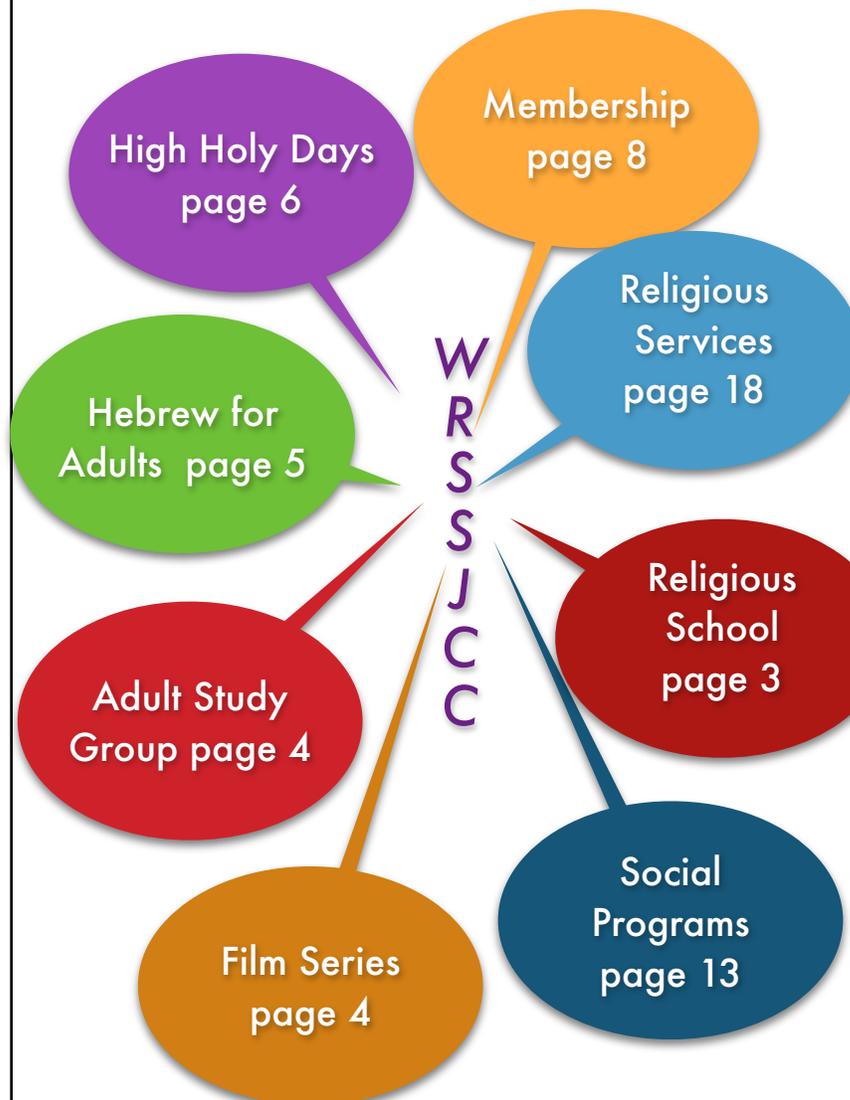


The start of the Jewish year 5777 is still more than a month away but the WRSSJCC year begins in just a few short weeks.

Your Board and other volunteers have been working through the summer to plan a year full of exciting programs and events.

We invite you to be a part of it!



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### August 2016

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## Summer Picnic August 21



See page 5



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Jewish Community Centre

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The *Shaliach*  
is published by the  
White Rock South Surrey  
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Surrey V4P 1B8.  
Tel: 604.541.9995  
Email: [info@wrssjcc.org](mailto:info@wrssjcc.org)  
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Price and others

## Past President's Message



It may sound cliché-ish but, it has truly been an honour to serve as President of the WRSSJCC for the past three years. This was my second term as President, but I can categorically state that the rumours of "Harvey - President for life" are false.

I am very proud of who we are and where the JCC is today. At a time when memberships are shrinking and *shuls* are struggling to get a *minyán* for *Shabbat* Services, our membership is growing and I really can't recall the last time we had less than a *minyán* for a *Shabbat* service. Our educational, religious and, social programs are humming smoothly. These are all thanks to our dedicated teaching team lead by Sarah Richman, our talented Cantor Steve Levin, as well as volunteers leading our Adult Study Group (Jackie Braverman) and Film nights (Barbara Rosen and Jennifer Tater). This past year there has been an increase in the number of volunteers getting involved within our Community. It's an expression that people care. It helps define who we are. It's great to see and much appreciated. Look for many rewarding opportunities to get involved going forward.

(Continued on page 17)



## Incoming President's Message

### Why is a Local Jewish Community Important to You?

Hello everyone. I hope that most of you know me, but I'd like to take this opportunity to introduce myself, since I have recently accepted the position of WRSSJCC President. My name is Aleina, I have two young kids (Mara & Jeren), a full time job, a home in North Delta, and a strong connection to my Judaism and my Jewish Community. Which brings me to the question above. Why is a local Jewish community important to you?



I have been very fortunate in my life, and while there have been some challenging times, there has been far more *nachas*. Through the ups and downs, though, there has been a common thread, one I didn't even realize until a few years ago: through all my life milestones, I found comfort among Jews. As a child in Regina, I attended Hebrew school with just a handful of friends, but those were lifelong connections. *B'nai B'rith* camp in Alberta taught me prayers, songs and celebrations that stick with me even today. When as a teenager I struggled with the lessons of the Holocaust, I chose to go on the March of the Living, and connected with other teens who were similarly trying to find the lessons and joy in the pain of that event. When I left the city where I had grown up to go to university in Vancouver (*The Big City*), I gravitated to the Jewish Students' Society (Hillel House), where far too many hours were passed in kibitzing rather than studying, and I wouldn't trade a single hour of it for

(Continued on page 17)



## Cantorial Notes

— Cantor Steve Levin

### Avinu Malkeinu

*The Classic High Holy Day Prayer*

Dear Friends,

Over the years, I have written articles on many different aspects of the High Holy Days and services. In this year's article, I have decided to focus on just one prayer, the *Avinu Malkeinu*--its history, meaning and music.

*Avinu Malkeinu* is one of those quintessential prayers of the High Holy Days that for many Jews is a defining moment--it stirs in the heart a great emotion and fervour due to its meaning, its music, and deep sense of tradition. Many worshippers over the years have shared with me various reasons why *Avinu Malkeinu* affects them so much. "It feels like returning to one's roots," or "It takes me back to my childhood attending services with my family," or simply, "It makes me feel Jewish."

And of course I share these feelings as well, and as a cantor, it is a great honour, responsibility, and a pleasure for me to lead the congregation in this beautiful and powerful prayer year after year.

*Avinu Malkeinu* (Our Father, our King) is recited at the end of the *Amidah* (standing prayer) before the Torah service on Rosh Hashanah and Yom Kippur. It is also recited on *Kol Nidre* night (Erev Yom Kippur) and *Ne'ilah* (closing of the gates) toward the end of the service.

