



Office hours
Monday – Friday
10am to Noon

After hours 204-333-6884
Emergency Family Crisis

President's Message	1-3
Tikkun Olam	4
Calendar	5
Yahrzeits	6
Donations/Cards	7
Programs/Events	8-17
Giving	18

President's Message

This month, my President's message is different, first, most of it's not mine, second, it's a lot longer than the normal and, most importantly, it's relevant and an inspirational lesson. The message below is an article from the Winnipeg Free Press written by one of our most remarkable members and volunteers, Shawna (Shoshana) Forester-Smith.

Taking a lesson from information on "how to write a d'var Torah", I want to relate her personal story of incredible resilience, persistence, creativity, and contribution not to our own personal stories but to the story of Temple Shalom. Although it is no longer the case, for many years, Temple Shalom was seen as the "misfit" in the Jewish community. Like Shawna who must educate the healthcare system as well as the community about the challenges of being a medical "misfit," we struggled to educate our community about Reform Judaism. We have come a long way in the decades since I became a member of the Temple but it took the resilience, persistence, creativity and contributions of our members to make this happen.

I am certain that Shawna will continue on her path and will, like us, be able to see the community around her change for the better.

Judith Huebner

CHRONIC CARE BOTH ‘A BLESSING AND A CURSE’

Shawna (Shoshana) Forester Smith is a 41-year-old, chronically ill, disabled Ojibwa writer and health-care advocate who lives on a chronic care unit at Deer Lodge Centre. Chronic care is similar to a medicine unit but for people who can never return home — each individual has complex health conditions and disabilities that require 24-7 medical care. In this column, Smith offers insight into what life is like in chronic care.

CHRONIC care is a lot like the Island of Misfit Toys in *Rudolph the Red-Nosed Reindeer*. This is where people end up when there is nowhere else to go. We’re the atypical patients of the health-care system. There are about 180 of us in chronic care and each of us has our own unique story of how we ended up here.

It was a long road of perpetually being hospitalized that led me to the chronic care unit. I was spending up to 10 months a year in hospital, for almost eight years. Sometimes, I wouldn’t even make it out of the hospital before I would collapse, only to end up being admitted all over again.

In December 2016, I had chosen to terminate all life-sustaining care, including the nutritional support keeping me alive, and shift to palliative care. The palliative team called a family meeting a few weeks later and suggested chronic care.

I had no clue what that meant. I had worked in the Winnipeg Regional Health Authority’s head office for years and never heard of it. But it sounded much better than what I had been doing. I could get the type of care I required on a medical unit but in a more home-like environment and with better continuity. It was patient-centred care versus provider-centric care like you get in the hospital.

While part of the long-term care continuum, chronic care is not at all like a personal care home. We have challenging and complicated medical conditions that are beyond the scope of what a care home can manage. Things like tracheostomies, peritoneal dialysis, IV therapy, oxygen therapy, blood transfusions, bariatric care, ostomies, complex wound care and feeding tubes.

I am on an intravenous form of nutrition called Total Parenteral Nutrition (TPN) and unable to eat food. It costs about \$1,000 per bag and is customized for me. I also have a central line and get IV fluids (I can’t keep myself properly hydrated) and medication. I have a feeding tube in my small bowel for medications and an ileostomy (my entire colon was removed on my 40th birthday in 2022). I have a urinary catheter too. I’m mostly bedridden and unable to walk or ambulate — I need help with most activities of daily living. I suffer from severe motility disorders and intestinal failure, and a bunch of other “fun” health stuff that makes life difficult. Quite simply, I have incredibly complicated medical care.

Chronic care is both a blessing and a curse. A blessing in that I have better continuity of care. I have the same attending doctor (who is amazing), nurses and health-care aides looking after me. These people treat me like I am a family member. They work around my needs, schedule and preferences. They do everything they can to improve my care and quality of life. They are always acting in my best interest. They ensure I get things like my pain medication on time. They truly care about me.

