alliance led by Stephen Harper – resembles more the U.S. Republican Party than the Tory traditions of its predecessor.

Today's Conservative Party is rooted in the philosophy of Preston Manning's Reform Party, which became the Canadian Alliance. As Cameron notes, Scheer's Conservatives, much like the United Conservative Party of Alberta and Doug Ford's PC's in Ontario, "mimicked U.S. Republicans: presenting themselves to voters as a low-tax, anti-government party, comfortable with a social conservative agenda."

The new Liberal government can govern effectively and gain broad support in the House of Commons by implementing aspects of its program that appeal to the majority of voters. These should include action on a long-promised initiative on universal pharmacare, with faster implementation than the promised "down payment" as part of a \$6 billion health plan over four years. The Liberals have previously promised \$7.5 billion over a decade to expand childcare across Canada. The government should expand its platform promise to provide funds to cut before- and after-school child care fees by 10 per cent and increase the Canadian Child benefit by up to \$1,000 for children under a year old.

Of particular interest to seniors, we expect rapid follow up on a ten-per cent boost in Old Age Security for all 75 plus, a 25 per cent increase in survivor's benefits, and more funds for provinces to ensure access to family doctors.

Similarly, the basic exemption on federal income taxes is to be boosted to the first \$15,000 in income, and finally we expect action on a pledge within four years to reduce cell phone bills – among the highest in the world – by 25 per cent.

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Survivors can be remarkable messengers



World View

Michael Carin

Writers perform an essential service when they remind us, and persuade us, of the ultimate impotence of evil. Tommy Schnurmacher's new book performs precisely those functions.

Having long since established himself as a unique local character, Schnurmacher requires no introduction to Montrealers. He made his name as a newspaper entertainment columnist, then spent over two decades as a radio talk-show host. Throughout his career he excelled in thoughtful analysis, poignant commentary, and zany humour. Now approaching 70, he has just proven that his public role will not diminish anytime soon.

The title of his book, *Makeup Tips from Auschwitz*, is intentionally disquieting yet perfectly apt.

The book compels us to regard Holocaust survivors as remarkable messengers on the road of history. We are shown that individuals of courage and resolve can be cast into the blackest horror but nonetheless emerge brandishing light. When I turned the final page of this largely sun-drenched memoir, I felt that Schnurmacher had composed a celebration of redemption.

The narrative takes the form of a rollicking, time-leaping chronicle of the author's life, together with pre- and post-Holocaust experiences of his parents. It includes a retelling of Schnurmacher's famous week as a babysitter for John Lennon and Yoko Ono, snapshots of a number of other celebrity encounters, and anecdotes about peculiar friendships and wacky stunts. Divided into fifty-one short chapters, each delivering a different spice of irreverence, satire and sly wit

... save for the chapters that recount events at Auschwitz. The juxtaposition of humour and atrocity is of course deliberate and serves to convey the book's principal lesson.

Although Tommy as the first person narrator hardly ever vacates centre stage, the real star of his book and prime generator of its energy is his mother, Olga. In 1944 when the Holocaust descended upon Olga and her fellow Hungarians, she was an uncommonly beautiful young woman with everything to live for – and she fought successfully against the extinction of her life. The story of how she survived Auschwitz appears only in the thirty-second chapter, clarifying the book's title and aligning perfectly with the audacious, adorable, impossible, irrepressible matriarch we meet in previous and later chapters.

Tommy's unbounded love for his mom is one of the defining features of his story. It was from her, clearly, that he inherited the gene forchutzpah. Obviously too he inherited a healthy batch of devotional DNA from his father, a rabbi who began work in Montreal as a penniless peddler but who soon established a thriving synagogue serving Hungarian emigrés. The journey of the Schnurmacher family underscores both the marvel of survivor resilience and the receptive haven they found in Canada.

The cheeky yet equally serious author of *Makeup Tips from Auschwitz* persuades us that evil, even the worst evil, can be transcended. The builders and operators of the death camps may have murdered nearly half of the world's Jews, but the spirit of the tribe they targeted was unkillable. The striving of the People of the Book proved unstoppable.

Put another way, the Olga Schnurmachers in our midst cannot be conquered or silenced; not fully, not ever – and their children will go on writing the books that teach this saving truth.

Michael Carin is a Montreal writer.

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Rule of thumb: don't believe folk etymologies

I'd been getting together weekly with a group of friends for around a year where we indulge in some banter whilst scoffing croissants and imbibing varieties of java.

We originally called these meetings "The Summit" but after several months of not coming close to solving any world problems and owning up to the mundane nature of our discussions we re-dubbed it "the swamp." In any case, one time during one of our rare erudite sessions, we must have discussed some language issue, because a lady came over to our table and said she was listening to our language bavardage and asked whether we knew that the origin of the expression "rule of thumb" came about to dictate the legal length of an object a man could use in order to beat his wife.

Mind you, this myth is oft repeated. Take the following explanation found in *Women: A Feminist Perspective*, edited by Jo Freeman: "The popular expression 'rule of thumb' originated from English common law, which allowed a husband to beat his wife with a whip or stick no bigger in diameter than his thumb. The husband's prerogative was incorporated into American law. Several states had statutes that essentially allowed a man to beat his wife without interference from the courts."

In the 1980s, *Time* magazine wrote, "The colloquial phrase 'rule of thumb' is supposedly derived from the ancient right of a husband to discipline his wife with a rod 'no thicker than his thumb,'" and in 1989 *Washington Post* added, "A husband's right to beat his wife is included in the 1768 codification of the common law. Husbands had the right to 'physically chastise' an errant wife so long as the stick was no bigger than their thumb - the so-called 'rule of thumb'."

Actually, nobody has been able to find a single English or American law that ordains this conjugal thumb right to a husband. It has been claimed that in 1782 British judge Sir Francis Buller proclaimed that a husband may beat his wife with a stick not thicker than his thumb but nobody has



The Word Nerd
Howard Richler

been able to discover documentation of such. On the contrary, 18th century British and American law prohibit wife beating (though often this provision was only casually enforced.)

That the phrase did not originate in legal practice is verified by the "rule of thumb" entry in the *OED*: "A method or procedure derived entirely from practice or experience, without any basis in scientific knowledge; a roughly practical method. Also, a particular stated rule that is based on practice or experience." The first citation is from 1658: "Many profest Christians are like foolish builders who build by guess and by rule of thumb."

The expression probably comes from the world of wood-working where ancient practitioners

would rarely use rulers but would measure things by the length of their thumbs. It's most likely that the saying comes from the length of the first joint of the thumb, which measures approximately one inch. An alternate theory, posited by other etymologists, credits the origin with brewmasters who often tested the temperature of the beer (before the invention of the thermometer, by dipping a thumb in the brew. This seems unlikely to me as the thumb is not that sensitive and the fermentation range between too warm and too cool is not appreciable.

In a subsequent column, I'll look at some other folk etymologies.

Richler's latest book is Wordplay: Arranged and Deranged Wit

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Bereavement group at Hampstead synagogue open to all

A group for those in mourning is meeting at Dorshei Emet Congregation, 18 Cleve Rd. in Hampstead. It will run for a total of six weeks on Monday afternoons.

The first session had six participants mourning the loss of loved ones and the group is open to people from all faith communities.

