### **Arts & Culture**

Vancouver Draw Down includes artist-animation filmmaker Jody Kramer leading the Dragon Ball workshop at Strathcona Community Centre. June 14 throughout the day at various venues. vancouverdrawdown.com.

Queering Citizenship exhibit considers the situation of queer citizens in eastern Europe and Africa, with work by several artists, including Benny Nemerofsky. June 14, 1-4 p.m.: spatial profiling with artist Francisco-Fernando Granados. Exhibit runs until June 28 at the Belkin Satellite Gallery, 560 Seymour St. belkin.ubc.ca.

France-Vancouver: A Curatorial Conversation between three local participants and six French curators, including Marie Cozette (Centre d'art contemporain, La Synagogue de Delme), moderated by Shelly Rosenblum (Morris and Helen Belkin Art Gallery, UBC). June 14, 6-8 p.m., Western Front Grand Luxe Hall, 303 East 8th Ave. Admission free, but RSVP to admin@front.bc.ca.

**The Concessions**, a Flying Start production by Briana Brown, with sound design by Mishelle Cuttler. Until June 14 at Firehall Arts Centre. Tickets, \$12-\$30, at 604-689-0926 or tickets.firehallartscentre.ca.

A Cabinet of Curiosities: the 20th Vancouver International Storytelling Festival. From epics to personal narratives, traditional folk stories and fairytales to dialogue on storytelling for social change, this multi-day allage festival takes place in various venues, celebrating distinct narratives within the city's diverse communities and histories. Until June 15. Tickets and information: vancouverstorytelling.org.

Returning to Eden: a joint fundraiser with Or Shalom and Vancouver Playback Theatre. Using improv, intuition, movement and music, spontaneously reenact real stories from the lives of audience members. June 17, 7:30 p.m., at Or Shalom. For more information, email carolann@friedom.ca.

Evening of Poetry, Art and Word Whips, interactive poetry by Pandora's Collective, inspired by Lashon Hara exhibit. Poets: Bonnie Nish,

Rosemary Nowicki, David Shewell, Lindsay Glauser Kwan, Lea Taranto, Jude Neale and Natasha Bosokic; host Chelsea Comeau. Free. June 19, 7-9 p.m., at Zack Gallery.

**Red Rock Diner**: Vancouver, 1957. Five teens come of age while DJ Red Robinson plays the biggest hits of the time, from "Great Balls of Fire" and "Jailhouse Rock" to "Diana" and "Crying." June 19-Aug. 2 at Arts Club's Granville Island Stage. Tickets at artsclub.com.

**TD Victoria International Jazz Fest** June 20-29 at various venues. Tickets and information, 1-888-671-2112 or jazzvictoria.ca.

**TD Vancouver International Jazz Festival** June 20-July 1 at various venues. Tickets: 604-569-1144, northerntickets.com and Vogue Theatre (Mon-Sat, 10 a.m.-6 p.m.; Sun, noon-4 p.m.) Information: coastaljazz.ca.

Benyomin Der Dritter (Benjamin the Third): the Vancouver Jewish Folk Choir performs the cantata in Yiddish by S.Y. Abramovitch (Mendele Moykher Sforim), arranged by Max Helfman. With special guest Stephen Aberle, ac-

companied by Elliot Dainow, performing the program *Jews Sing the Blues: Felicitous Lamentations from King David Through Randy Newman.* June 22, 2 p.m., at Peretz Centre. \$18. RSVP advised to 604-325-1812. peretz-centre.org.

**Lashon Hara**: A Narrative on the Consequences of Evil Speech, mixed media on fabric by Robin Atlas. Until June 22 at Zack Gallery.

**Illuminated Forests**: paintings by Melanie Fogell. Opening reception: June 26, 7 p.m. Exhibit runs until July 27 at Zack Gallery.

**Summertime**: a fashion show presented by Ivan Sayers, followed by afternoon tea and treats. Sayers is a fashion historian who specializes in the study of women's, men's and children's fashions from 1650 to the present, and has one of the largest and most comprehensive collections of historic clothing in private hands in Canada. June 28, 2-4 p.m., at Roedde House. 604-684-7040, info@roeddehouse.org or roeddehouse.org.

**Clara Shandler**, the sidewalk cellist, performs free concert. June 28, 8 p.m., at Café Deux Soleils.



Harris Eisenstadt is among the performers in this year's TD Vancouver International Jazz Festival, which runs June 20-July 1. He leads three free workshops in David Lam Park (June 28, 3 p.m.; June 29, 1:30 and 3 p.m.) and performs at Ironworks on June 28, 8 p.m. (\$25 plus service charges).



**Presentation Centre:** 2827 Arbutus Street Vancouver

Mon-Sat 10am-5pm Sun 12pm-5pm





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**ShowStoppers** perform July 1, 3 p.m., at Canada Place for Canada Day; and Aug. 24, 4:30 p.m., at PNE, to celebrate 20 years of Gotta Sing! Gotta Dance! theimpresario.ca.