#### ***If It Worked For Rabbi Akiva . . .***

In the Talmud (T.B. *Ta'anit* 25b) it is recorded that Rabbi Akiva (died 135 CE) recites two verses each beginning "Our Father, our King" in a prayer to end a drought (apparently successfully).

How the prayer was gradually extended to reach its present form or forms is by no means clear. It is very probable that at first there was no set number of verses, no sequence, nor perhaps any fixed text. Apparently an early version had the verses in alphabetic sequence, which would mean 22 verses. The prayer book of *Amnon Gaon* (9th century) had 25 verses. The *Mahzor Vitry* (early



(Continued on page 15)

## WRSSJCC Religious School

— Sarah Richman

**Kindergarten through Grade 7  
Sundays, 9:30am – 12:00 Noon  
beginning September 11, 2016**

### Welcome to the WRSSJCC Religious School.

Our goal is to share the wealth of information, customs and joy that are the hallmarks of our Jewish tradition and to make all children participating in our school feel welcome, safe and important members of our community. Classes are held every Sunday morning from 9:30 am to 12:00 noon (except on holiday weekends).

**Our school is very interactive and students participate in music, Israeli dancing, Jewish cooking, arts and crafts and holiday celebrations.** Highlights of our year include our annual *Hanukkah* celebration (complete with homemade latkes and applesauce), *Tu B'Shevat* Seder and Passover Model Seder, for which our students prepare the *charoset*, *matzah* balls and a special *Pesach* dessert at school before we invite parents to join us at our Seder Table.

We have a library of over 250 children's books on a wide range of subjects and reading levels. We make time for reading on Sunday mornings and students are encouraged to take books home to read, or to have read to them. Parents are invited to browse through our school library when dropping off and picking up their children.

Each week we gather as a whole school to enjoy a snack in the middle of the morning and we practice the appropriate blessings for bread, cake or cookies, fruit and/or vegetables before enjoying our treat.

We're looking forward to another great year of learning and celebrating our wonderful traditions together.

**A complete school calendar for the year may be found on page 18.**



*The Religious School celebrates Simchat Torah*

# ADULT STUDY GROUP

— Jackie Braverman

FIRST SESSION - MONDAY, NOVEMBER 7, 7:30PM



The Adult Study Group meets one evening a month at the WRSSJCC and provides a welcome forum for vibrant discussion and individual leadership. Discussions cover a wide range of Jewish-related topics, all of which are selected by the group. Each topic has a key person who researches the subject, sends out information, and facilitates the ensuing discussion. The best evidence of how lively and stimulating our evenings are is that they never end on time!

Our topics vary widely, as does our format. We see movies, read books, hear speakers and glean information from the Internet. This year we enjoyed a vibrant discussion after watching the Israeli movie, *The Gett*, presented by the film group. The story involved women's rights in Israel, and some of our members also went into Vancouver several weeks later to hear a speaker address this subject at Temple Shalom. We plan to discuss at least two movie selections from the film group in the coming year.

We also read all or part of three non-fiction books: *God in Search of Man* by the renowned philosopher, Abraham Joshua Heschel, *The Sunflower*, a treatise on forgiveness written by famed Nazi hunter, Simon Weisenthal and *The Death of Death - Jewish theology and life after death* written by Neil Gilman. Soon after the Gilman discussion, we heard a guest speaker at the WRSSJCC (Doron Kornbluth) talk about Jewish burial customs, which furthered our discussion of the Jewish perspective on death and the afterlife. We ended the year with two sessions on ancient Israel, with a hands-on experience, with different Bible passages and an historical review based on recent scholarly research.

Sessions are open to members and non-members alike, and are guaranteed to peak your interest and stimulate your thinking.

# A New Year of Great Films

— Barbara Rosen & Jennifer Tater

The WRSSJCC Film Series showed a number of films on a variety of Jewish themes this year. Attendance varied from as few as 10 (still a minyan) to as many as 25.

There is a real sense of community shared when sitting together and watching these movies, along with the refreshments and discussion that follows each film.

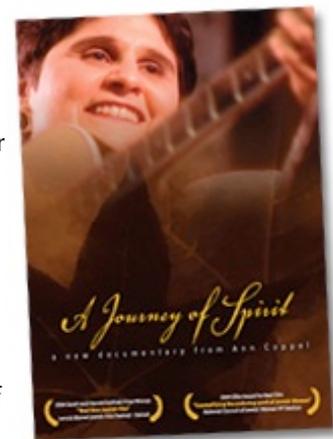
Several of the films were used as springboards for discussion at the Adult Study Group. *'The Gett'*, which started off the season, also tied into a presentation at Temple Shalom, focusing on the impact on women of the restrictive laws established by the Orthodox Rabbis. This presentation was given by the renowned Anat Hoffman, a vociferous Human Rights Lawyer in Israel who has worked tirelessly to address this issue.

The other films presented this season were:

- *A Borrowed Identity* – a poignant film about a Palestinian boy who is given the chance to attend a prestigious Jewish boarding school in Jerusalem;
- *Above and Beyond* – a superb documentary about the founding of the Israeli Air Force; and
- *Ida* – an award winning film set in Poland in the 1960's about a young woman who is about to take her vows<sup>4</sup> as a nun when she learns about her Jewish heritage.

The WRSSJCC film committee is already gearing up for the 2016 - 2017 film season and bringing more wonderful films to our community. At the recent AGM, suggestions were made regarding film showings directed towards families, as well as special film nights focusing on films of interest to youth.

We hope to start off with ***A Journey of Spirit***, a wonderful documentary that tells the story of the remarkable singer, songwriter and guitarist, Debbie Friedman. For children and adults alike, Debbie Friedman's music is living Judaism. With her honest, pure voice as their guide, a whole generation of Jews have come to embrace the liturgy through her melodies. Here they find relevance and meaning in the words of the prophets, the messages of ancient rabbis, and the sacred texts of the Jewish religion.



## Living a Jewish Life

Rabbi Adam Grossman  
CEO, University of Florida Hillel

Living a Jewish life is much more multidimensional than a definition based solely on belief and observance. Judaism is a holistic pursuit with betterment in multiple avenues necessary to find *sh'leimut*, "wholeness" and "completeness." Each component is instrumental. Yet no one aspect is more important than another, and working exclusively with one at the expense of the others is detrimental to one's Jewish life. These components include:



- Education: Nourish the need for intellectual stimulation
- Emotional: Be aware of your emotions and deal with stress
- Faith: Build a relationship with God, others and traditions
- Health: Manage your physical health and seek the necessary medical care
- Kinetic: Find ways to appreciate physical activity
- Love: Share experiences and support with those closest to you
- Nosh: Develop healthy eating habits and make positive food choices
- Rest: Recognize the weekly need to take down time
- Righteousness: Donate a portion of your earnings to those less fortunate
- Service: Make an impact in the world by performing acts of loving-kindness
- Work: Appreciate your strengths and those found within others

These pursuits form a circle of well-being. Living Jewishly is the constant drive toward balancing these various components - filling up that which is empty and sustaining that which is full. The first-century Jewish philosopher, Philo, expressed, "The body is the soul's house. Shouldn't we therefore take care of our house so that it doesn't fall into ruin?" With daily work, patience and practice, our purpose is to complete the circle and with it find *sh'leimut*, wholeness, in every aspect of life.