While I appreciate chronic care is available, it’s not an easy existence.

It's sad knowing I will never live with my husband in the community again. My name is on the mortgage of a condominium I have never been in and never will be able to visit or call home. Home care, as it exists, cannot meet my needs and we cannot afford the private care we would have to hire to make that possible. So, in a way, chronic care isn't really a choice. The alternative is choosing MAID or palliative care, or refusing to be panelled and being charged \$400 a day to stay in hospital, which most people simply cannot afford.

Which brings us to the biggest burden. It can cost up to almost \$100 a day to live in chronic care or about \$35,000 a year. It's an enormous sum of money. The policies and methods used to decide how much people are charged are heavily skewed towards the older adult or people who are extremely low income — not people in the age bracket and life stage my spouse and I are in.

We pay more than one-third of our net income towards my costs for chronic care, which after we pay my husband's living expenses, does not leave much. We have ended up in a situation where we owe Manitoba Health an alarming amount of money after being unsuccessful in three years of appeals trying to have our rate reduced. This is extremely stressful. And nobody in government really seems to care.

It troubles me chronic care isn't covered entirely as an insured health benefit — especially given that it is life-sustaining. After all, most of us don't have a choice of anywhere else to go, unless we choose to die. And that's not much of a choice. It also bothers me because the care is identical to what a patient receives for free on a sub-acute medical unit in the hospital, but at a much lower overall cost. If we are each saving the system hundreds of dollars a day, why are we subsidizing it? This almost seems punitive.

Nobody wants to have to live in an institution. This is not how I imagined my life to turn out. I make the best of it. I volunteer virtually. I have written seven novels. I do advocacy work. I visit with friends, family, chaplains and my elder. I do art, crafts and make cards. I try to use my experiences, connections and education to help others when I can and make the system better for all of us.

I may be a misfit of the health-care system, but like the misfit toys, I am valuable and I can accomplish things that seem impossible. It's amazing what you can achieve from a hospital bed with a smartphone, Wi-Fi and some ingenuity.



SHAWNA FORESTER

Tikkun Olam

Main Street Project

We will be packing lunches on Sunday, March 10th at 12:00 pm.

We welcome Donations of Sandwiches (chicken, tuna, egg, chesse, & PB&J), baking, carrots, apples & oranges.

To assist in any way... Please email Anita Moeller: tshalom1@gmail.com

We very much appreciate the ongoing contributions of both our regular and new volunteers! For more about Main Street Project, check out their website: <https://www.mainstreetproject.ca/programs-and-services/emergency-and-social-services/>

Anita Moeller

Todah Rabba - Volunteers - Thank You!

Our Shabbat Service Lay Leaders in February

Matt Scarth and Shoshana Forester-Smith for managing our Instagram Postings

Anita Moeller for running our Main Street Project lunches

Long Time Members Monica, Eduardo, Ariel & Pablo Schor Family

Check out this newspaper article!

[https://www.myjewishlearning.com/the-nosher/jewish-hospitality-is-at-the-heart-of-this-montreal-restaurant/?utm_source=Nosher Maropost&utm_campaign=Nosher&utm_medium=email](https://www.myjewishlearning.com/the-nosher/jewish-hospitality-is-at-the-heart-of-this-montreal-restaurant/?utm_source=Nosher+Maropost&utm_campaign=Nosher&utm_medium=email)

Legacy Gifts

Temple Shalom Endowment Fund at the Jewish Foundation of Manitoba

An important option, for those who wish to support the Temple on a long-term basis.

The Temple receives the annual income, while the fund itself grows as donations are made. *A living gift* will show you the results of your generosity at work and the impact it has on the community. *A deferred gift* incurs tax advantages for your estate, while leaving a permanent legacy. Call the Temple for more information.