Victoria Ska Festival runs July 1-5 mainly in the Inner Harbor. Tickets and information: victoriaskafest.ca.

Vancouver Symphony Orches**tra** in Whistler. July 1: Canada Day concert, 3 p.m., at Whistler Olympic Plaza, July 2: brass quintet chamber concerts, 11 a.m., 1:30 p.m. and 3:30 p.m., at Whistler Village. July 4: string quartet concerts, 11 a.m. and 1:30 p.m., and VSO concert at 8:15 p.m., all at Whistler Village. July 5: string quartet concert, 1:30 p.m., at Whistler Village and VSO concert, 8:15 p.m., at Whistler Village. All shows are free.

Bard on the Beach presents The Tempest (until Sept. 18) and A Midsummer Night's Dream (until Sept. 20) on its BMO Mainstage, and Equivocation (July 2-Sept. 19) and Cymbeline (July 4-Sept. 17), both co-starring Anton Lipovetsky, on the Howard Family Stage. Tickets and more information at 604-739-0559 or bardonthebeach.org.

Dancing on the Edge Festival features more than 70 dance artists performing in 30 works. Dancers include Noam Gagnon, Body Narratives Collective/Meghan Goodman, the Contingency Plan/ Vanessa Goodman, Tara Cheyenne Friendenberg. July 3-12 around Vancouver. Full program and ticket information at 604-689-0926 and dancingontheedge.org.

Music Nights at the Cannery. July 4-Aug. 29, at Gulf of Georgia Cannery in Steveston. Admission by donation. gulfofgeorgiacannery.com.

Theatre Under the Stars presents Shrek: The Musical (July 11-Aug. 12) and Legally Blonde: The Musical (July 12-Aug. 23) on alternating nights, 8 p.m., except for fireworks nights July 26, 30 and Aug. 2, when shows begin at 7 p.m. Tickets: 604-696-4295 or tuts.ca.

The Normal Heart by Larry Kramer, with Daniel Meron and others. Previews July 14 and 16, 8 p.m.; opens July 18, 8 p.m., running in repertory with The Duchess of Malfi and The Cripple of Inishmaan to Aug. 16 at Jericho Arts Centre. Tickets: ensembletheatrecompany.ca.

Siminovitch Prize for Excellence and Innovation in Theatre is now accepting nominations for professional playwrights who, through their body of work in the preceding 10 years, have made a significant creative contribution to noteworthy theatre projects in Canada, and who are continuing to create work that demonstrates innovation and excellence. Winner/recipient receives \$75,000 and chooses a protégé to receive \$25,000. Nomination deadline: July 15, 2014. siminovitchprize.com.

Vancouver Folk Music Festival features more than 60 artists and groups from 12 different countries, seven provinces and 12 states, with roots in many more. July 18 (5-11 p.m.), 19 and 20 (10 a.m.-11 p.m.) at Jericho Beach Park. Tickets and program: thefestival.bc.ca.

Falling from Grace: the tapestries of Barbara Heller. Until July 26, Tues-Sat, 11 a.m.-4 p.m., at Maple Ridge Art Gallery. theactmapleridge.org/gallery.

Taste, festival of food and wine from Vancouver Island and the wine regions of B.C. July 24-27, at various locations. Tickets now on sale. Must be 19+. victoriataste.com.

**Arts & Culture** 

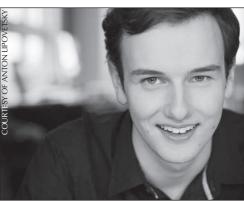
**Honda Celebration** of Light has the United States (July 26), France (July 30) and Japan (Aug. 2) competing in fireworksmusic displays along English Bay, each night starting at 10 p.m.

Anne Frank: A History for Today also features artifacts of child

survivors who settled in Canada, presented with Anne Frank House in the Netherlands. Exhibit until July 31 at Vancouver Holocaust Education Centre. vhec.org

Shanghai: A Refuge During the Holocaust, a Vancouver Holocaust Education Centre exhibit, Until Iuly 31 at Chinese bunkhouse building, Britannia Heritage Shipyards, 5180 Westwater Dr., Richmond.

Poetry and creative writing contest held by Poetry Institute of Canada. Published and unpublished poets of any age can submit an original work of 24 lines or less; writers over 18 years old have up to 850 words to recount their recollections, memories, grassroots experiences or amusing incidents. Name, age and address must be included on same page of poem, on front page of writing. Address to either Open Ages Poetry Contest (N) or Adult Short Story Contest (N) and send to P.O. Box 44169 RPO Gorge, Victoria, B.C., V9A 7K1, or email to poetryinstitute@shaw.ca. Cash



Anton Lipovetsky will be on the Howard Family Stage from July 2 in two of the four Bard on the Beach productions this summer. Ticket prices range, with regular matinées and evenings \$35 and \$47, respectively.

prizes for winners; winning poets get published too. Deadline: postmarked no later than July 31, 2014.