Howard Richler, who is spearheading the group, said that dealing with the loss of a loved one in a group setting was helpful to him after the loss of his wife, Ruth, 19 years ago. The group will be led by a trained psychologist. If you'd like to join the group or know someone who might benefit, please contact Howard Richler at hrichler@gmail.com. Anyone can join as late as the third session on Nov. 11.

If you miss that date, keep in touch with Howard about upcoming meetings.

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Time to put a check on police checks, experts and critics say

Irwin Block

Pressure is mounting on the Montreal Police department to put an end to its controversial and discriminatory practice of random checks on pedestrians and drivers, also known as carding.

It disproportionately targets minority and racialized communities. Judges in Ontario and Nova Scotia have ruled that the practice is illegal.

We heard about carding – *interpellations* in French – during the public inquiry into the slaying by a police officer in Aug. 2008 of unarmed 18-year-old Freddie Villanueva in Montreal North. Const. Jean-Loup Lapointe fatally shot the young man as he was trying to assist his older brother, Dany Villanueva who was about to be handcuffed. Lapointe said he opened fire because he thought he was about to be disarmed.

He had testified that while on patrol he kept a notebook where he recorded the names of young men he stopped and questioned even through they were not identified as suspects in any specific infraction under investigation and were not arrested. He and other police officers used these “street checks” to gather basic information that could be stored in a database. This was identified as a source of tension between police and minority communities and contravenes the Quebec and Canadian human rights charters.

An independent study commissioned by Montreal police and made public last month revealed its officers stop people from visible

minorities far more frequently than they stop Caucasians: In the four years 2014-2017 under study, the findings show Blacks and Indigenous people in Montreal were four times more likely to be subject to police street checks than Caucasians, while people identified as Arab were twice as likely. Indigenous peoples are increasingly targeted, the report found, especially Indigenous women who were checked at a rate 11 times higher than white women.

Police chief Sylvain Caron said in a press conference that he was humbled by the findings but stopped short of admitting these statistics indicated police officers practiced racial profiling, explaining that street checks can be the result of a call to police. And some cops, he conceded, “have biases like all citizens can have.”

If citizens do have biases, they are not usually armed, and don't go around seeking confidential information from those against whom they may have biases. Of course, there is the implied threat of unknown reprisals if the person stopped fails to give police the information they seek.

While conceding possible biases can result in racially motivated street checks, Chief Caron did promise action. It appears to be more necessary than ever because the study found the number of street checks more than doubled during the study period to 45,000 in 2017 from 19,000 in 2014. Police at two downtown stations carried out most of them.

Caron promised a formal policy

on street checks by March, mandating an external firm to survey minority communities on race relations, launching a similar study on radical profiling in February and implementing a focus on racial biases into all of its practices and training, with an emphasis on Indigenous issues. His commitments mirror the five recommendations in the report on street checks.

Fo Niemi, executive director of the Centre for Research Action on Race Relations, said he was pleased with the report and the promise by Caron for early action.

“The report and its recommendations indicate that racial profiling is more than about ‘bad apples’ (in the police force) – It's about how a system does nothing about them or allows them to continue and even flourish.”

An alliance of Montreal community groups, meanwhile, has called for an immediate ban on carding interventions. They include the Black Coalition of Quebec, CRARR, Jamaica Association of Montreal, Filipino Association of Montreal and Suburbs, and Côte-des-Neiges Black Community Association.

Alain Babineau, former RCMP staff Sgt. and recent McGill University law graduate, who is advising CRARR, pointed out that what determines the legality a police interception is what motivates it.

“An interception that is based on stereotypes or suspicions, that's illegal,” he told a news conference. But an interception is permissible if it's based on information, or with the goal of protecting a specific property.

In reviewing the practice of random checks and carding, Ontario judge Michael Tulloch ruled in December that “there is little to no evidence that random, unfocused collection of identifying information has benefits that outweigh the social cost.”

As a result, Ontario instituted a new policy that police officers must inform people that they have a right not to talk to police or produce identification in cases other than arrest, detention or when a search warrant is executed. The rules do not apply to undercover operations.

The new policy has had dramatic results, the Toronto Star has reported – a decline of almost 75 per cent in the two years the regulation has been in force. In 2017, police in Ontario report 359 data collections from these random checks cumulatively as compared to 81 collections in 2018.

The Nova Scotia government in April halted all street checks pending a decision on how to regulate the practice. It followed an independent report indicating that Blacks in Halifax were street checked at a rate six times higher than Caucasians.

The Black Coalition of Quebec, meanwhile, has launched a \$4 million class-action lawsuit against the Montreal Police department seeking compensation for racial profiling involving street checks on more than 50 individuals over 18 months.

Marguerite Mukarurema, who coordinates work on these cases, said “the authorities have not taken these complaints about racial profiling seriously enough to address the situation.”

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Be Part of It!

Three ways to use life insurance for charitable giving



Financial Fitness Deborah Leahy

Many people are motivated to give to charities whose work is important to them.

Using life insurance solutions for charitable giving can be an effective strategy that can help you support registered charities of your choice. There are various ways to use life insurance to donate to charity. Once a donation amount, percentage or range has been determined, the next step should consider how the gift can be structured to help achieve the objectives. Objectives often include consideration of the tax relief available by gifting now, gifting upon death or a combination of both.

Examples of how life insurance policies can be used for charitable giving include, but are not limited to, the following.

1. Donating the policy to a charity during your lifetime. Ownership of the policy may be transferred to the registered charity, who must be the irrevocable beneficiary, while the donor is generally bound to pay all premiums due according to the policy terms. Each year the charity would issue a donation receipt for the total amount of the premiums paid resulting in a continuing tax credit that may be used by the donor while living. Using this strategy, however, means that the estate will not receive a donation tax credit upon the insured's death.

2. Gifting all or some insurance proceeds by Will. When proceeds are donated by Will, the donor does not receive a tax credit for the premiums paid while living. The charity instead will issue a tax receipt upon the insured's death equivalent to the amount of the donation made.

3. Naming a charity as a beneficiary of the life insurance. The form and timing of this strategy's tax credit is similar to one received when making a donation by Will. The difference is that a beneficiary designation allows the donor the flexibility to easily change the beneficiary designation should circumstances change. The charity receives its gift in a way that provides a clear line between the charitable gift and gifts for estate beneficiaries, which may minimize the opportunity for conflict.

These strategies help provide the opportunity for personalizing the timing of charitable receipts. Each strategy has different tax consequences. Donors should consult their tax professional to determine the structure that best suits their objectives. Be sure to also have a detailed discussion with your financial advisor about the different options that are available to assist you in making an informed decision. Together, you can determine how to incorporate charitable giving into your overall financial strategy.

Deborah Leahy is an Investment Advisor with Edward Jones. Member Canadian Investor Protection Fund

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Public or private? Options in long-term care

Thank you for your feedback from last month's column about the differences between public and private residences. It showed there is interest in gaining more knowledge about our health care system particularly related to our senior living options as we age. In response to your inquiries, here are some more details regarding long-term care residences.

A Centre d'hébergement et de soins de longue durée (CHSLD) is what we would typically refer to as a nursing home or long-term care residence. A CHSLD accommodates adults experiencing a loss of functional or psychosocial independence, who can no longer live at home, in spite of support from family and friends.