**Yes you can -**

## LEARN TO READ HEBREW

Did you miss out on Hebrew Lessons as a child, and now as an adult, feel that your lack of a Hebrew education hinders participation in the services? Are you concerned that you will not be able to assist your child as he or she prepares for their *Bar* or *Bat Mitzvah*?

Using the proven **Hebrew Reading Crash Course** developed by the National Jewish Outreach Program, and taught by an experienced teacher, Sarah Richman, everyone can learn to read – decode – Hebrew in a short period of time.

Hebrew is a very phonetic language and once you unlock the key by learning the *aleph-bet* and the *nickoodote* (vowels) you can read (decode) almost any Hebrew document. The Crash Course is designed to enable you to follow along in the *Siddur* (prayer book) during services, and the course book builds a repertoire of sight-words to speed you along through the process.

The course is taught in a series of hour-and-a half sessions, held weekly over the course of 10 weeks. Please contact the WRSSJCC at [info@wrssjcc.org](mailto:info@wrssjcc.org) or 604.541.9995 if you are interested in attending a Hebrew Reading Crash Course.

## Welcome Picnic -

Sunday, August 21, 3:00 - 6:00pm

Current members and others interested in connecting with their local Jewish Community are invited to this no-cost event.

Bring the family, friends, visiting relatives, and dogs, if you have them.

If you know any Jewish families in the area who are not WRSSJCC members, invite them to come along!



PJ Library will be there with two hours of activities for young children!

Please RSVP by August 18 at our website  
<http://wrssjcc.org/event-2278648>  
so we know how much food to provide.

# High Holy Days

## High Holy Day Services

Oct 2, 7:00pm	Erev Rosh HaShanah
Oct 3, 10:00am	Rosh HaShanah I
Oct 4, 10:00am	Rosh HaShanah II
Oct 11, 6:30pm	Kol Nidrei
Oct 12, 10:00am	Yom Kippur morning service / Yizkor
Oct 12, 5:15pm	Mincha / Ne'ilah / Havdalah
Oct 12, 7:15pm	Shofar - End of Yom Kippur services



## HOLIDAY GREETINGS DE-MYSTIFIED

The most common forms of greeting between Jews involve a reference to peace:

*Shalom*, 'peace', *Shalom Aleikhem*, 'peace be to you', or *Shabbat Shalom*, 'a peaceful *Shabbat*'.

On festivals, people greet each other with

*Chag Sameach*, 'a happy festival', or with the Yiddish

'*Gut Yontov*', literally, 'a good good-day'.

On *Rosh HaShanah* and *Yom Kippur*, the short greeting is

*Shanah Tovah*, 'a good year' or

*Shanah Tovah U'metukah*, 'a good and sweet year'.

Longer forms are

*Shanah Tovah Tikatevu*, 'may you be inscribed for a good year (in the Book of Life)', or

*Shanah Tovah Tikatevu ve Techatemu*, 'may you be inscribed and sealed for a good year'.

YOM KIPPUR  
EAT PRAY LOVE

## FAST TIPS

— Carol Read

We're required to fast on *Yom Kippur* from sundown to sundown. As the days get shorter in the autumn, in theory this fast ends within 24 hours. In practical terms, however, it's usually about 26 hours without food or water. Jewish law forbids fasting for pregnant women, children, or those with a medical condition that would make fasting dangerous. Please check with your doctor if you're unsure about fasting. Otherwise, here are some tips off the internet to make fasting less unpleasant:

1. If you've got a caffeine habit, cut down gradually in the weeks before *Yom Kippur*, until you go without caffeine for a few days before the fast. Please note, decaf coffee is really just reduced-caffeine coffee. Chocolate, especially dark chocolate, also has caffeine.
2. For two or three days before the fast, eat more than your usual amounts of fruits, vegetables, and whole grains; stay away from junk food. Sip extra water.
3. Resist the temptation to overeat right before the fast. Overeating now causes more hunger later.
4. Have lots of protein in your final meal before the fast; drink plenty of water. The protein will stave off hunger.
5. On *Yom Kippur*, spend time with others who are fasting, if possible.
6. While fasting, you're obliged under Jewish law to take your usual prescription medicines, with water. The preservation of life is the highest *mitzvah*.
7. Break the fast gradually and again resist the temptation to overeat. Chew food thoroughly and rehydrate with water or juice. (Caffeine and alcohol dehydrate your body.)

# High Holy Days

## Some Rosh HaShanahs in History

— Carol Read

**Friday evening, September 30, 1492:** *Erev Rosh Hashanah* begins in a Spain that's officially Jew-free. On March 31 that year, the Alhambra Decree, also known as the Edict of Expulsion, ordered all practicing Jews from Spain to leave Spain by the last day of July, which turned out to be one day before Tisha B'Av. Up to 250,000 Jews convert and remain . . . but how many secretly observe the Jewish New Year?

**Sunday evening, September 14, 1738:** *Erev Rosh Hahanah* begins as the Christian day of rest ends in Quebec City. Under a 1663 edict by King Louis XIV, only Roman Catholics are allowed to live in New France. But in 1738, a French Jewish girl, Esther Brandeau, disguised herself as a boy, "Jacques La Fargue," and sailed on the *St-Michel* to Quebec City. She was quickly discovered and taken to the Hôpital Général. Now Esther has refused to convert. How does she feel on this day, without Jewish family or friends? For sure, the food she gets isn't kosher. By next year, however, she'll be back in France.

**Friday evening, September 12, 1749:** *Erev Rosh Hashanah* begins. A Jew, Samuel Jacobs, supplies British army officers at Halifax, Nova Scotia. The army that will defeat France in the New World includes a number of Jews. How does Samuel observe the Jewish New Year? At least some of the army men come from the colony of Massachusetts, a place founded by Puritans. As part of their commitment to reading the Bible, Puritan men learned Hebrew, as well as Greek and Latin. Over a hundred years later, do their descendants know the language of Samuel's people? Does Samuel enjoy their company, or find them too dogmatic? Whatever happens on this Rosh Hashanah, Samuel is to end up in Quebec, married to a Catholic woman and raising his children in his wife's faith.

**Wednesday evening, September 9, 1808:** Many French Jews begin *Rosh Hashanah* with considerable financial worries. On March 17, 1808, Napoleon issued the *décret infame*, which annulled, reduced, or postponed all debts with Jews. Now the Jewish community is in a state of near collapse. Meanwhile, Napoleon continues his efforts to emancipate Jews in the countries he conquered. Napoleon has an agenda for the Jews they might not want for themselves: assimilation. At least, Jews don't need to live in the ghetto.

**Wednesday evening, September 8, 1831:** Jews in Lower Canada begin *Erev Rosh Hashanah* with more rights than any other Jews under the Union Jack. Earlier that year, the French-Canadian politician, Louis-Joseph Papineau sponsored a law granting full equivalent political rights for Jews — 27 years before anywhere else in the British Empire.