Harmony Arts Festival: music, performance, cinema, visual and culinary arts. Aug. 1-10 in West Vancouver along the waterfront on Argyle Avenue, from 14th to 17th Street. harmonyarts.ca.

Victoria Symphony Splash includes performance by the Victoria Symphony, other music, entertainment, food, souvenirs. Aug. 3, starting at 1 p.m., in Victoria's Inner Harbor. victoriasymphony.ca/splash.

Vancouver Queer Film Festival has confirmed the Playhouse as the opening venue and the FanClub as the opening party venue. Aug. 14-24 event lineup is a work in progress. queerfilmfestival.ca.

Unmoored: Vancouver's Voyage of the Komagata Maru, until Aug. 18, and Rewilding Vancouver, until Sept. 1, plus the permanent collection, at Museum of Vancouver. museumofvancouver.ca.

ROMP! A Festival of Independent Dance. Aug. 19-23, free outdoor performances at Victoria's Centennial Square. suddenlydance.ca.

Victoria Fringe Festival with more than 300 performances. Aug. 21-Sept. 1, at various venues. More information: victoriafringe.com.

Vancouver Art Gallery presents Douglas Coupland: Everywhere is Anywhere is Anything is Everything, the first major survey exhibition of his work. Until Sept. 1. For tickets and information on this and other exhibits, vanartgallery.bc.ca.

Vancouver Fringe Festival celebrates every kind of theatre imaginable. Sept. 4-14. at various venues. For this year's lineup, visit vancouverfringe.com/line-up-2014.

The Way They Walked Through the World, a contemporary dance piece examining the female experience of war, inspired by choreographer Caitlin Griffin's time in Israel with the Kibbutz Contemporary Dance Company's MASA program. Features dancers Delphine Leroux, Crystal Wills and Heather Dotto. Premières as part of the Restless Productions CPR5 showcase at the Scotiabank Dance Centre's open house on Sept. 13. Updates on the work available at facebook.com/caitlingriffincpr5.

Turning Point Ensemble opens its 2014/15 season with *Imaginary* Worlds, featuring a range of works that include a Viennese Kaiser Waltz (Strauss/Schoenberg), Vancouver's early Chinatown (arranged Mark Armanini) and the première of Le jour ma nuit by Tajik/Canadian composer Farangis Nurulla-Khoja. Sept. 19, 8 p.m., at Vancouver Playhouse. turningpointensemble.ca.

Vancouver International Film **Festival** presents hundreds of films from around the world. Sept. 25-Oct. 10 at various locations, 604-683-FILM or viff.org for information about the festival, as well as films screening throughout the summer at Vancity Theatre.

DanceHouse season opens with Wayne McGregor/Random Dance (U.K.) Sept. 26-27, 8 p.m., at Vancouver Playhouse. Season includes Sharon Eyal/L-E-V (Israel) Nov. 14-15, 8 p.m., at the Playhouse, and others. Tickets: 604-801-6225 or info@dancehouse.ca.

Vancouver Symphony Orchestra season, conducted by Maestro Bramwell Tovey, begins with Israeli pianist Inon Barnatan as the guest performer. Barnatan, recently appointed as the New York Philharmonic's first artist-in-association, performs Brahms' Piano Concerto No. 1 in his VSO debut, as well as Richard Strauss' "Also Sprach Zarathustra," an epic tone poem presented as a celebration of the 150th anniversary of the composer's birth, and Kelly Marie Murphy's

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Shrek: The Musical will alternate nights with Legally Blonde: The Musical at Theatre Under the Stars, July 11-Aug. 22 at the Malkin Bowl in Stanley Park. Tickets are \$30-\$45, and \$30 for children/youth 5-18; preview nights are discounted.

A Thousand Natural Shocks. Sept. 27 and 29, 8 p.m., at the Orpheum Theatre. For full season details and tickets, vancouversymphony.ca.

#### Ongoing

Anthology of Jewish Music with Alan Tapper. Sun, 10 a.m., on CFRO FM 100.5. To inquire about volunteer hosting: 604-263-8498 or altapper@hotmail.com.

**Israeli dance** at Har El. Mon: beginner 6:15 p.m., intermediate 7:15 p.m., open dance 8:15 p.m. 604-568-4771 or naomidance@shaw.ca.

**Actor's Drop In**, everyone welcome to read/act scenes from movies, TV, member writing. Tues, 7 p.m., at Cineworks. 604-872-4638.

**Yiddish Reading Circle**. 1st and 3rd Wed of the month, 3 p.m., at

Peretz Centre. 604-873-4947 or 604-731-1193.