The rule of thumb is that an individual who requires more than three hours of care a day should be able to qualify for admission to a CHSLD.

The Ministry of Health and Social Services oversees the certification of compliance and their operating standards. The majority of CHSLD's are public. In other words, you are obligated to go through your local CLSC to get into a public residence. An assessment will be performed to establish care needs and to determine if you qualify for permanent placement. Placement is based on priority level, not a first-come-first-served basis. The waiting list can range from several months to several years.

The Donald Berman Maimonides Geriatric Centre, Jewish Eldercare, St. Margaret, Bayview



Making the Move

Matt Del Vecchio

and the chain of Vigi Santé residences (i.e. Queen Elizabeth, Mont Royal, Pierrefonds, DDO) are all considered part of the public health care system and you must go through your local CLSC for admission.

2019 monthly costs for a public CHSLD

- Private room: \$1,910.40
- Semi-private room (2 per room): \$1,596.00
- Room with 3 or more beds: \$1,189.20

Included in these costs are nursing care, assistance with dressing, bathing (twice a week), drug administration, meals, housekeeping, laundry and incontinence products.

Families are responsible for costs such as hair-dressing, personal products and newspapers, and sometimes cable and telephone depending on the residence.

In Quebec, we are fortunate to have an option of private CHSLDs. They are also overseen by the Ministry of Health and Social Services. They must meet the same certification and compliance standards as a public residence. They also provide the same services described in the public system and follow the same guidelines.

The major differences are waiting times and costs. Waiting times can vary greatly however they are significantly less than public residences. It is not uncommon to get admitted in less than a couple of months (if not immediately). This is particularly beneficial for urgent admissions such as hospital discharges.

Many families also choose a private CHSLD while waiting to be admitted into a public residence. The process for waiting in the public system can be frustrating with some calling it "inhuman" as families often have no choice but to take the first available transition (temporary) bed. This bed can be in a geographic region not suitable to the family.

Costs in the private sector are understandably higher than a public CHSLD. They can range from \$4,000 to \$7,000 a month with an average of \$5,000. The provincial government will contribute approximately \$700-\$750 per month as a Tax Credit for Home-Support Services for Seniors. Most private CHSLD's offer private rooms with some offering semi-private.

Transitioning to a long-term care residence can be challenging. For more information, contact your local CLSC or reach out to industry experts specializing in senior housing and transitions.

Matt Del Vecchio is the owner of Lianas Services Senior Transition Support and host of "Life Unrehearsed" on CJAD800 Sundays at 4pm. mdelvecchio@lianasservices.com

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Sun Youth's Seniors Club returns



Here at
Sun Youth
Nicolas
Carpentier

Senior citizens and Sun Youth volunteers can rejoice: the much appreciated Seniors Club is back after an 11-month hiatus.

In November 2018, Sun Youth underwent the challenging and complex process of moving. This forced our organization to put some of its activities on hold, and unfortunately, the Seniors Club had to be suspended. It is with great joy that our Sports and Recreation Department announces the return of the beloved program to a new location — 4245 Laval St.

"I'm thrilled the Club is up and kicking again," says Kara De La Perralle, daughter of our late co-counder Earl De La Perralle and program organizer.

"For years, it played a very important role in the life of seniors and in the community. I have seen the most magical things happen there! In addition to helping seniors stay sharp both mentally and physically, the program brings a lot of sunshine in the lives of members and volunteers. It is a much-needed program and I'm glad it's back."

The club will offer a variety of activities to help maintain and improve the health and well-being of



Ms. Trinh, Tai Chi teacher at the Sun Youth Senior Club and volunteer during an outing.

senior members. Weekly activities include bingo, bowling, knitting sessions, and exercise programs such as Tai Chi and cultural outings such as apple picking, shopping, and trips to the sugar shack. As before, the club will be self-funded. There is a \$5 annual registration fee. The main self-financing activities of the club are theme dinners on Christmas, Easter, Valentine's Day, Mothers Day, and Fathers Day.

"In addition to our classic ones, we wish to offer new activities to our dear members. We will be open to their suggestions," says De La Perralle.

Those who wish to join Sun Youth's Seniors Club should contact Kara De La Perralle at kara@sunyouthorg.com or call 514-842-6822, ext. 270.

To offer your time to our organization, contact Volunteers Coordinator, Lisa Perrault at bvt@sunyouthorg.com or call 514-842-6822, ext. 251.

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Man of War

ACROSS

- British clock std.
- Career chosen by the men in this puzzle (abbr.)
- Screws up
- Sounds like a dove
- Tiny thing that sits in a cell
- West African metropolis
- Suddenly paid attention
- Douglas, General of the Army, accepted surrender of Japan on the "Missouri"
- Well-informed about
- Solitary types
- Put the fix in
- Bernard, Field Marshal, Cmdr. of the Brit. 8th Army in the Western Desert
- Fibrous network
- Lunch holder, often
- "Besides..."
- Pinkish hue
- Break down and crumble
- Just ___ out a living
- Socrates' prize pupil
- Period around sunset
- Calgary Stampede, e.g.
- Augment
- Deranged
- Item of value
- Longtime Sicilian smoker
- Huge FedEx rival

Adrian Powell

DOWN

- Boarded
- Louis, Adm. of the Fleet, involved in planning the disastrous Dieppe Raid
- Usual Buckley's dose, for short
- '83 Michael Keaton movie
- Totally ludicrous
- Gashed
- Needle-nosed river giants
- Great mth. for pumpkin growers
- Godsend
- Dwight, General of the Army, oversaw invasions of France and Germany
- Mouth piece?
- Accustomed
- Overrule
- Harold, Field Marshal, oversaw evacuation of Allied evacuation of Dunkirk
- "It's as plain ___"
- Calligrapher's flourish
- "The Ugly" actor Wallach
- Heart tests, for short
- Distinguishing characteristic
- Actress Dawn Chong
- Pastrami's base, usually

- Dirty yellow hue
- Apple or orange
- Beetle Bailey's boss
- Mafia kingpin
- Simple math problem
- Hydrocarbon group derived from benzene
- Cabin building unit
- Big lummoX
- Konstantin, Marshal of Soviet Union, key in planning Oper. Bagration
- Angel with six wings
- H&R Block expert, briefly
- 35, to kindergarten kids
- "Far out!"
- Leftover portion
- Eggs, to biologists
- Border-crossing requests
- Maiden name indicator
- Acquired
- Light-filling gas
- Donner ___ Blitzen
- Furnace type
- Edmonton ice man
- Item that Verdi wrote
- Stone monument
- Frighteningly strange
- Doorstop, perhaps
- Regina Airport display
- "Crying" singer Orbison
- Float on the breeze
- Highest sundial numeral
- Ireland's ___ Lingus

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WHAT'S HAPPENING IN NOVEMBER

St. Mary's Auxiliary Fall Fair Nov. 7

Annual Fall Fair Thurs., 9:30 to 3:30. in (B-309), 3830 Lacombe Ave.