March 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10:30 am – Yoga Shalom 7:30 pm – Kabbalat Shabbat Service David Topper & Janet Pelletier-Goetze	2 <i>Ki Tisa</i>
3 10:30 am – Yoga Shalom	4	5	6 10:30 am – Yoga Shalom 7:00 – 9:00 pm – Delving into Judaism	7	8 10:30 am – Yoga Shalom 6:00 pm – “Shabbat Across Winnipeg” Sherry Wolfe Elazar & Janet Pelletier-Goetze	9 <i>Vayakhel Shekalim</i>
10 10:30 am – Yoga Shalom 12:00 pm – Main Street Project – lunch packing	11	12	13 10:30 am – Yoga Shalom 7:00 – 9:00 pm – Delving into Judaism	14 1:00 pm – Temple Shalom Book Club	15 10:30 am – Yoga Shalom 7:30 pm – Kabbalat Shabbat Service Ruthie Soudack-Maman & David Vamos	16 <i>Pekudei</i>
17 10:30 am – Yoga Shalom	18	19	20 10:30 am – Yoga Shalom 7:00 – 9:00 pm – Delving into Judaism	21	22 10:30 am – Yoga Shalom 7:30 pm – Kabbalat Shabbat Service Ruth Livingston & David Vamos	23 <i>Vayikra Zachor</i>
24 10:30 am – Yoga Shalom	25	26	27 10:30 am – Yoga Shalom 7:00 – 9:00 pm – Delving into Judaism	28	29 Good Friday – Office is closed 10:30 am – Yoga Shalom Saitman Family & David Vamos	30 <i>Tzav Parah</i>
31 10:30 am – Yoga Shalom						



March Yahrzeits 2024

Please call or email the office, to add yahrzeits to your file.

You will be notified of the yahrzeit and date on which your loved one's name will be read at the Temple.

Acts of generosity in memory of loved ones is a Jewish tradition.

Please consider making a contribution to Temple Shalom at the time of a yahrzeit.

Name	To Be Read Fri.	Civil Date (Evening)	Observed
ISRAEL FLORMAN , Child Shoah Victim	March 1	Mon Feb 26	Adar-I 17
MURRAY GEFFIN , brother of Rena Krongold	March 1	Mon Feb 26	Adar-I 17
THELMA CHAPNICK , mother of Sid Chapnick	March 1	Wed Feb 28	Adar-I 19
STANLEY THOW , father of Mira Thow	March 1	Wed Feb 28	Adar-I 19
JOSEPH HILLIER , grandfather of Kenny Boyce	March 1	Thu Feb 29	Adar-I 20
RON HUEBNER , brother of Erwin Huebner	March 1	Fri March 1	Adar-I 21
PESHA KRAUT , mother of Sandi Diner	March 1	Fri March 1	Adar-I 21
SARAH NITIKMAN , grandmother of Miral Gabor & Seema Schachter	March 1	Sat March 2	Adar-I 22
SOPHIE ZION , mother of Elaine Saunders	March 1	Sat March 2	Adar-I 22
MIRELE FOGELMAN , Child Shoah Victim	March 8	Mon March 4	Adar-I 24
LOUIS GLASS , father of Sheldon Glass	March 8	Mon March 4	Adar-I 24
KHAIA BORETZKI , Child Shoah Victim	March 15	Mon March 11	Adar-II 1
EDITH (EDIE) PHILLIPS , grandmother of Janet Pelletier-Goetze	March 15	Tue March 12	Adar-II 2
JANET BOONOV , mother of Sharon Yanofsky	March 15	Thu March 14	Adar-II 4
TEDDY MARGULIUS , brother of Eileen Curtis & uncle of Jennifer Curtis-Lane	March 15	Sat March 16	Adar-II 6
BESSIE HILLIER , grandmother of Kenny Boyce	March 22	Sun March 17	Adar-II 7
MARIKA VISOCKI , Child Shoah Victim	March 22	Sun March 17	Adar-II 7
HARRY SPRINGMAN , father of Sandra Glass	March 22	Thu March 21	Adar-II 11
ROSE GREENBERG , mother of Lois Henteleff	March 29	Thu March 28	Adar-II 18
MICHALINA LUKAWIECKI , mother of Teresa Sanecki	March 29	Thu March 28	
ZELMAN (BOB) SHUSTER , friend of the Saitman family	March 29	Sat March 30	Adar-II 20
BORIS OKSLENDER , Child Shoah Victim	April 5	Sun March 31	Adar-II 21
ELIZABETH STONE , sister of Daniel Stone	April 5	Sun March 31	Adar-II 21