**Israeli folk dancing** at JCCGV. Wed: Beginner 1: 6:15 p.m.; Beginner 2: 6:45 p.m.; intermediate: 7:15 p.m.; open dance: 8 p.m. Sun, 7:15 p.m., couples dance. 604-709-9027 or vancouverisraelidance.com.

### **Community**

**Lecha Dodi**, musical Friday night. June 13 (with casual dinner), June 27, July 11 (with casual dinner), Aug. 8, Aug. 22 (with casual dinner at the Infeld/Weinberger home): snack & yak, 5:30 p.m.; services, 6 p.m. Dinner \$10/person. More information at bethisrael.ca, RSVP to 604-731-4161.

Walking tour of Mountain View Cemetery, guided by Daniella Givon. June 15, July 13, Aug. 17, 2 p.m. Meet at the gates to the Jewish section, northwest end, by 37th Avenue and Fraser Street. \$10. jewishmuseum.ca.

**Fraytik tsu Nacht**, monthly secular Shabbat, Fri, 6 p.m., at Peretz Centre. June 20: bring a joke to share for the season-ender. Admission is a potluck dish to share or \$15 (\$5 for talk only). RSVP to Judy: 604-873-3243 or jnicolsmith@shaw.ca.

**Cantor Yaacov Orzech & Choir** sing at the Louis Brier Home. June 21, 9:30 a.m.

**Walking tour of Strathcona**, guided by Harry Hammer. June 22, July 20, 11 a.m. Meet at 700 East Pender St. \$10. jewishmuseum.ca.

**Sisterhood Strawberry Tea** in honor of Sharon Mishler, with music by the Evan Bates String Trio; if you'd like, bring a teacup/saucer special to you and tell its story at your table. June 22, 2:30 p.m., at Temple Sholom. \$25 (Sisterhood members, \$18). Paid reservations required by June 12 (advise if you require gluten free and/or a ride). RSVP to Gayda Coblin, 604-327-8038 or gcoblin@ shaw.ca.

**Young Adults** Shabbat dinner. June 25, starting with snack & yak, 5:30 p.m., and services, 6 p.m., at Beth Israel. 604-731-4161 or bethisrael.ca.

Mason Street City Farm tour and potluck with Young Agrarians. June 26, 6-8:30 p.m., 1015 Balmoral (between Cook and Vancouver) in Victoria. Bring a dish to share and tools to eat with. youngagrarians.org.

**Axis**, one-year anniversary party of Jewish Federation's young adult initiative, with DJ Cho Cha; dietary laws observed, door prizes, cash

bar (19+). June 26, 8 p.m.-1 a.m., at LoungeWorks, 130 West 4th Ave. \$15 at axisvancouver.com or \$20 at the door, ticket includes a free drink.

Annual Summer Sail, with JNF Young Professionals Network of B.C. Aug. 21, 6 p.m. boarding, 7 p.m. sharp departure from Granville Island at the dock adjacent to Bridges restaurant. Early bird price of \$25 ends June 30; after June 30, \$36; during final week, \$40. Purchase tickets at ypnevents.ca or 604-257-5155. Email liisa.king@jnf.org for more information.

**Federation annual campaign opening** featuring Joshua Malina, co-star of the ABC drama *Scandal*, on How to Make it in Hollywood and Remain a Mensch. Sept. 21, 7:30 p.m., at Chan Centre for the Performing Arts. \$35 until July 4, \$40 after (students \$18). jewishvancou-

**Rabbi Shlomo Riskin** comes to Vancouver to help mark the 20th anniversary of the Rebbe's passing with the eight B.C. Chabad centres. Night also includes workshops with six local rabbis and dinner. \$25/\$18. July 9, 6:30 p.m., at Lubavitch Centre, 5750 Oak St. lubavitchbc.com or 604-266-1313.

# Did you know...

There are 1,090 school-aged Jewish children living south of the Oak Street Bridge.

That's 1,090 children in need of a strong Jewish education; an education built on values and a sense of community – all in a nurturing environment.

We're proud to be growing, and still accepting registrations for the 2014-15 school year. For more information, visit us online or call 604.275.3393.









# Birstein's art camps in the city

ach year, artist Suzy Birstein opens her Kitsilano heritage home, studio and garden for Summer in the City art camps. She offers four one-week camps that can be attended all day or halfday, depending on a child's schedule. Campers at all levels of experience, ages 6-16, spend the first few days working with clay, then expand their repertoire with papier mâché, drawing, painting and/or mosaics.

"I love coming up with creative themes inspired by my latest travels, favorite artists and rare book finds," Birstein said. "Themes give us a starting point from which to imagine, explore, and to learn about our world and newfound passions.

"I teach simple art techniques in a playful way, so children can readily express their individuality, curiosity and sense of discovery within the dynamic, personal and creative environment that I get to call home.