Summerlea United Church Book Sale Nov. 8 & 9

Fri. 10-6 & Sat. 9-2 at 225 - 50th Ave. in Lachine. Books, DVDS/CDS, magazines. 514-634-2651

Love is Stronger than Fear: Welcoming the Stranger Nov. 9

Join Alessandra Santopadre on Sat., 9:30am - 12:30pm at St. Monica's Parish, 6405 Terrebonne in NDG to learn about the experience of migrants, asylum seekers and refugees. 514-481-0267 #222

Film on artist Rita Briansky Nov. 12

The Wonder and the Amazement — Rita Briansky on Her Life in Art followed Q&A with Rita Briansky and filmmakers Dov Okouneff and Janet Best on Tuesday, 7pm at the Gelber Conference Centre, 5151 Côte Ste-Catherine Rd. Suggested donation: \$5. Refreshments.

Women's Art Society of Montreal Nov. 12 & 26

Tuesday Lectures/1:30-2:30 at the Unitarian Church, 5035 de Maisonneuve W. Non-members \$10.

Nov. 12: Two classical sopranos and a jazz musician perform a baroque-rock concert, from Monteverdi to Coldplay. **Nov. 26:** author/translator, Hélène Rioux, discusses "Writing: Translating your own words." womensartsociety.com

Manoir Kirkland Annual Bazaar Nov. 16

Saturday at 2 Canvin, Kirkland, 10-3. Handmade quilts, Christmas decorations, bake sale, coffee bar, white elephant, books.

Artists' Association of Dollard Nov. 16 & 17

10-4: Exhibition at DDO Civic Centre, 1200 de Salaberry. Vernissage Saturday, Nov. 16, 2-4.

Annual St. Thomas More Parish Nov. 16

Sat., 9-3, 978 Moffat Ave. (corner Bannantyne), Verdun. Fudge, baking, Christmas decorations, white elephant, raffles, games. Refreshments. Mini-sale Sun. Nov. 17, 9:30am-noon.

Treats & Treasures at Centre Greene Nov. 16

Saturday, 10-4 with 30 artisans displaying their handiwork. Baked goods, raffle and the Empty Bowls project. Light lunch. Free admission. Proceeds for Centre Greene programs. 1090 Greene Ave, Westmount, H3Z 1Z9. centregreene.org 514-931-6202

Westmount Library Book Sale Nov. 16 & 17

Saturday and Sunday 10-5 Victoria Hall. Proceeds for purchase of new materials for the library. Novels, non-fiction, art, and children's books in prime condition may be left at the Library for the sale. 514-483-5604

Ladies Morning Musical Club Nov. 17

3:30pm at Pollack Hall, 555 Sherbrooke W, American String Quartet joined by Cynthia Phelps, principal violist of the NY Philharmonic, performing Mozart, Mendelssohn and Brahms quintets. Tickets: \$50. Students (26 yrs.): \$20. Tax incl/non-refundable lmmc.ca

Women's Canadian Club lecture Nov. 19

Tues. at 12:30pm, Cora Tsoufidou, founder of Cora restaurants, will speak at 4626 Sherbrooke W. near Lansdowne (bus 24). Members free. Non-members \$10.

Christmas Bazaar in Dorval Nov. 23

Saturday, 9-2. Baked goods, preserves, tourtières, pot-pies, apple pies, gifts. Lunch café at 11:30 featuring home-made soups, sandwiches and desserts. Dorval-Strathmore United Church, 310 Brookhaven, Dorval. 514-631-6171

Hungarian United Christmas Sale Nov. 23 & 24

Sat. 10-3 and Sun. 10-3. Hungarian cuisine to eat in or take out. Bake sale, antiques, jewellery, household items. Corner Jean-Talon & L'Acadie.

Astrophysicist at Shaar Nov. 24

Noon: Dr. Victoria Kaspi, OC, McGill U. the first woman to receive the Gerhard Herzberg Canada Gold Medal for Science and Engineering, speaks on Cosmic Observations. \$5. Enter at 425 Metcalfe Ave. Registration required: 514-937-9474 #139

All You Need is Bach! at Creative Social Nov. 25

Monday at 1:30pm: Farah Mohammed, Music Librarian at Côte St. Luc Library, will discuss J.S. Bach. \$10. 5237 Clanranald. 514-488-0907

New Hope Comedy Fest Nov. 28

Thursday at 8pm sharp: Comedy For A Cause at Montreal's Comedy Nest, upstairs at AMC at Atwater. Headlining is Scott Faulconbridge, as seen on CBC's Just For Laughs. Proceeds for services that alleviate senior isolation. \$25. Two for \$40. Info and tickets: Gerry Lafferty, New Hope Director: 514-484-0425 #224 glafferty@videotron.ca

Zerf Productions presents Khoi-Khoi Nov. 30

Saturday at 7:30pm at Loyola Chapel, 7141 Sherbrooke W, a one-hour music and dance production. Freewill offering for water well project for orphans in Africa and donation for the Depot.

Stewart Hall Singers perform Haydn Dec. 7

Choral group in concert with director Douglas Knight present Haydn's celebrated Paukenmesse (Grand Mass No.9), and Christmas music, classical and modern, Saturday, 8pm, Saint-Joachim Church, 2 Ste-Anne, Pointe-Claire. \$20. Tickets/info: stewarthallsingers.ca 514-697-2952

Christmas Concert at Mountainside United Dec. 1

Sunday at 3pm, the church choir, directed by Margaret de Castro, features Rafael de Castro, organ; Caroline Derome, flute; Han-Jou Ku, violin; and Alberto Santos, pianist. Join in singing Christmas carols. Freewill offering. Refreshments. 687 Roslyn Ave, corner Lansdowne and The Boulevard, Westmount. 514-486-1165.

ATWATER LIBRARY EVENTS

Wed. Nov. 13 — 1 - 3

Jaimie Yue, dietitian-nutritionist and founder of NutriVie Santé, shares tips and recipes for affordable, nutritious meals, and holiday gifts.

Thurs. Nov. 14 — 12:30 to 1:30pm

Peter Blaikie, media commentator, retired lawyer and former politician, reflects on current issues.

Tues. Nov. 19 — 1 - 3

Isabelle Caldairou, Coordinator - Groups and Activities, Alzheimer Society of Montreal, speaks on "How to Spend Quality Time Together - Activities and Strategies." Refreshments.

Wed. Nov. 20 — 12:30 - 1:30

Peter McAuslan, Guest of Honour for the 2019 St. Andrew's Ball, discusses Scottish-Canadian ties that are dear to him.

Tues. Nov. 26 — 6 - 8pm


The Atwater Poetry Project, curated by Rachel McCrum, presents readings by poets Gail Scott and Armand Ruffo.

Thurs. Nov. 28 — 12:30 - 1:

Writer and explorer Adam Shoalts shares stories of his adventures in the far north and discusses his book *Beyond the Trees: A Journey Alone Across Canada's Arctic*.

Events are free. Donations welcome. Atwater Library is at 1200 Atwater Ave. corner Ste. Catherine (Atwater metro) 514-935-7344 atwaterlibrary.ca

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Loonie Breakfast

Come join a wonderful group of seniors Thursday mornings! On the first and third Thursday of each month, a coffee & muffin breakfast will be served at 9am. On the second and the fourth Thursday of the month, a full hot breakfast will be served at 9am.

For more info contact the church office at

514-695-0600

Kibbeh: the king of Syrian cuisine

Habeeb Salloum

It is usually made with lamb or beef and mixed with burghul and sometimes rice. It is a traditional dish served all year.