**Wednesday evening, September 5, 1888:** Twilight settles on Cincinnati, Ohio, and a revolutionary matzo-making company. The company owner, Rabbi Dov Behr Abramson, was born in Russia in 1857. He migrated with the passport of a dead man named Manischewitz. Once in America, the rabbi invents square matzos. He reckons square crackers pack and ship easier than the traditional round ones. Soon his new identity, Manischewitz, will become synonymous with kosher food.

**Friday night, August 24, 1918:** Jews in Rostov begin their first *Rosh Hashanah* under the occupation of the Soviet Army. The future father of WRSSJCC member Bill Benjamin, Isaiah Benjaminovitch is now an engineering student. Already he hates Communism. He'll never forget the dead bodies the Bolsheviks hang from lampposts as a warning to the population: behave. Four years earlier, at the start of World War I, almost four million Jews lived in what became the territory of the eastern front. The Czarist Army deported some 600,000 of them. (The Russian government didn't trust the people it had mistreated for so long.) Then the Bolshevik Revolution broke out in 1917. Now Jews themselves in fresh peril: blamed by the Czarist Russians for Bolshevism . . . and in danger from the brutal, victorious Soviets. Where to go? Once Germany offers unconditional

(Continued on page 14)



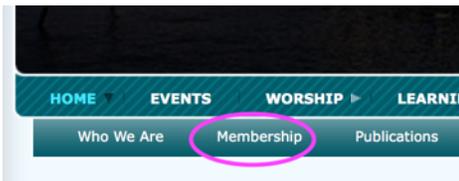
# The WRSSJCC Wants You!



**If you're already a member**, it's time to renew your membership for the 2016-2017 year. Remember that seats for all High Holy Day services for your immediate family are included with a family membership. Membership also includes participation in all religious, educational, cultural and social programs, and the heart-warming feeling that comes from knowing that your dues are helping to keep the WRSSJCC strong.

**RENEW NOW!**

It's easy to renew your membership online. Just go to the WRSSJCC website, [wrssjcc.org](http://wrssjcc.org), click on "Membership" in the second menu line below the picture. This will take you to the Membership page. Then just follow the instructions there.



**If you're not currently a member**, join now so that you can take advantage of our programs and events all year long. Most of these are described throughout this issue of the *Shaliach*. Membership is especially important if you are new to the area and/or have children. Joining the WRSSJCC will give you immediate access to a whole community of Jewish families in this area. Your children will have the priceless opportunity of meeting other young Jews while they learn about their heritage in our outstanding school. Whatever your age, from preschool to senior, the WRSSJCC provides a warm, friendly community for worship, learning and socializing.

**Join Us!**

**We know all about the high cost of housing in our area. To help reduce the pain, we are pleased to offer a 50% discount on your first year's membership fee.**

Just call us at 604.541.9995 or send an email to [membership@wrssjcc.org](mailto:membership@wrssjcc.org), and someone will contact you to discuss how you can become a part of the WRSSJCC community.

## WRSSJCC Online

— Bob Goldstein

Several years ago, the WRSSJCC introduced a new web-based system for managing our activities and providing services to members. Important new features have been added since then, so it seems appropriate to bring everyone up to date on what it can do for you now.

### Information Available Online to Anyone

Much information about the WRSSJCC is available online where anyone who has access to the internet can look at it. In fact, the website has become the most common way that non-members, including families new to our area, find out about us.

Information in this "public" part of the website includes descriptions of our history, religious services, educational programs, community activities, social/cultural programs, and fundraising, as well as information on becoming a member and a complete calendar of upcoming events.

### Information Available Only to Members

We have the capability to place information on our website that can only be seen by members. We have not made much use of this capability in the past, but will be from now on.

### Online Services

During the past year, we added a comprehensive ability to process financial transactions online. You may have noticed that you are now able to purchase tickets for events such as our Community Seder via the web. You can also purchase gift cards for local merchants and make donations to the WRSSJCC. Beginning this fall, current members will be able to renew their membership online. This should not only be more convenient than the old way, but saves the not-insignificant cost of distributing and mailing membership packages to everyone (as well as being immune to disruption in postal services).

We have frequently heard from members who own businesses that they would like a way to advertise to the WRSSJCC community. This year, we expect to add a Business Directory that will list member-owned businesses at no cost. Non-member businesses will be able to purchase a listing.



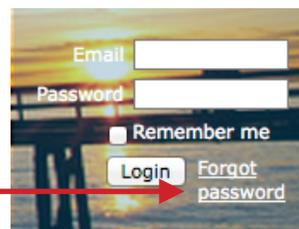
**The next four page section contains a quick guide to using our online system. You can loosen the staples and easily remove this section to save for reference.**



## How to Use our Web Services

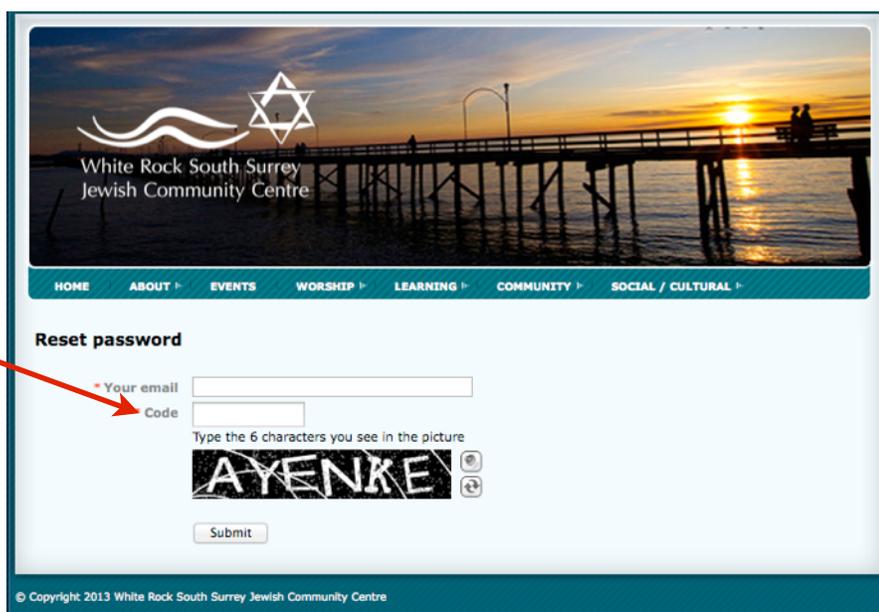
Anyone can go to our website, [www.wrssjcc.org](http://www.wrssjcc.org) and see all of our *public* information. However, access to member-only information and services requires a password.

**How do you get a password?** The first time you try to log in, you will not have a password. We don't give it to you; you choose it for yourself. Start by typing your email address in the login box in the upper right corner of the home page. Then click on "Forgot password".



This will take you to the "Reset Password" screen. Enter your email address again and then type the 6 funny-looking characters you see in the box into the "Code" space.

This is a security feature to ensure that you are a human being and not a computer somewhere trying to change your password. Shortly after you click "Submit", you will receive an email containing a link. Click on that link to get to a screen where you can choose your password. The password must contain between 7 and 50 characters. You may use any letters, numbers and other characters **except spaces**.