Birstein's ceramics, sculptures and paintings are exhibited, published and collected locally and internationally. In 2008, she created "Motion Pitchers" for the Academy Award nominee swag bags. She has been teaching children at Arts Umbrella and from her studio since 1990. She also offers adult workshops, including the Mia Muse art/travel workshop program in Greece.

July 7–11, July 21-25, Aug. 4-8 or Aug. 11-15. Mornings sessions run 9:30 a.m.-noon and afternoons from 1-3:30 p.m. The cost is \$165/half-day and \$330/full-day. To register, call 604-737-2636, email suzy@suzybirstein.com or visit suzybirstein.com.

Above, young camper-artists in the garden. Right, artist Suzy Birstein. Summer in the City art campers can choose from four one-week summer sessions,

- Courtesy of Suzy Birstein

OIC Golf Classic includes silent and live auctions, brunch and sit-down prime-rib dinner. July 13, 11 a.m. brunch, 1 p.m. shotgun start, 7 p.m. dinner, at Harvest Golf Club. For more information, contact David Spevakow, 1-250-317-5283 or dspevakow@gmail.com. ojcc.ca/golf-tournament.php.

Swinging Fore Kids, Beth Israel's golf tournament, includes 18 holes, prizes, draws, kosher hot dog lunch and special dinner, refreshment cart, power carts and more. Aug. 21, 1 p.m. tee off, at Mayfair Lakes Golf and Country Club. To register, call 604-731-4161, email shannon@bethisrael.ca or visit bethisrael.ca.

BI C'h'ampaign & 'Sneak'ers, a sneak peak at the newly renovated building for major donors. Sept. 10, 7:30 p.m., 4350 Oak St. 604-731-4161.

BI members open house: lunch, tours, Torah march, mezuzah hanging. Sept. 14, 10:30 a.m., 4350 Oak St. 604-731-4161.

**An Extraordinary Evening** gala to mark BI opening. \$250 (partial tax receipt). Sept. 14, 6:30 p.m. To reserve tickets/table, Renate: 604-731-4161 or renate@bethisrael.ca.

Vancouver Farmers Markets. Main Street Station: until Oct. 1, Wed, 3-7 p.m., 1100 block Station Street along Thornton Park across from VIA Rail Station. Yaletown: until Oct. 2, Thurs, 2-6 p.m., Mainland Street between Davie and Helmcken, at Yaletown-Roundhouse Canada Line stop. Kerrisdale Village: until Oct.11, Sat, 10 a.m.-2 p.m., East Boulevard between 37th and 41st avenues, near Kerrisdale Arena. Mount Pleasant: until Oct. 12, Sun, 10 a.m.-2 p.m., Guelph Street between 7th and 8th avenues, on the paved play area between Mt. Pleasant Elementary and Guelph Park. Trout Lake: until Oct. 18, Sat, 9 a.m.-2 p.m., north parking lot of John Hendry Park at Trout Lake. West End: until Oct. 18, Sat, 9 a.m.-2 p.m., 1100 block of Comox Street across from Nelson Park at Mole Hill. Kitsilano: until Oct.19, Sun, 10 a.m.-2 p.m., 2690 Larch St. at 10th Avenue, parking lot of Kits Community Centre. For more about the markets, vendors, events, volunteering opportunities and other information, visit eatlocal.org.

### **Explore power of art**

he fourth session of the 2013-14 Snider Foundation Empowerment Series, "The Three E's: Elders Empowering Elders," will be held Monday, June 16, at Beth Tikvah Synagogue. Sponsored by Jewish Seniors Alliance of Greater Vancouver and Kehila Seniors of Richmond, Empowerment Through the Arts will highlight fun and enjoyment, and how powerful these elements can be and how important they are to our health and well-being.

Marilyn Berger, JSA vice-president, will entertain through interactive storytelling. The story will be related to Fiddler on the Roof and participants will take part, either through acting or joining in the singing. Marshall Berger will play the accompaniment to the singing. Jeni Wright, a popular singer, children's musician and recording artist will also entertain and sing with attendees, and painter and art therapist Claire Cohen will exhibit her paintings.

This year's series began Nov. 29 with Empowerment through Music in partnership with the Sholom Aleichem Seniors of the Peretz Centre for Secular Jewish Culture, and featured Claire Klein Osipov and Wendy Bross Stuart. The next program was with the seniors at the Jewish Community Centre of Greater Vancouver, and focused on Aging in Place: the panel consisted of Debbie Sharp from the United Way Better at Home program; Julie Hirschmanner, an occupational therapist at Vancouver Coastal Health; Charles Leibovitch from the JSA Peer Support program; Liza de Silva, a private occupational therapist; and Debbie Goldberg, an interior decorator. The third event, held in March with the Day Timers of the Unitarian Centre, was Empowerment through Touch, and featured Alan O'Meara, a recreational therapist at Crofton Manor, and Marion Cohen along with her dog Molly.