A close runner-up in the meat kibbehs is the vegetarian version made with potatoes. With its subtle taste of good spices, it is best served with plain yogurt. When mixing the ingredients, make sure to incorporate all the ingredients working them together to produce a smooth mixture.

To make the stuffing, melt the butter in a frying pan; then add the remaining stuffing ingredients and sauté over medium heat until onion is limp. Set aside.

To make the kibbeh, soak burghul for 10 minutes in warm water; then drain by pressing out water through a strainer.

In a mixing bowl, thoroughly mix the burghul with all the remaining ingredients except the oil, then divide into two even portions.

Preheat oven to 400°F.

Spread 1 portion of the kibbeh evenly in a 9 x 13-inch well-greased baking pan. Spread the stuffing evenly over top. Spread the remaining portion of the kibbeh evenly over top and pat smooth.

Cut into 2-inch squares then sprinkle with the oil.

Bake for 40 minutes or until edges turn golden brown. (For a darker topping, place under the broiler for a few minutes.) Serve hot or cold.

Serves 6 to 8



Stuffing ingredients

- 3 tablespoons butter
- 1/4 cup pine nuts
- 2 medium onions, finely chopped
- 1 teaspoon salt
- 1/4 teaspoon nutmeg
- 1/4 teaspoon allspice
- 1/4 teaspoon black pepper

Kibbeh ingredients

- 1 cup fine burghul
- 3 cups mashed potatoes (about 4 large potatoes, boiled, peeled, and mashed)
- 1 medium onion, finely chopped
- 4 cloves garlic, crushed
- 3 tablespoons white flour
- 2 teaspoons salt
- 1 teaspoon black pepper
- 1 teaspoon dried basil
- 1 teaspoon dried mint
- 1 teaspoon cumin
- 1/2 teaspoon allspice
- 1/2 teaspoon cinnamon
- 1/8 teaspoon cayenne
- 4 tablespoons olive oil

Habeeb Salloum is a Canadian author who grew up in Saskatchewan, joined the RCAF in World War II, and worked for the National Revenue Agency for 36 years. Since his retirement he has been a full-time author and freelance writer specializing in food, history, and travel. Besides 15 books, his articles have appeared in many journals and newspapers across Canada.

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Easy-to-make Seafood Gumbo

Habeeb Salloum

Gumbo is defined as a soup or stew that includes okra and other vegetables, but its added feature is a protein such as shellfish.

There are many different ingredients and endless ways to prepare this dish. This is my version. If served with rice, it makes a perfect meal for the whole family.

Melt the butter in a large saucepan then sauté over medium heat the red pepper, onion, garlic, hot pepper and potato for 10 minutes, stirring occasionally. Add chicken broth, tomato paste, salt and the spices and bring to boil. Cover and cook over medium-low heat for 30 minutes.

Stir in remaining ingredients, except the coriander leaves then bring to boil then cover and cook over medium-low heat for 10 minutes.

Transfer to a serving bowl then garnish with the coriander leaves and serve hot along with cooked rice. Serves 8



- 4 tablespoons butter
- 1 large red bell pepper, finely chopped
- 1 large onion, finely chopped
- 4 cloves garlic, crushed
- 1 small hot pepper, seeded and finely chopped
- 1 medium potato, grated
- 2 1/2 cups chicken broth
- 3 tablespoons tomato paste, dissolved in 1 cup water
- 1 1/2 teaspoons salt
- 1 teaspoon pepper
- 1 teaspoon fish spices
- 1/2 teaspoon turmeric
- 1-pound uncooked unpeeled shrimp
- 1/2-pound large scallops, fresh or frozen
- 1/2-pound crab meat
- 1/2-pound frozen or fresh okra, chopped (if not tiny in size)
- 2 tablespoons chopped fresh coriander leaves

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- 4 2 Eggs (choice of meat) \$4.95
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Jerusalem — city of extremes, memories and the eternal hope for peace



Times and Places
Barbara Moser

Cousins, Barbara & Shani Ben David enjoying downtown Jerusalem



Out for shopping, the sign says “Whipping Cream”



The road to Jaffa Gate, one entrance to the Old City

If I forget thee, O Jerusalem, let my right hand forget her cunning. If I do not remember thee, let my tongue cleave to the roof of my mouth; if I prefer not Jerusalem above my chief joy. — Psalm 137

We used to recite this rather extreme psalm as members of Young Judaea, a Zionist youth movement, in Edmonton. In the 50s and 60s there were 5,000 Jews living in that city of 300,000.

Some of my friends made Aliyah, literally “the state of going up,” to live in Israel. That was my dream when I was 18 in 1967, just two months after the Six Day War when I travelled to Jerusalem to spend a year on a Young Judaea leadership program entitled Institute for Leaders from Abroad.

After one month I left to live with my then boyfriend, Benny Landa, and attended the Hebrew University. I was not ready for either type of education — the romantic or the academic — far away from home. But as teens, we sometimes make odd choices and disregard the repercussions.

At the end of the year, the (IDF)

Israeli army marched through Wadi Joz, a neighbourhood outside the Old City, in a show of military might that also sent a message to the conquered Arab population of Jerusalem.

At the time we were living in the house of Capt. Younes Abdullah in Wadi Joz, on the top floor, and renting rooms to students from abroad, many whose living quarters had been blown up because they had rented rooms in the houses of the El Fatah. And blowing up El Fatah homes was punishment for their alleged continuing acts of rebellion against the expanded Israel.

You can see where this is going. What we desired for Israel over 50 years ago — living in peace with its neighbours— is yet to be. My trip this September to Israel was a family visit, mainly to Haifa, but I did spend a week in that famed City of Gold observing and feeling the changes in the intervening 50 years.

Jerusalem is a city of extremes. You feel it in every face you meet.

I forgot to mention my leftist leanings. When I recited: “If I forget thee....” it was my right hand that I

placed on my heart, but at the time, I didn’t realize the poetic irony. I am left-handed and left leaning in my politics and hopes for Israel.

I was told more than once by Israeli relatives that I have no right to an opinion on Israeli politics because I don’t live there. But I continue to hope for a more harmonious Israel.

When you get on a bus in Jerusalem chances are you will see two or three people with uncovered heads. Most of the covered ones are religious Jews of all stripes. You might think it’s only the Muslim Arabs who cover up, but in fact, they seem less covered than many religious Jews.

Walking around the downtown triangle of Ben Yehuda, King George, and Jaffa Rd. which leads to one of the gates of the Old City, Jaffa Gate, you see a variety of religious Jews but how is it different from 1967?

For one thing you see more extreme outfits such as those of *Lev Tahor*, the infamous sect of child abusers who once lived in Ste. Agathe and then escaped for other climes. These women are covered in black and so are their little girls.

The boys get away with looking like Chassidic boys, but at least they can breathe.

Many other black outfits adorn the religious women: suits, long dresses, and little girls wear long dresses and thick stockings. Need I remind you that it was hot in Jerusalem in September? Why do all fundamentalists think it’s okay for boys to dress more freely than girls?

The latest vogue seems to be women in colourful turbans that encircle their heads. Are the men wearing long, long sideburns and colourful skullcaps related to them?