Standard Cards - \$18 & \$25
Art Cards by
Isabel Cheer or Ruth Livingston
\$36 & up: (7.5w x 5.5h)

Funds
General, Building, Music, School,
Rabbi's Discretionary, Torah/Book Fund

Thank you for your generous donations!

We do appreciate your gifts!

We accept donations by e transfer, cheque, cash
or credit card.

**The Board of Directors and the Temple Shalom
Congregation extends...**

Mazel to

Len Udow, on the birth of his granddaughter Anna Olena
Kowalchuk

Speedy Recovery to

Steve Goetze

Condolences to

Matt Scarth, on the loss of his mother-in-law
Sandi Diner, on the loss of her husband Joe Diner

General Fund

In Memoriam

Goldey Palansky, mother of Syd Palansky

-Syd & Sandy Palansky

Social Action Fund

Condolences to

Alecs Chochinov & Ruth Graham, on the loss of their
mother/mother-in-law, Sherry Chochinov

-Harvey & Jo-Anne Peltz

Condolences to

Dennis Carey, on the loss of his mother

-Ruth Livingston



Temple Programs



Delving into Judaism

Taught by Sherry Wolfe-Elazar:

This 4-week course will delve deeply into relevant Jewish topics and how to make Judaism a meaningful part of your life, every day. We will use a liberal and creative lens to explore the content through discussion and Chevruta style (paired) learning.

Open to everyone. Some basic knowledge of Judaism is an asset but not required.

Wednesdays
7:00-9:00 PM
March 6-March 27 2024

In person only

Members: \$18.00
Non Members: \$36.00.

Temple Shalom Social Hall

Fee for Members of Temple Shalom:
Fee for Non Members of Temple Shalom:

All are welcome.

Please register by calling Cynthia at 204 453-1625
Registration Deadline: Friday, February 23, 2024



Temple Programs

Two Congregations Under One Roof





Shabbat Across Winnipeg

Friday, March 8, 2024
Temple Shalom • 1077 Grant Avenue

Kabbalat Shabbat

6:00 PM With Cantor Leslie Emery, Cantorial Soloist Janet Pelletier Goetze, Sherry Wolfe Elazar, and Tali Millo as we also celebrate International Women's Day
Walk-ins welcome. Best enjoyed in-person. Live streaming available

Dinner

7:15 PM Shaarey Zedek Kosher Catering
By Registration Only by Mar 1, Noon
Menu: www.szwinnipeg.ca/SHABBAT
\$34.50 to \$38 per Person
No broadcast



Guest Speaker from Limmud After Dinner **Tracey Erin Smith**

Internationally recognized Transformational Leader & Creator
Speaking on a topic related to International Women's Day
Dinner Registrants Only No Broadcast

BIO • MENU • REGISTER • www.szwinnipeg.ca/SHABBAT
Limited Seating [Register by Friday, March 1 at Noon](#)

Questions? Temple Shalom 204-453-1625 tshalom1@gmail.com Shaarey Zedek 204-452-3711 hello@szwinnipeg.ca

Temple Programs

Registration to the Pesach Seder will begin on March 11.



Please join us at Temple Shalom for the Seder on the second night of Pesach which falls on Tuesday April 23, 2024. Seder will be led by Sherry Wolfe Elazar, David Vamos and Janet Pelletier Goetze.

The seder will include a sit down, traditional Passover style catered dinner, all the symbolic foods of Passover, beautiful music and inspiring readings that connect the themes of Passover to our lives today.