Empowerment Through the Arts will be held from 11:30 a.m.-2 p.m. Beth Tikvah Synagogue is located at 9711 Geal St. The program begins with lunch (\$8). For those not wanting lunch, the presenters will begin at 1 p.m. Register for lunch and/or the program in advance by calling the JSA office at 604-732-1555 or Kehila at 604-241-9270. Free parking is available.

– Courtesy of Jewish Seniors Alliance of Greater Vancouver

### Shabbat at the LB

n the blessing of each Jewish month (Birchat *baChodesh*) Cantor Yaacov Orzech and former members of the Vancouver Jewish Men's Choir sing at the Louis Brier Home and Hospital. This month, the cantor and choir will be at the home on June 21, 9 a.m., and all are welcome to attend the Shabbat services.

Orzech was born and raised in London, England.



**Cantor Yaacov Orzech** 

As a youngster, he joined the New Synagogue Choir as a regular soloist, eventually becoming musical director. Later, he studied Bel Canto singing with the late Benvenuto Finneli, who was principal tenor with the Sadler's Wells Opera Company, and chazzanut with Naftali Herstik of Israel. In 1980, he joined the London Jewish Male Choir, becoming a regular soloist, and also served as cantor at the South Tottenham District Synagogue. In 1985, he moved to Montreal and became cantor at the Young Israel of Chomedey. In 1993. he accepted the position at Schara Tzedeck Synagogue and served as cantor there for more than 16 years.

A member of the Cantorial Council of America, Orzech was invited in 1998 to sing in a concert at Migdal David in Jerusalem with other cantors from around the world, and has also sung at Yad Vashem. In 2007, while in Israel, he was guest cantor at the Jerusalem Great Synagogue. Recently, he sang at the Herzlia shul in Winnipeg for the High Holidays in 2011 and 2012.

– Courtesy of Cantor Yaacov Orzech

### Folk choir spring concert centres on Benyomin III

he Vancouver Jewish Folk Choir's Annual Spring Concert this year will feature Benyomin III: The Search for the Lost Tribes. Amol'z geven a shtetele.... Once upon a time, there was a little village. So begins the tale of the wanderings of Benyomin and his friend Senderl, whom one might call a Yiddish Don Quixote and Sancho Panza. Living in a poor little town in czarist Russia, Benyomin dreams of the land beyond the mythical Sambatyon River, where, according to legend, reside the Ten Lost Tribes of Israel – red-headed Jews who have no czar, no masters, and live a life of ease.

The cantata, in Yiddish, is based on a story by one of the founders of Yiddish and Hebrew literature, S.Y. Abramovitch, better known as Mendele Moykber Sforim, Mendele the Bookseller. It was arranged for choir by Max Helfman.

The Vancouver Jewish Folk Choir, which was founded by Searle Friedman, is conducted by David Millard; accompanist is Elliott Dainow. Benyomin III will include narration by David Skulski.

Special guest artist Stephen Aberle, accompanied by Dainow, will perform the program Jeus Sing the Blues: Felicitous Lamentations from King David through Randy Newman.

The concert will take place Sunday, June 22, 2 p.m., at the Peretz Centre for Secular Jewish Culture, 6184 Ash St. Tickets (\$18) are available in advance from 604-325-1812 or coordinator@ peretz-centre.org, or at the door. Reservations

– Courtesy of Vancouver Jewish Folk Choir

Ongoing

**Chanting and Chocolate**, Hebrew kirtan. Last Sun of month, 7:30 p.m., at Or Shalom. 604-222-3379. \$10. chantingandchocolate.com.

**Stories for Adults**: Yiddish classics read in English by Shanie Levin. Second Mon of month, 2 p.m., at Waldman Library.

**Pro-bono legal clinic**: Wed, 3 p.m., at JFSA, Appointment only: 604-257-5151.

**Klezmer Wednesdays**: from the Ethan Minovitz Collection. Wed, 5 p.m., at Waldman Library.

**Loaves of Love** challah making. Thurs, 8 p.m., at the Kollel.

### **Education**

**Lunch & Learn**: Ancient Jewish Wisdom – Current Affairs, with Rabbi Infeld. June 18, noon, at Beth Israel. RSVP required to 604-731-4161. bethisrael.ca.

Intersections: a monthly Wed, 7 p.m., discussion at the Jewish Museum. June 18: Creating Accessible Spaces, with expert on disability issues Roger Jones ("The Ability Guy"), who established the Susan Marshall Fighting Spirit Award, and longtime advocate for accessibility and inclusion Debbie Havusha, who established and brought to schools around the province Canes Enable. Sept. 17: Ethical Reflections for the New Year with Mark Wexler. \$5 suggested. jewishmuseum.ca/intersections.

**Intersections**: a monthly Wed, 7 p.m., discussion hosted by the Jewish Museum. Oct. 23: The Life & Work of Cornelia Hahn Oberlander, designers in dialogue with Oberlander, at the Museum of Vancouver, 1100 Chestnut St.