A look at Jerusalem dwellers tells you a lot about the influence of the religious right on the government. And let’s keep in mind that these are ever-growing communities and that their children do not normally serve in the army. Yet they are tolerated and accepted and seem to have taken over Jerusalem. What we can say is that Jerusalemites wear their beliefs — literally.

I stayed with my cousins, Shani and Moti Ben David, in Gilo, a half hour ride by bus to the centre of



The light train runs all the way to the Old City. It’s frequent but crowded.



Israeli Arabs shopping for knick-knacks



Kippahs for every tradition

Jerusalem. It is in the “territories” taken in 1967 but Israelis do not like this term and do not use it to describe their neighbourhoods and communities. For them, this is an integral part of Israel.

Shani works part time as a secretary/translator in the Math Dept. at the Hebrew University and Moti is a semi-retired electrician. Shani is also a member of a liturgical choir in downtown Jerusalem. When they were a young couple, one of the few places where they could afford to buy an apartment was in Gilo. Now they say they will never leave. Like many Israelis, Shani and Moti are traditional, celebrating Shabbat and the holidays with family, and very devoted to their grandchildren.

One day, I walked down Jaffa Road to the Old City and entered through Jaffa gate. I was told by my cousin Aliza in Haifa to forget about going to the Old City, that it was dangerous and my Jerusalem cousins confirmed this but stopped short of telling me not to go. But I am no longer 22 and living with Aliza and Uri in Haifa so I went.

But not through Damascus Gate which is said to be off limits because of stabbings. How many and when I didn't ask. It's the gate to the Arab

section or Muslim section as it is called and I felt sad that I couldn't spend time there as I had last time eight years ago. I feel equally at home in the Moslem quarter and in the Christian quarter. I didn't visit the Jewish quarter and the Western Wall this time. It was a long walk for me and I don't like the idea of forced separation of men and women praying at the Wall.

I did make my way to the Christian quarter, a quieter area, and chatted up the shopkeepers, many of them my age, about their lives, their children, and their memories of the years following the Six Day War.

They were very friendly, invited me for tea or coffee and not at all aggressive or aggrieved when I didn't buy in their shops. In fact, one took me to a shop quite far away thinking I would like the T-shirts there. Maybe the shop was his cousin's.

Walking alone in the Old City was physically difficult, with my weak knees, especially with the narrow streets full of pushcarts and people almost pushing to get through so I was relieved that I knew about the peace and quiet of the Christian Quarter.

I didn't get a chance to have lunch at my favourite Arabic restaurant deep in the heart of the Muslim Quarter.



Dazzling downtown lane

But I did try my favourite restaurant on Jaffa St. in downtown Jerusalem, Coffee Bean. It's named after a coffee chain in the US but offers many more options such as huge salads, which Israel is known for and of course, my favourite, the Israeli breakfast, which I had for lunch.

Many of the places we used to frequent in 1967 are gone, sadly. I used to love the food when I first arrived and tasted my first falafel, hummus, tehina and the European food such as latkes, and other dairy dishes I knew from home.

The above-ground metro, called the “light rail” is a joy to ride if you're given a seat, which doesn't happen often. It runs all the way from the Shuk, (market) through the Bus Station and down Jaffa Rd. to the Old City. It's 3 shekels (\$1.25) a ride for seniors but you have to buy tickets and you can miss your train while figuring out how to buy tickets.

Getting to and from Jerusalem is easy. From the Jerusalem rail station next to the bus station, hop on a train that takes you to Ben Gurion Airport and from there switch to a regular train, going to Tel Aviv and north to Haifa and beyond.

Of course, there are countless events and sights not mentioned in this rather one-sided article but then I'm not writing as a tourist but someone who lived in Jerusalem 50 years ago and has returned many times to re-live old times. I wish I could be more hopeful about a future Jerusalem.

Perhaps it's important to mention that there are areas of the city such as Abu Tor where my aunt lives, where Jews and Arabs live in relative harmony. Perhaps you know of others. I'm interested in hearing your views about the city. Share them with me at barbarasmoser@gmail.com



She's wearing one of those “turbans”



Sidewalk café downtown



Travellers and city dwellers congregate at the “triangle” where Jaffa Rd., King George Rd. and Ben Yehuda St. intersect

Saying goodbye to my garden patch till next Spring



Grandson, Justin, helped with the garden on Saturdays

Vivianne M. Silver



Photos: Vivianne M. Silver

After planting tulip, daffodil and narcissus bulbs, and covering the earth with compost, it's time to say goodbye to that special place of healing and hope —my garden patch at the Côte St. Luc Senior Community Garden.

My garden patch was allotted to me four years ago after I sold my home of 37 years. It was difficult to give up the garden I had loved and nurtured all those years, its tall and majestic evergreens, all the perennials that announced spring, the crab-apple trees, the forsythia bush, the lilies of the valley and the flowering lilacs.

Summers were always a delight as I settled to read under the locust tree, lulled by the sound of my nearby fountain. Afternoon tea was a special time to enjoy my garden in its full splendour.

I enjoyed welcoming my winged friends – chickadees, mourning doves, yellow finches, blue jays, but it was always a joy to see the red cardinal and his brown mate.

And now, as a happy gardener in the community garden situated on Kellert and Kildare, I am grateful for my garden patch, a place of healing, reflection, hard work, and joy.

The Senior Community Garden is diligently and effectively run by our volunteer manager, Mandie. It is without a doubt one of the nicest community gardens.

I have been lucky to have two wonderful garden neighbours, Alberto and Mohammed, who are always helpful and generous, and June, a seasoned gardener whose magnificent English garden is inspiring.

This year has been bountiful. I was able to share

with friends the fruits of my labour – tomatoes, zucchinis, green peppers, celery, rhubarb and herbs. I was happy when my friend Elaine came to gather a bouquet of my beautiful flowers – verbena, dahlias, lilies, daisies, and especially my wild roses, a bush I had planted in memory of my mother who loved roses.

It gave me much pleasure to be one of the gardeners to donate vegetables to MADA's kitchen when Rabbi Joseph came to collect them every two weeks.

My garden patch turned out to be a place to bond with my grandson, Justin, who would come with me on a Saturday morning and help weed, cut, and water my garden.

Closing the gate one last time, I wish our Canadian winter is kind and that next May I can return to my special place.

NOVEMBER HIGHLIGHTS

Jewish Book Month Events at the Jewish Public Library

Established over 90 years ago, this annual event celebrates Jewish literary and artistic culture. It is held annually in the month preceding Hanukkah, November. In Montreal, events are held at the Jewish Public Library, 5151 Côte-Ste-Catherine. Event info and to purchase tickets: 514-345-6416 jewishpubliclibrary.org

Kate Quinn: "Unsung Heroines: Bringing Brave Women of the Past to Life" – Nov. 11 at 7:30 pm
Kate Quinn discusses her research on heroic women of history. Introduced by Anne Lagacé Dowson. The talk is followed by a reception, book sale and signing.

Yousef Bashir: The Words of My Father: Love and Pain in Palestine – Nov. 13 at 7:30 pm

Advocate of Israeli-Palestinian peace, Yousef Bashir, discusses Words of My Father, his story of moral awakening in the complexities of the Middle East situation. Reception & book signing.