Please invite your families and friends to gather around our table to celebrate this Festival of Freedom.

More information to follow.



1077 Grant Avenue tshalom1@gmail.com (204) 453-1625

Temple Programs



Temple Shalom BOOK CLUB

FACILITATED BY SHERRY WOLFE ELAZAR

Thursday, March 14, 2024 @ 1:00

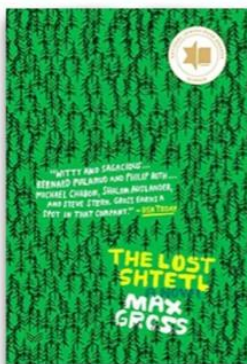
- The Lost Shtetl by Max Gross**

Please email sherry.jewishlearning@gmail.com if you are a new participant who would like to be added to the email mailing list to receive updates.

To sign up to get a copy of the book to read, please use this QR link below:

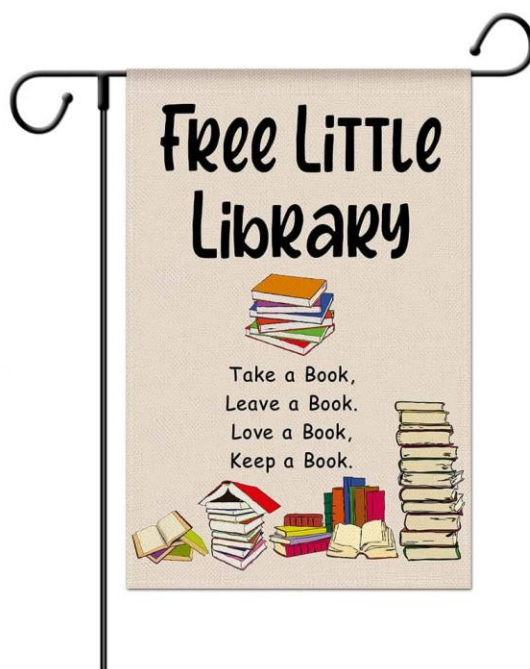


Lending Library List for
Temple Shalom Book Club



1077 Grant Avenue tshalom1@gmail.com (204) 453-1625

Temple Programs



We are building a Free Little Library in the foyer of Temple Shalom.