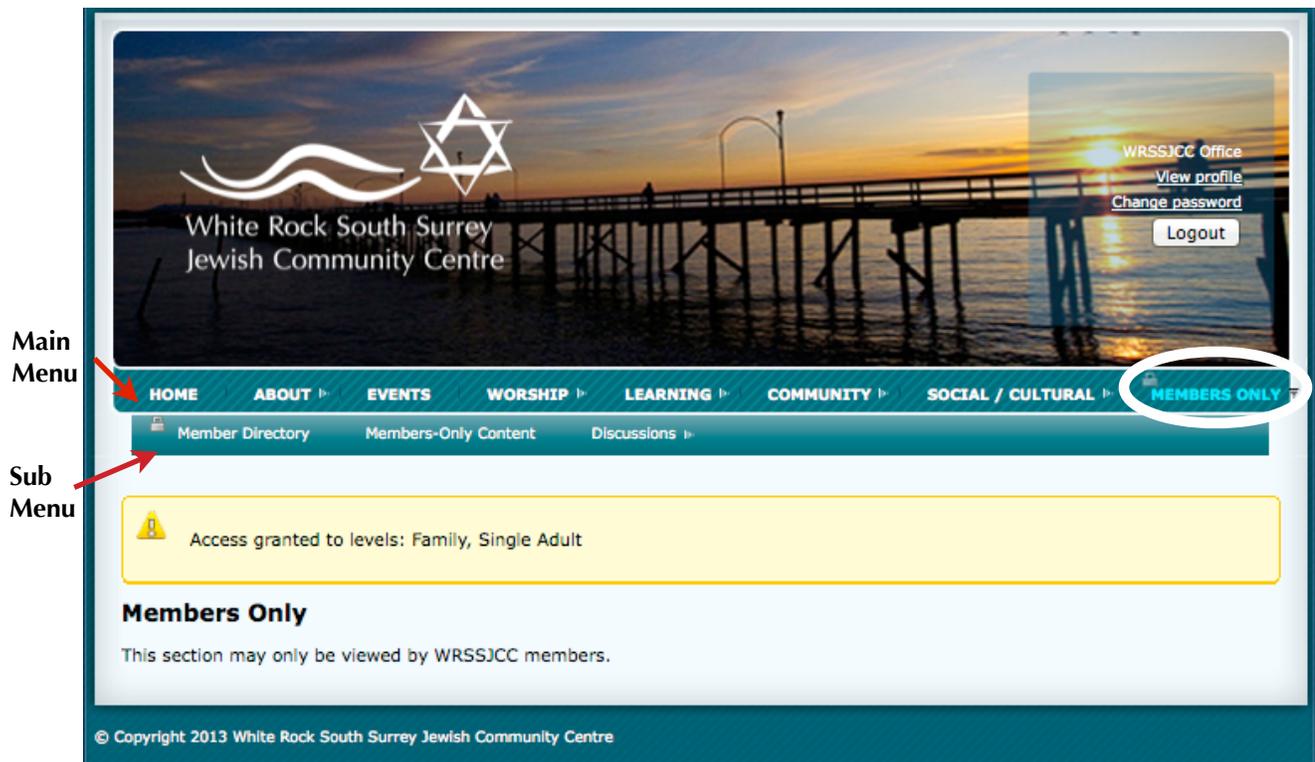


**Note: If you see "Error warning: Email not found" in a pink box instead of the password instructions, that means that either you typed your email address incorrectly and you should try again -- or that we do not have your correct email address in our records. In this case, please email [admin@wrssjcc.org](mailto:admin@wrssjcc.org) for assistance.**

Once you have created your password, you can login to the *Members Only* area any time by just typing your email address and password into the login box and clicking on "Login". There is no need to login at all if you just wish to use the public part of our site.

You can change your password any time you are logged in by clicking on "Change password" in the login box.

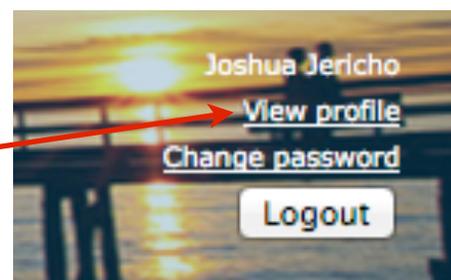
**After you log in:** You will see something like this:



The line directly below the picture is called the “Main Menu”. This lists the major sections of the website. If a section has sub-sections within it, these are shown on a “sub-menu” on a line below. The **MEMBERS ONLY** section is the last one on the far right of the Main Menu. It has three sub-sections as shown on its sub-menu. If you look back at the photo on the previous page, you will not find any of this. Until you have successfully logged in, *you can not even tell that there is a Members Only section!*

When you first login, you are taken to the **MEMBERS ONLY** section but you can click on any of the other sections or sub-sections and come back to the “Members Only” section whenever you wish. If a section name has a small triangle to the right, that section has sub-sections. Move your cursor over the section name (**without clicking**) to make the names of its sub-sections appear. When you see the name of the page you want, point the mouse at it and **click**.

**Your Profile:** One of the things you will certainly want to do from time to time is check the information we have stored about you. To do this, go back to the login box in the upper right corner of a window and click on “View profile”. This will take you to a screen called “My profile”.



**The “My Profile” Screen:** There is a lot of information on this screen.

First look at the third line from the top starting with the word “**Profile**” in red.

- Clicking on the word “**Privacy**” takes you to a screen which lists all of the items of information in your record and allows you to check off “**Anybody**” or “**Members**” or “**No access**” for each one. Unless you change these settings, nobody can see any of your data except your first and last name and a special form which allows other *members* to send emails to you without having to know your actual email address. Unless you have some particular reason to give others access to your information, we recommend leaving these settings unchanged.
- Clicking on “**Email subscriptions**” allows you to control what emails you will receive from the WRSSJCC.
- Clicking on “**Invoices and payments**” takes you to a screen that gives information about every financial transaction you have had with the WRSSJCC that was processed through the system.

Now, look at the bottom two sections. The first of the two lower sections - the one without a title - contains **Contact Information**. This is how we are able to get in touch with you by telephone, email or postal mail.

Below that is the **Personal Information** that you have given us.

If you see anything in these two sections that is missing or incorrect, don’t call or email us - just fix it yourself! Click on the “**Edit profile**” box right at the top. This will take you to a window, the important part of which is shown on the next page.

It is not necessary to do anything with the other sections now. We will explain their functions later when you may need them.