Ongoing

**Biblical and modern Hebrew** at JCCGV. 604-257-5111, ext. 410, or jccgv.com.

**Torah study for men**. Alternate Fri, 8 a.m., at the Grind, on Main Street at King Edward. orshalom.ca.

**Business Lunch and Learn** with Rabbi Bitton on Jewish workplace ethics. Fri, 12:15 p.m., at Chabad Downtown.

**Torah study**, alternating Sat, 8:30 a.m., at Temple Sholom. 604-266-7190.

A Tale of Two Souls: on Tanya. Sat, 9:30 a.m., at Chabad Richmond. 604-277-6427.

**Chassidic parashah**: insights into the Torah portion, with Rabbi Wineberg. Sat, 9:30 a.m., at Lubavitch Centre.

**Pre-minchah class** with Rabbi Acoca. Sat afternoon, at Beth Hamidrash. bethhamidrash.com/service-times.asp.

**Feed Your Mind**, minyan, breakfast, class. Sun, 9 a.m., at Lubavitch Centre.

**Minyanairs Club**, service, breakfast, video. Sun, 9:30 a.m., at Chabad Richmond. 604-277-6427.

**Hebrew classes**, all ages, 9:30 a.m., Sun, Burquest JCC. 604-552-7221.

**Trace your Jewish ancestry** with Jewish Genealogical Institute. Last Sun of month, 1 p.m., at Jewish Museum. Reservations required to 604-257-5199 or info@jewishmuseum.ca.

**A Tale of Two Souls**, study Tanya with Rabbi Feigelstock. Sun, 7:30 p.m., at the Kollel. 604-738-7060.

**Coffee and learn**, Mon-Thurs, 8 a.m., at the Kollel.

**Falafel and Philosophy** with Rabbi Yeshayahu, Mon, noon, and Thurs, 3 p.m., at the Kollel.

**Yiddish** with Haya Newman. Mon, 1:30 p.m. (advanced), TBA (beginner). info@peretz-centre.org, 604-325-1812.

**Torah Talks** with rabbis Rosenblatt and Brody and Ralph Rothstein. Mon, 7 p.m., at Schara Tzedeck. 604-736-7607, scharatzedeck.com.

**A Taste of Halachah**, for women, with Henia Wineberg. Mon, 7:45 p.m., at Lubavitch Centre.

**Parashah Insights** with Rabbi Acoca, from pshat to kabbalah. Mon 8 p.m., at Beth Hamidrash (enter from back lane).

Women's class (in Hebrew): with Rabbi Oirechman. Mon, 8 p.m., at Oirechman home. thebayit.richmond@gmail.com.

**Couples class** with Rabbi and Rabbanit Acoca. Last Mon of month, at private homes. 604-872-4222.

**Lunch and Learn** with Rabbi Feigelstock, Tues, 11:30 a.m., 600-890 West Pender St.

**Lunch and Learn**, intergenerational programs with Marilyn Berger. Tues, 11:30 a.m., at Beth Tikvah. \$10. RSVP for lunch to 604-271 6262

**Downtown Talmud study**, 4th Tues of month, noon. For address, call 604-266-7190. templesholom.ca.

**Great Jewish Personalities in History**, Tues, 7:30 p.m., at Beth Tikvah. 604-271-6262.

**Parashat haShavuah**, all-female setting, with Dena Dubrawsky, Tues, 7:30 p.m., at Chabad House. 604-266-1313.

**Walking Tour of the Siddur** with Cantor Szenes-Strauss. Tues, 7:30 p.m, at Beth Israel. Drop-ins welcome. 604-731-4161.

**Shiur Torah** for Hebrew speakers. Tues, 7:30 p.m., at 202-526 West 13th Ave. (buzz 16). 778-229-0876.

**Talmudic Ethics** with Rabbi Yeshayahu. Tues, 8 p.m., at the Kollel.

**Gemara**, intermediate-level (in English), with Rabbi Wineberg. Tues, 8 p.m., at Lubavitch Centre.

**Parashah in Hebrew** with Rabbi Yeshayahu. Tues, 8:30 p.m., at the Kollel.

**Study group** with Rabbi Birnham. Wed, 11 a.m., at Har El. 604-925-6488.

**Lunch and Learn** with Rabbi Rosenblatt, Wed, 12:15 p.m., at Komfeld LLP, 1100-Bentall One Bldg.

**Power of Yiddish Thinking** with Haya Newman. Wed, 2:30 or 6:45 p.m., at Peretz Centre.

Parashah from a kabbalistic perspective with Rabbi Yeshayahu, Wed, 7:30 p.m., at the Kollel.