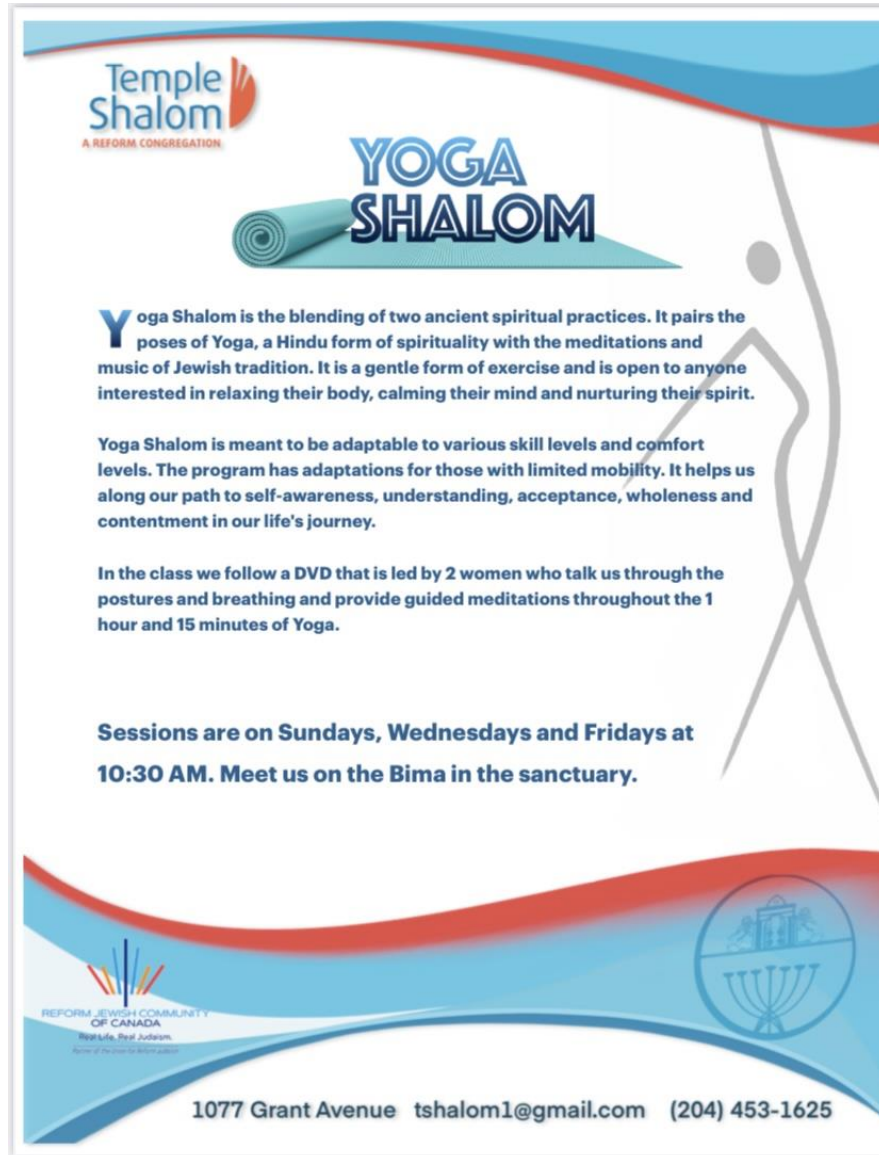
A Free Little Library is a free book-sharing bookshelf where anyone may take a book or share a book. They function on the honour system. You do not need to share a book in order to take one. If you take a book or two from a little library, try to bring some to share to our library. You can place your book donations on the shelf anytime.

We are requesting that you donate only Jewish-themed fiction novels that have been published in the last 10 years.

PLEASE DO NOT GIVE NON-FICTION BOOKS, RELIGIOUS BOOKS, OR NOVELS PUBLISHED BEFORE 2014.

Happy reading everyone!

Temple Programs

A flyer for 'Yoga Shalom' featuring a stylized grey figure in a yoga pose on the right. The background has blue and red wavy borders at the top and bottom. The Temple Shalom logo is in the top left, and a menorah logo is in the bottom right.

Temple Shalom
A REFORM CONGREGATION

YOGA SHALOM

Yoga Shalom is the blending of two ancient spiritual practices. It pairs the poses of Yoga, a Hindu form of spirituality with the meditations and music of Jewish tradition. It is a gentle form of exercise and is open to anyone interested in relaxing their body, calming their mind and nurturing their spirit.

Yoga Shalom is meant to be adaptable to various skill levels and comfort levels. The program has adaptations for those with limited mobility. It helps us along our path to self-awareness, understanding, acceptance, wholeness and contentment in our life's journey.

In the class we follow a DVD that is led by 2 women who talk us through the postures and breathing and provide guided meditations throughout the 1 hour and 15 minutes of Yoga.

Sessions are on Sundays, Wednesdays and Fridays at 10:30 AM. Meet us on the Bima in the sanctuary.

REFORM JEWISH COMMUNITY OF CANADA
Real Life, Real Judaism.
Former of the Union for Reform Judaism

1077 Grant Avenue tshalom1@gmail.com (204) 453-1625

Community Programs



14th annual

Limmud
WINNIPEG

Live • Love • Learn

March 9 & 10,
2024

Register Now!