**My profile**

[Edit profile](#) [My directory profile](#)

[Profile](#) [Privacy](#) [Email subscriptions](#) [Invoices and payments](#)

---

**Membership details**

**Membership level** Family - \$690.00 (CAD)  
Bundle (unlimited)  
Subscription period: 1 year, on: September 1st  
No recurring payments

**Membership status** Active

**Member since** 30 Jul 2013

**Renewal due on** 01 Sep 2014

---

**Bundle summary**

**Used so far** 1

[Add member](#)

---

**User ID** 10538489

**Family** Test Family

**Salutation** Mr.

**First name** Joshua

**Last name** Jericho

**e-Mail** [new@wrssjcc.org](mailto:new@wrssjcc.org)

**Phone** 605-555-1234

**Street Address** 3033 King George Blvd.

**City** Surrey

**Province State** BC

**Postal Code** V4P 1B8

**Contact Notes**

---

**Personal information**

**Adult/Child** Adult

**Sex** M

**Birth Month** Sep

**Birth Day** 5

**Birth Year**

**Mobile Telephone**

**Hebrew Name** Yehoshua

**Father's Name** Isaac

**Father's Hebrew Name** Yitzhak

**Father's Yahrzeit Date**

**Mother's Name** Ruth

**Mother's Hebrew Name**

**Mother's Yahrzeit Date**

**Observe Yahrzeits on** Hebrew date

**Member Since**

## The “Edit Profile”

**Screen:** This window has the same information as the previous one, but in a form that allows you to change it. Move your cursor to any of the boxes where the information is missing or incorrect, make the necessary corrections, and then click the “Save” button at the bottom. If you start to make changes and then change your mind for any reason, just click the “Cancel” button instead and nothing will be changed.

When you click “Save” or “Cancel”, you go back to the View Profile page so that you can check that the information is now correct.

At this point, you can do anything else you want on the website, or move your cursor back to the login box in the upper right and click “Logout”. After you log out, you can’t do anything in the Members Only area, but you can still use the parts of the site that are open to the public.

User ID 10538489 This field is generated automatically and cannot be changed

Family

Salutation  Dr.  
 Mr.  
 Mrs.  
 Ms.

First name

Last name

e-Mail

Phone

Street Address

City

Province/State

Postal Code   
Example: "V4P 1B8"

Contact Notes

### Personal Information

Sex  M  
 F

Birth Month

Birth Day

Birth Year

Only required for CHILDREN

Mobile Telephone

Hebrew Name

Father's Name

Father's Hebrew Name

Father's Yahrzeit Date   
Enter Hebrew date, if known, or secular date and we will calculate the Hebrew date.

Mother's Name

Mother's Hebrew Name

Mother's Yahrzeit Date   
Enter Hebrew date if known, or secular date and we will calculate the Hebrew date.

Observe Yahrzeits on  Hebrew date  
 Secular date

Member Since   
Year joined WR/SS JCC

## Does your family eat food? Then, why aren't you participating in the WRSSJCC Gift Card Program?

The program has been in place for several years now, and although it produces a consistent stream of revenue, usage has been far below expectations.

### How the Program Works

Most large retailers, and many smaller ones, allow us to purchase gift cards from them at discounts which range up to 10%. We re-sell the cards at face value and the WRSSJCC keeps the difference.

### What Does it Cost You to Participate?

Consider a \$100 supermarket purchase. If you normally pay for your groceries by cash or cheque, there is absolutely no cost to you at all. You simply buy the gift card from us and then use it at the store. The WRSSJCC earns up to \$10 depending on the store. You earn exactly the same "frequent shopper" benefits as before. If you normally pay by debit card, you may actually save money depending on what your bank charges for debit transactions.

But what if you normally use a credit card that gives you points or a cash rebate? Using one of these cards, you may save up to \$1 on a \$100 grocery purchase. With our gift card program, you lose that \$1, but the WRSSJCC earns \$10. You may consider that a worthwhile trade-off!

### We Make it Easy for You!

Most organizations that sell gift cards have a big sales push a few times a year. Customers fill out an order form, enclose a cheque, and a week or two later, receive their cards. However, the WRSSJCC keeps a stock of the most popular cards. You can place your order and pay through our website and receive the cards almost immediately. Don't use the internet? Call in your order to 604.541.9995.

### What Cards Can You Get?

We currently stock cards for **Choices Markets**, **Safeway**, and **Save-On Foods**. We are usually able to get cards that we don't have in stock within a week.

### How Important is This?

**If every family spent \$200 per month using gift cards, the WRSSJCC would receive well over \$10,000 per year!**



## Possible Expansion of our Gift Card Program

Since we initiated our gift card program some years ago, a couple of new stores have opened in the White Rock South Surrey area. We might be able to extend our program to include Thrifty Foods and Nature's Fare.

Nature's Fare recently opened in the former Shoppers Drug Mart location at North Bluff Avenue and Johnston Road. Their produce is always certified organic and from local farmers when in season.



Thrifty Foods, in Morgan Crossing, is a full-service supermarket featuring local suppliers, Sterling Silver beef, sustainable seafood, and organic and fair trade products.

If you currently shop at these stores, let us know. Email [info@wrssjcc.org](mailto:info@wrssjcc.org) or call 604.541.9995. If there is enough interest, we will explore the possibility of including them in our Gift Card program.



## WRSSJCC Social Programs

We are coming up on the start of a new year! The holidays are all late this year (*Hanukkah* and Christmas will coincide - which has immense benefits for working parents), which gives us time to get into the swing of things even before the High Holy Days roll around.

Our annual summer barbeque is Aug 21<sup>st</sup>, and we hope that everyone will come, and bring friends! This is a great opportunity to re-connect with your community, meet new friends, and introduce others to the WRSSJCC. This year will be extra fun for families with little kids, as PJ Library will be joining us to run some activities for the younger set.

Throughout the year, there will be movie nights, family *Shabbat* dinners (pot luck!), awesome holiday parties, adult education sessions, a Community Passover *Seder* (of course) and much more. There will also be a focus on outreach this year - identifying connections with other Jewish Community Centres and synagogues, building together with them, and bringing new people in the White Rock, South Surrey, Delta and even Fraser Valley communities out to join us.

Please keep an eye on the Event Calendar on our website, and, even better, drop us a line and get involved with planning our events! Now you can also follow us on Facebook as well. **Get connected and stay tuned.**

## Some Rosh HaShanahs in History (from p.7)

surrender in November 1918, Germans too will blame the Jews for what went wrong.

**Monday evening, September 26, 1927:** Rosh Hashanah begins and the Monarch Wine Company now makes kosher wine in Canandaigua, New York. Leo Star founds the winery, which is run by his family to this day. The company uses fox grapes (labrusca grapes), a vine native to eastern North America. These plants withstand harsh winters and hot, humid summers. Indeed, they're so sturdy they're described as "weedy and invasive." The wine is harsh and needs to be sweetened with corn syrup. It's a "foxy wine."

**Friday evening, September 7, 1945:** Bill Benjamin's future stepmother, Shulamit, begins her first Rosh Hashanah in freedom. A survivor of Stutthoff Concentration Camp, Shulamit managed to find her daughter, Aviva, after the war. She and her husband had smuggled Aviva out of Siauliai Ghetto, into the care of Lithuanian friends. By September, mother and daughter may already live in Munich. Sula will spend four years at the music conservatory there, getting a degree she already has. The papers for her previous degree, earned in Lithuania, have been lost in the war.

**Sunday evening, September 14, 1947:** Candlelight sparks off wine glasses across America and makes mysterious that dark purple liquid inside. On the sideboard, half-full bottles of Manischewitz stand, the first such in history. The bottles are somewhat square . . . like the matzo, shaped for distributing to Jews everywhere. Manischewitz has "lent its name" to the Monarch Wine Company. The wine itself has been made for two decades, but now it's part of the Manischewitz group of kosher food items.