Transit by Christian Petzold Nov. 18 at 7:30 pm
Screening of film in German and French with English and French subtitles (101 min.) As fascism spreads, German refugee Georg flees to Marseille and assumes the identity of the dead writer whose transit papers he is carrying.

Closing event: Marek Halter: "Je rêvais de changer le monde" – 20 novembre à 19 h 30

Le célèbre écrivain franco-polonais en conversation avec le journaliste Elias Levy. Halter parlera sur ses mémoires, qu'il a publié à l'âge de 83 ans. Rafrâichissements.

Chamber music à la Camerata

Musica Camerata, one of Canada's senior chamber music ensembles, continues its 50th anniversary series with three trios, Nov. 16 at 6pm at the Chapelle Historique du bon Pasteur, 100 Sherbrooke E.

The concert features co-founders Berta Rosenohl (piano) and Luis Grinhauz (violin) with cellist Joshua Morris. This is an opportunity to discover three lesser-known works:

- Variations Ich bin der Schneider Kakadu/Op 121a, by Ludwig van Beethoven;
- Trio in g minor op. 3, by Ernest Chasson;
- Trio in g minor, op 110 by Robert Schumann.

Tickets: \$40; seniors and students: \$30.

Info and reservations: 514-489-8713

Lyric Singers by Candlelight

Artistic Director, Bob Bachelor, has an assortment of holiday music from carols and traditional folk songs to film favourites and Broadway tunes, selected to ring in the season of lights. Chad Linsley (piano), Sheila Hannigan (cello), Tim Malloch (flute), Robin Best (harp) and Peter Colantonio (percussion/keyboard) complete the festive musical feast! Monetary or dry goods donations for The Depot will be accepted at all performances.

Loyola Chapel, Concordia U, 7141 Sherbrooke W. \$33; Seniors and students \$30; Under 12 \$16. thelyrictheatre.ca; lyrictheatreboxoffice@gmail.com
No reserved seating. Wheelchair accessible.

Dec. 5 & 6 at 8pm; Dec. 7 at 4pm; Dec. 8 at 1:30pm Box Office: 514-743-3382

Two Alzheimer's conferences on innovative technologies and managing caregiver stress

Monday, Nov. 18, the Alzheimer's Society of Montreal presents **Innovative and Assistive Technologies in Dementia Care**, the first edition of a colloquium for learning and the exchange of leading-edge information in aging and neurodegenerative disorders.

Over 100 healthcare professionals, service providers, caregivers, and students are invited to benefit from the expertise of prominent researchers, policy makers and service providers.

The event is at Centre St.-Pierre, 1212 Panet St. (Beaudry metro).

\$100 healthcare professionals; \$75 caregivers. Lunch, coffee, and snacks are included. To consult the program and register:

alzheimermontreal.ca/colloque/?lang=en

Lindsay Memorial Lecture on caregiver stress

Alzheimer's Groupe presents the Lindsay Memorial Lecture Series: Caregiving and Stress, managing expectations on Wednesday, Nov. 27, 1:30 - 3:30pm. Dr. Camillo Zacchio, a clinical psychologist, will discuss the expectations that caregivers of people living with dementia may face and provide tools to reduce and manage caregiver stress.

The lecture will be held at the Côte Saint-Luc Public Library, 5851 Cavendish Blvd.

Free admission. Registration is required: 514-485-7233

Languid and mysterious Lucia — music and theatre of the highest order

Irwin Block

For its second major operatic production of the season, Opéra de Montréal is presenting *Lucia di Lammermoor* by Gaetano Donizetti, considered the most famous tragedy in the romantic bel canto repertoire.

For its lead singer, it offers the possibility of a vocal and theatrical tour de force. It's on for four performances, from Nov. 9-14, and given the fact it is both theatre and music of the highest order, it should be on everyone's must-see list.

Opera online summarizes the plot, and the "languid and mysterious Lucia," this way: "The horns and kettledrums in the opening measures seem to suggest the frail heroine's funeral...In the foggy atmosphere of Medieval Scotland, the pure and disinterested love of Lucia and Edgardo emerges – a love like that of Romeo and Juliette, too beautiful to last, too dangerous for their families.

"A star-crossed lover, Lucia soon becomes a victim, betrayed and hurt, stripped of her reason for living, before losing her mind – the "mad scene" is a crucial moment in the plot, a challenge for coloratura sopranos and a much anticipated delight for audiences. *Il dolce suono* is a technically difficult scene, where the voice, both sweet and soft, seems to climb to the heavens, with breathtaking vocalise translating the subtleties of the heroine's hallucinations. The scene is the climax of a delicate masterpiece, a bloody ritual

wrapped in a heavenly bel canto."

To bring to life this dramatic love story, in which emotions are pushed to the extreme, the Opéra de Montréal has hired Korean soprano Kathleen Kim for the role of Lucia and Quebec tenor Frédéric Antoun as her lover Edgardo.

"Lucia is undeniably one of the greatest female roles in the repertoire and we're fortunate to have Kathleen Kim—who was recently hailed for her appearance at the Metropolitan Opera in New York—in the role," says Patrick Corrigan, Opéra de Montréal general manager.

Written in 1835 during a prolific period in the composer's life, *Lucia di Lammermoor* is said to balance virtuosic singing with steady drama. And while the work peaks in the third act with Lucia's famous "mad" scene—requiring great technique, flexibility, and agility on the part of the performer—Donizetti sustains the dramatic intensity through the vocal ensembles (notably, the famous sextet at the end of the second act) and choruses.

Among famous artists who have immortalized the role of Lucia and by mastering Donizetti's demanding score are Maria Callas, Nathalie Dessay, Joan Sutherland, and Anna Netrebko.

Alongside soprano Kim and tenor Antoun are baritone Gregory Dahl (Enrico), bass Oleg Tsubulko (Raimondo), tenor Mario Bahg (Arturo), and bass-baritone Rocco Rupolo (Normanno). Mezzo-soprano Florence Bourget, an artist-in-residence



Kathleen Kim



Frédéric Antoun

at the Atelier lyrique de l'Opéra de Montréal, completes the cast in the role of Alice. Italian conductor Fabrizio Ventura conducts the Orchestre Métropolitain and the Opéra de Montréal Chorus (prepared by Claude Webster). Stage direction is by Michael Cavanagh.


The three-hour opera, which pre-

miered in 1839, is in three acts, in Italian, with English and French surtitles.