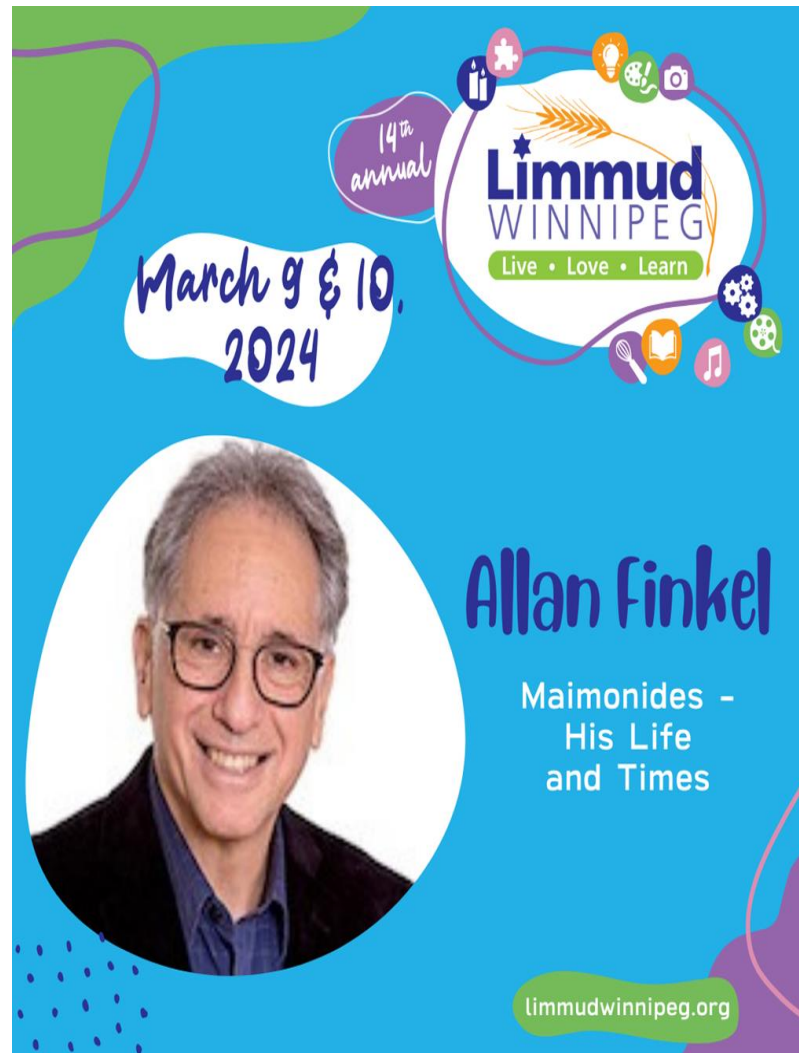
25 in-person sessions for all
backgrounds, ages and experiences

Local and international scholars,
educators and artists

Israel, culture, history, Jewish stories and more

limmudwinnipeg.org

For more information, visit:
limmudwinnipeg.org | call 204.557.6260
email coordinator@limmudwinnipeg.org




14th annual

Limmud
WINNIPEG

Live • Love • Learn

March 9 & 10,
2024



Allan Finkel

Maimonides –
His Life
and Times

limmudwinnipeg.org

Go to arzacanada.org/events to read all about the various events and to register for individual programs.



**WINNIPEG COMMUNITY
VOLUNTEER MISSION TO ISRAEL**

HINENI 2024

May 20-28

- 5 days of intensive volunteer opportunities
- Connect with locals and hear their stories
- Visit various memorials like Hostage Square and Walls of Hope

**INFORMATION NIGHT
AND REGISTRATION BEGINS**

**February 28, 7pm
123 Doncaster St**

**REGISTER HERE:
JEWISHWINNIPEG.ORG/HINENI2024**



Jewish Federation
of Winnipeg



SUPPORTED BY:




Rabbi Benarroch will be the guide and educator for the trip.