**Sunday evening, October 3, 1948:** Israelis celebrate their first Rosh Hashanah as an independent country. Moshe Dayan, an atheist born on the first kibbutz, is 33 years old and a seasoned soldier. He already wears an eye patch. He lost his left eye in 1942 in Syria, when he served in a mission to obtain strategic bridges for the British. What does Moshe do on this day? Conditions are primitive in the new state: there isn't even toilet paper. Meanwhile, no doubt there are Canadian Jews in Israel too . . . perhaps some trained at Camp Hatikvah in Crescent Beach, here on the Peninsula. In 1937, the National Council of Jewish Women founded the camp as a summer place for Jewish children. In 1946, the Zionist Organization of BC took it over and renamed it Camp Hatikvah. Jewish men trained there before going to fight in Israel's War of Independence.

## Great News for Teens!



WRSSJCC secondary school students have been welcomed into Temple Sholom Youth (TSY) and NFTY (pronounced "nifty") the National Federation of Temple Youth. TSY holds monthly activities to bring teens together for fun, friendship, religious and cultural events on Saturday evenings and Sunday afternoons. Please call the WRSSJCC office at 604.541.9995 or email [info@wrssjcc.org](mailto:info@wrssjcc.org) if you would like to be added to the mailing list for Teen activities.



## Tzedakah

The beginning of a new year is a time to reflect on our support for the Jewish community and those in need within it and our larger society. It seems we are continually bombarded with requests for support from all sorts of organizations. What does Judaism have to say about

"giving"? What does the concept of *Tzedakah* mean in our tradition?

It is derived from the Hebrew word *tzedek*, meaning "justice" or what is right. Giving to those who are in need is not viewed as a generous, magnanimous act; it is simply an act of justice and righteousness in which we should all participate.

Here's an easy way to help make life a little more pleasant for people less fortunate than ourselves.

Most of us bring our own toiletries along when we travel. If you happen to stay in a hotel that provides complimentary soaps, shampoo, conditioner, etc., how about using your own toiletries and bringing these unopened complimentary items home with you to donate to a local shelter. Dentists usually give their patients a toothbrush and sample sized toothpaste and/or dental floss after each visit. You and your children can participate in this act of *tzedakah* by donating these items. There is a basket at the JCC to collect these soaps, shampoos, toothbrushes, etc.

***Of course, cash is also always welcome!***

12th century) has more than 40 verses and added the explanation that the prayer accumulated additional verses that were added ad hoc on various occasions and thereafter retained. The *Mahzor* we use at the WRSSJCC (Rabbinical Assembly, Harlow edition) has 30 verses.

### **Multiple Verses**

There are five verses (15-19) which we traditionally recite responsively. In each of these five verses we ask to be inscribed in a book. The word "*kotveinu*" (inscribe us) changes at *Ne'ilah* (closing service) to "*chotmeinu*" (seal us).

In Uziel Meisel's "*Tiferet Uziel*" we read that the five petitions of "inscribe us in a book" correspond to the Five Books of Moses. The first, "Inscribe us in the book of happy life" corresponds to the Book of Genesis, in which the creation of all things, meaning life, is spoken of. The second, "inscribe us in the book of redemption and salvation" corresponds to the Book of Exodus, which speaks of the redemption from Egypt. "Inscribe us in the book of maintenance and sustenance" corresponds to the Book of Leviticus, for the essence of sustenance must be in holiness. "Inscribe us in the book of aiding merit" corresponds to the Book of Numbers, which speaks of the Twelve Tribes that camped near their standards, every tribe being a Chariot to its root, that is to say, the patriarchs and matriarchs, because of whose aiding merit we are alive. "Inscribe us in the book of forgiveness and pardon" corresponds to the Book of Deuteronomy, in which Moses upbraids Israel for all they did that was wrong, and which contains the scriptural portion of *teshuvah* (repentance), by means of which we merit forgiveness and pardon.

Jacob ben Wolf Kranz, known as the *Maggid* of Dubno, a Hasidic master and teacher (1741-1804), relates this story:

A retail merchant who dealt in fabrics made his way to his wholesale supplier to buy the goods he needed for his business. The wholesaler instructed his workers to wait on the merchant and to bring him all that he ordered. Standing in the middle of the warehouse, the merchant bellowed all sorts of orders and requests.

"I want 1,000 yards of that cloth, 2,000 yards of the blue velvet, 3,000 yards of that white silk," he shouted, and on and on he went, requesting many other items. When it came time to total up the price of the goods and to pay the bill, the merchant took the wholesaler to the side and, very embarrassed, whispered in his ear: "Listen, I can't give you any money for this right now. Please allow me credit until I can pay you."

So it is with us, said the Dubno *Maggid*. We shout out all sorts of requests to God in the *Avinu Malkeinu* prayer. We want forgiveness, health, a good life, wealth, redemption, and many other things. But when it comes down to the last verse (to pay the bill, so to speak), we whisper: "Our Father, our King, be gracious to us and answer us, though we have no worthy deeds (with which to pay You for our large order) please grant us charity and kindness, and save us.

### **The Music**

The traditional melody beloved by so many Jews and sung in so many congregations throughout the world, is sung in unison and is a folk-tune, its date and authorship unknown. The melody is sung to the words of the last line of the prayer, after which the Ark is closed and the congregation is seated. This simple, wistful, wonderful old tune, filled with such longing and heartfelt devotion, is one of the best-known Jewish religious melodies in the entire liturgy. It is sung in a gentle 6/8 meter (think a slow hickory-dickory), using a musical scale found in much Jewish music, for example the iconic *Hava Nagilah*. And its popularity is not only shared by Jews. There are many examples of its use in other musical genres. Here are a few examples:

--the band Mogwai's instrumental "My Father My King" is a setting of the main melody to *Avinu Malkeinu*.

--the duo Shlomit and Rebbesoul perform an acoustic version on their debut album, *The Seal of Solomon* (2015)

--the band Phish plays the song in a 5/4 time signature (titled *Avenu Malkenu*.)

--Barbra Streisand recorded the song based on the setting by composer Max Janowski. (There is a remix by Offer Nissim.)

--in the 1992 film "School Ties," the headmaster of the WASP elitist prep school walks in on David Greene reciting *Avinu Malkeinu* on Rosh Hashanah. (David is a Jewish student on an athletic scholarship to the school who deals with antisemitism by practicing Judaism clandestinely.)

--the prayer appears on the 2002 album *Zen Church* by sisters Suzzy and Maggie Roche as "*Aveenu Malcainu*".)

--the singer/songwriter Lior sings the song on his live album *Doorways of my Mind* (2006)

--singer Lena Mandotter recorded the song on her album *Songs from the River* (2009)

--in 2013, Stephen DeCesare, a Roman Catholic composer, wrote a version dedicated to Cantor Fred Scheff of Temple Shalom in Middletown, Rhode Island.

(Continued on page 16)

## *Cantorial Notes* (con'd from page 15)

--the Israeli heavy-metal band Orphaned Land incorporates *Avinu Malkeinu* into their song "Our Own Messiah" from their 2013 album "All is One."