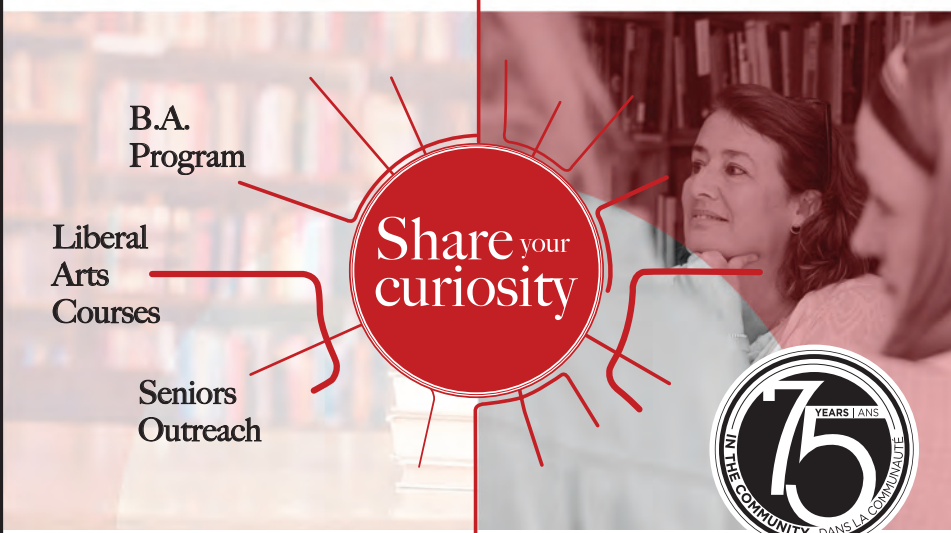
It's on at Salle Wilfrid-Pelletier, Place des Arts Nov. 9, 12, and 14 at 7:30 pm, and Nov.17 at 2pm.

Tickets: \$30 to \$157.

Info and tickets: oss.ticketmaster.com or 514-985-2258



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Back to Val David and its fall foliage splendour



Photo: Barbara Moser

This is our five-bedroom cottage in what used to be known as Prefontaine, now part of Sainte Agathe, where the Block family spent summers from the late 1940s until the mid-1970s. It has been winterized by the new owners, the imitation brick façade covering replaced by aluminum siding. This part of the village is now mainly the summer home for Chassidic families. The general store run by the legendary Mr. Fox, who lived in the village year-round, is long gone, as are most of the surrounding houses near rue Trudel and the train station, which was near the Mohawk Inn. Mr. Trudel operated a taxi.

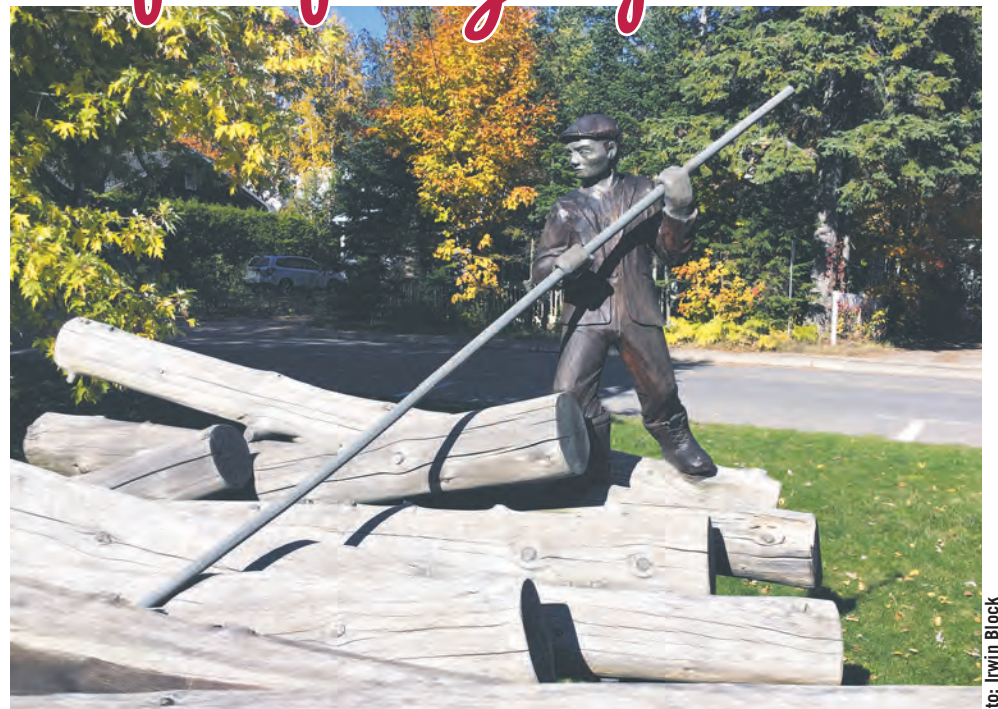


Photo: Irwin Block

Sculpture in Val David called Le Draveur, near the cycling and cross-country trail that used to be the CP railway line. The draveurs or loggers, drove the floated tree trunks that had been cut in the winter down waterways to pulp and paper and lumber mills at a time when Quebec was rich in accessible mature trees.



Marc Poellhuber (left) at Resto de la Marelle serenading outdoor diners



The message at C'est la vie resto



Photos: Barbara Moser

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View of the church from C'est la vie resto



Photo: Irwin Block

A scene alongside the cycling and cross-country trail known as Le Petit Train du Nord.

GERDY'S PET PARADE Sweet Frankie awaits your loving care

Sandy Lg

This one-eyed sassy, lady keeps being overlooked. It's her turn now! Her foster parents are expecting their own human bundle of joy and being around the commotion and disturbance of a newborn is not what's best for Frankie.

This beautiful 12-year old girl has been through so much. Frankie arrived at her foster home sick and broken, inside and out. With patience, love and great vet care, she blossomed into a beautiful queen and deserves royal treatment.

Frankie has a sparkly personality. Although she can be vocal and a little stubborn she is unique, and adorable. We believe a fun, understanding, experienced and stable home is out there for her.

Frankie loves to play with toys, roam around the yard, go for walks and take naps. Despite being 12, she has the energy of a younger pup and can be a handful for someone expecting her to act like a senior dog. Not so much of a lapdog, she will enjoy a petting session from time to time, but she will choose to stay close to her humans.



She can be fearful when meeting new people and could snap if she feels threatened. She's not a fan of high energy dogs, kids, loud noises, sharing her toys and food. This independent girl would prefer to be the only pet in the house *but* she has learned to share her space with a senior large breed, super patient dog and she completely ignores the cat that ignores her back.

She can stay alone at home during work hours but must be in an adult-only home. She is housetrained and pee pad trained, but can have accidents in a new place. Her new family will need to administer daily eye drops in her remaining eye. Our special girl impatiently awaits you.

info@gerdyrescue.org

SouthWest United celebrates 120 years

An exhibit of historical photos and artefacts on the history of SouthWest United will open with a wine and cheese Friday, Nov. 15, 4 to 6pm at 1445 Clemenceau in Verdun.

There is no charge but donations are welcome. SouthWest United Church is one of only two remaining United Church congregations in Verdun but carries the legacy of several churches and congregations since 1899.

One of the founding congregations, Verdun United Church, began life as Verdun Methodist in 1899. Many Verdun United artefacts, including a triptych of stained glass windows, were preserved and incorporated into the new SouthWest United Church.

Another founding congregation, Crawford Park United, came into being during the population boom in the 1940s.

Crawford Park was a neighbourhood designated during World War II for the construction of "veteran's



cottages" the distinctive pointed-roofed brick homes still very much in evidence in the neighbourhood. SouthWest United occupies the building the Crawford Park United congregation erected in 1947 after several years of meeting in homes and the local schoolhouse.

SouthWest recently began a new chapter with Pastor Beryl Barraclough. On November 15 and throughout the pre-Christmas season, the whole community — Old Verdun and New; English and French; Christian or not — are invited to join this church community in celebrating 120 years of achievements. The exhibit can be viewed until the end of December.

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