Community Programs

SECOND IN A SERIES OF PRESENTATIONS

INTERNATIONAL WOMEN'S DAY

The Modern Jewish
WOMAN
WHO IS SHE?



about the speaker
Rabbi Denise Handlarski is an intermarried Rabbi ordained through the Secular Humanistic Jewish Movement, serving the online community SecularSynagogue.com and the Toronto community Oryanu Congregation for Humanistic Judaism.

Aside from being a Rabbi, she is also an educator, researcher, officiant, community leader, and a labour and birth doula.

JOIN US FOR A DISCUSSION
PRESENTED BY:
RABBI DENISE HANDLARSKI
ORGANIZED BY:
ROSH CHODESH COMMITTEE

MONDAY, MAR. 4, 2024
7:00 PM - 8:30 PM
CT


FREE VIRTUAL: ZOOM LINK WILL BE PROVIDED

REGISTER TODAY
SCAN THE QR CODE,
CALL 204-477-7430, OR E-MAIL
JCFS@JCFSWINNIPEG.ORG

REGISTER NOW 

bit.ly/3SWTifV

THIS EVENT IS FREE AND EVERYONE IS WELCOME TO PARTICIPATE

 **JEWISH FOUNDATION OF MANITOBA**

 **JEWISH CHILD AND FAMILY SERVICE**
Strengthening Lives in Keeping with Jewish Values

UNITY IN COMMUNITY
Trauma Support Group



For young adults, age 18 - 30, impacted by rising antisemitism and the conflict in Israel

When: Every Wednesday from March 6 to 27
6:30 PM - 7:45 PM

Where: Asper Jewish Community Campus
123 Doncaster St.
Conference Room 1

TO REGISTER bit.ly/3SOBvpP  **OR SCAN** 

 **JCFS**

Community Programs



**Israel
Pavilion**
SHALOM SQUARE 2024

**Invites candidates to apply for positions of
Youth and Adult Ambassador**

Do you love your culture and want to share it with other people? Are you passionate about celebrating diversity and learning from other cultures? This opportunity is for you!

Youth must be at least 14 years old by May 1, 2024

Adults must be at least 18 years old by May 1, 2024

Application forms and more info:

Natali Halberthal | 204.477.7533 | nhalberthal@radyjcc.com

Deadline: March 15, 2024



Folklorama

August 4-17, 2024

alternative and traditional burial at
Temple Shalom's

Bet Chaim Mikdash Shalom

on the property of Chapel Lawn Funeral Home

For information call
204-453-1625 Temple Shalom

Memorial Plaques:

Small: \$144 (first base)
Medium: \$180 (second
base of candles
Large: \$360 (on candle
stick)
Flame: \$540

Tree of Life:

Leaf: \$144
Rock: \$900

Tribute Cards

Standard Cards \$18 & \$25

Art cards by Isabel Cheer &
Ruth Livingston
\$36 & up

Funds

General, Building, Music,
School,
Rabbi's Discretionary,
Torah/Book Fund

Penn Torah

One of the Five Books
\$3,600
Parashah - \$900
Biblical Story/Chapter
\$450
Paragraph - \$360
Hashem's Name - \$360
Verse - \$180
Word - \$54
Letter - \$36

Planned Giving and Temple Shalom

Securities: Donate securities, which have matured, but on which you prefer not to pay capital gains. When a security is donated, there is no tax on the capital gain, and a charitable tax receipt is issued for the full amount. This donation benefits you, while helping the Temple.

Israel Bonds: Celebrate by building for the future with the State of Israel's promise of a bond!

Israel Bonds may be given as gifts, in either CDN or US!

Israel Bonds can be registered jointly in the name of Temple Shalom and are 100% self-directed RRSP, RRIF, TFSA & RESP eligible. Pledge cards are available on the table in the lobby near the sanctuary.

Estate Planning: We are grateful to those donors who remember Temple Shalom with Bequests. These gifts contribute significantly to the Temple's long-term financial well-being and help ensure its success in our Jewish Community and as a representative of the Reform Movement in Canada.

As you make plans for your estate, we hope that you will consider a bequest to Temple Shalom.