I have a special memory from long ago during my college days when I was appearing in a light opera production in Los Angeles and myself, the other tenor lead, and three other cast members were relaxing in the green room during a break at the final dress rehearsal. It was a month after the High Holy Days. I was not a cantor yet but was a professional soloist in the synagogue choir of a large congregation. Anyhow, while relaxing in the green room my colleague--a practicing Christian--who was the other tenor lead, began singing *Avinu Malkeinu*. I joined in and the two of us sang and harmonized and the rest of the cast started humming along. It was quite a moment.

It turned out my colleague also had a High Holy Day choir gig at another synagogue and he told me how much he loved the *Avinu Malkeinu*, and was so moved by it he could not forget it.

The other tune I grew up hearing was the beautiful setting by composer Max Janowski, published in the 1960's. The melody begins simply enough, the notes rising and falling quietly, echoed by the choir (or instrumental accompaniment,) then modulating higher and higher, louder and louder, and a low note drums like a tolling of a bell or a slow march. His harmonies reveal a jazz influence which is both subtle and seductive. The melody peaks with a plea for a good year, and then gently concludes with the request that our voices be heard.

For the first ten years or more of my career as a professional *chazzan*, I sorely missed hearing the Janowski version as the congregations where I served preferred the traditional folk-tune. But after arriving at the WRSSJCC I found the perfect solution, due to our community's support and embracing of music. I decided, "Why not have both?" And happily, it has become a tradition.

I look forward to seeing all of you at our High Holy Day services and I wish each of you my very best wishes for a good and sweet New Year.

*L'Shana Tova umetukah!*

*Cantor Steve Levin*

Cantor Levin's recording of *Avinu Malkeinu* in an arrangement by Max Janowski, accompanied by members of the Vancouver Symphony Orchestra, conducted by Wendy Bross Stewart may be found on the WRSSJCC website at <http://wrssjcc.org/page-1479935>.



## **Bar/Bat Mitzvahs at the WRSSJCC**



## Past President's Message *(from page 2)*

My thanks as well to our Board of Directors, the volunteers that log many hours working to keep the lights on, communications flowing and the JCC running smoothly. Welcome to our newest Board members, Carol Read and Howard Breslaw and special thanks to Bill Benjamin for joining our Religious Ritual Committee.

Most importantly (from my perspective), please join me in congratulating Aleina Spigelman for accepting the role of President of the WRSSJCC (and allowing me to step aside). Having worked with Aleina over several years and several projects, I know she will do a great job!

See you at the picnic



Harvey Shaffer, Past President



## Hanukkah Party

## Community Passover Seder



## Incoming President's Message *(from page 2)*

anything. When I had my children and there were naming ceremonies and a *brit milah* needed, I took strength and joy in those traditions even as I adapted to motherhood. I found the WRSSJCC when traveling to Vancouver or Richmond with toddlers became too onerous. And when I needed support through some very tough times, the WRSSJCC community rallied around me and provided me with sanctuary in more ways than I can count. No matter where my life has turned, my local Jewish Community – whether Regina, Vancouver, or North Delta/White Rock – has always been a constant. I feel immensely grateful for always having had somewhere to turn.

### What are your reasons?

Do you have children, and you want them to have friends with whom they don't have to explain their holidays and traditions? Do you want them to carry on your knowledge and traditions? Do you want your child to have a *bar* or *bat mitzvah*? Are you planning a wedding, or g-d forbid, dealing with a death? Do you need somewhere to go for a Passover seder, or to celebrate *Rosh Hashanah*? Do you just need a community to watch a movie with, a community that will understand why that Jewish-themed movie resonates with you?

We all have different reasons, and I hope that you will think about yours. Because the WRSSJCC needs you. We are a small community, and we need everyone's support. We are a valuable resource, and we want to grow, and to thrive, so that no matter what your reasons, we will be there for you. Join us today, come out to an event, volunteer an hour of your time, or just connect on social media and become part of the community. We want you to be connected, just as much as I believe each of us wants the WRSSJCC to be there.

As your WRSSJCC president, I have grand plans. I have visions of how our community could grow and become more valuable to our members. I am hoping that you will help me – tell me what is important to you, and help me to make our visions and dreams a reality.

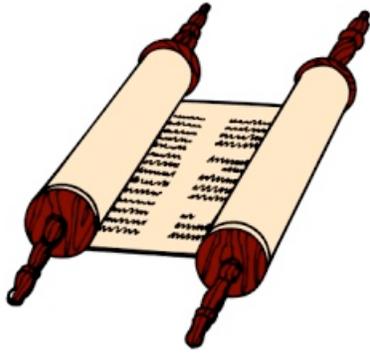
Have a wonderful summer. I hope to see all of you at our bbq on August 21, where I hope that we can continue this conversation.

Best,



Aleina Spigelman, President





## Religious Services Calendar

High Holy Days services  
are shown separately on page 6

Sep	17, 10:30am	Saturday morning service; Bat Mitzvah of Maddy Durning
	23, 7:30pm	Shabbat evening service "Music of the High Holy Days"
Oct	21, 7:30pm	Shabbat evening service (Sukkot)
Nov	4, 7:30pm	Shabbat evening service
	18, 7:30pm	Shabbat evening service
Dec	2, 7:30pm	Shabbat evening service
	16, 7:30pm	Shabbat evening service
Jan	18, time	Hanukkah Party
	6, 7:30pm	Shabbat evening service
Feb	20, 7:30pm	Shabbat evening service
	3, 7:30pm	Shabbat evening service
Mar	17, 7:30pm	Shabbat evening service
	3, 7:30pm	Shabbat evening service
Apr	24, 7:30pm	Shabbat evening service
	11, 6:00pm	Community Second Passover Seder
May	21, 7:30pm	Shabbat evening service
	5, 7:30pm	Shabbat evening service
Jun	26, 7:30pm	Shabbat evening service - Shavuot
	10, 10:30am	Shavuot Program
	23, 7:30pm	Shabbat evening service

Some Shabbat evening services may be replaced by family-oriented ones starting earlier and followed by a potluck dinner. Check our website or Bulletins.

## Religious School Calendar

Blank lines are regular class days

Sep	11	Opening Session
	18	
	25	
Oct	2	No School – Erev Rosh HaShanah
	9	No School – Thanksgiving Day Long Weekend
	16	Sukkot Program
	23	Simchat Torah Celebration
	30	
Nov	6	
	13	No School – Remembrance Day Long Weekend
	20	
Dec	27	
	4	
	11	Hanukkah Celebration
	18	No School (Winter Break)
Jan	25	No School
	1	No School
	8	
	15	
	22	
Feb	29	
	5	Tu B'Shevat Celebration
	12	No School – Family Day Weekend
	19	
	26	
Mar	5	
	12	Purim Celebration
	19	No School – Spring Break
	26	No School – Spring Break
Apr	2	
	9	Passover Celebration
	16	No School – Passover & Easter Long Weekend
	23	
May	30	
	7	
	14	No School – Mothers' Day
	21	No School – Victoria Day Long Weekend
Jun	28	
	4	Shavuot Program
	11	Last Class



# Donations

*The WRSSJCC gratefully acknowledges donations from the following individuals and organizations*

*Please advise the office of any errors or omissions.*

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