**Kabbalah** in the parashah: Wed, 7:30 p.m., at the Bayit. thebayit.ca.

**Yeshivah night**: Wed, 7:30 p.m., at Lubavitch Centre (604-266-1313) and Thurs, 7:30 p.m., Downtown (778-688-1273).

**Secrets of the Torah** with Rabbi Ofen. In Hebrew. Wed, 8 p.m. thekollel.com.

**Kabbalah** in the parashah, Wed, 8:30 p.m., at the Bayit. thebayit.ca.

**Parashah** with Rabbi Brody. Thurs, 4:15 p.m., at Louis Brier synagogue. 604-267-4618.

**After-work Torah study**, Thurs, 6 p.m., at the Kollel.

**Torah study**, Thurs, 7 p.m., at Chabad Richmond. 604-277-6427.

**Tractate Brachot**, drop-in, with Rabbi Bitton. Thurs, 7:15 p.m., at Chabad Downtown.

**Talmud study** with Rabbi Bellas. Thurs, 7:30 p.m., at JCCGV. Dropins welcome. 604-731-4161 or bethisrael.ca.

*Likutei Moharan*, the teachings of Rebbe Nachman, with Adrian Sacks. Thurs, 8 p.m., at Beth Hamidrash (enter from back lane).

**Learn Hebrew**, Thurs, 8 p.m., at the Kollel.

**Study groups**: writings of Alter Rebbe with Rabbi Bitton or laws of kashrut with Rabbi Blumenfeld. Thurs, 8 p.m., at Chabad Downtown.

**Kabbalah** with Rabbi Yeshayahu, Thurs, 8 p.m., at the Kollel.

*The Samech Vav*: study the classic Chassidic work by Rabbi Shalom Dov Ber Schneersohn with Rabbi Bitton. Thurs, 8:15 p.m., at Jewish Academy.

### **New hikes for families**

he Parent and Family Centre (PAFC) at the Jewish Community Centre of Greater Vancouver offers a variety of programs for families with voung children, which facilitate and support child-parent relations and create an enriched environment for both to grow. This summer, PAFC is offering a new program: family hikes.



Participants will join Rebecca Porte on family hikes to Rice Lake in North Vancouver and to Lighthouse Park in West Vancouver. Parents and children will explore the wonders of nature as they hike the short trails and enjoy the beautiful setting for their picnic lunches. These are perfect hikes for families with young children (0-6) and a great opportunity to connect with other families.

Parents are welcome to attend a pre-hike orientation session on June 26, 7 p.m. Porte will provide information about meeting areas, what to bring on the hikes, ideas for keeping children engaged and enthused, and some natural history background.

The hike to Rice Lake will take place on Sunday, June 29, 10 a.m.-12:30 p.m., and the hike to Lighthouse Park on Sunday, July 13, 10 a.m.-12:30 p.m.

Porte is a nature enthusiast who has spent over a decade dedicating herself to sharing the wonders of nature with people of all ages. Whether guiding in British Columbia's Purcell Mountains, working as a naturalist at Mount Robson Provincial Park, providing nature education on Keats Island or spearheading an organization that provided field based natural history education to adults, Porte

loves introducing others to the joy of the wilderness and the wonders of nature. For more information, contact Pazit Krimerman, PAFC coordinator, at pafc@jccgv.bc.ca. For details and registration, visit jccgv.com/content/jcc-parent-family-centre.

- Courtesy of Parent and Family Centre



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### **Family**

Father's Day June 15: don't forget to call your dad, visit, send a gift.

Vancouver Canadians' first home game of the 2014 season, versus Spokane. June 18, 7:05 p.m., at Nat Bailey Stadium. milb.com.

Rio Tinto Alcan Dragon Boat Festival, entertainment on the World Beat Stage, food, children's activities, art installations, the Urban Tea Lounge, shopping and, of course, dragon boat racing. June 20 (from 5 p.m.), 21 and 22 (from 8 a.m.), around False Creek. dragonboatbc.ca.

**B.C. Lions'** first home game, against the Calgary Stampeders. June 20, 7 p.m., at B.C. Place. bclions.com.

Family Shabbat services, led by Rabbi Joshua Corber. June 21, 11 a.m., at Beth Israel.

Family hike hosted by the Parent and Family Centre at ICCGV, led by Rebecca Porte. June 26, 7 p.m.: prehike orientation session at ICCGV for parents. June 29, 10 a.m.-12:30 p.m., visit Rice Lake in North Vancouver. July 13, 10 a.m.-12:30 p.m., visit Lighthouse Park in West Vancouver. Information: Pazit Krimerman, pafc@jccgv.bc.ca. Registration: jccgv.com/content/jcc-parent-family-centre.

SummerFest 2014, face painting, balloon designs, Zumba classes, dance demonstrations, live concerts and more. June 27- Aug. 31, at Lonsdale Quay Market. lonsdalequay. com/events.php.

East Side Pride pays tribute to the historic Stonewall Riots, includes local grassroots musicians, artisan stalls, community/nonprofit exhibitors. June 28, 11 a.m.-6 p.m., Grandview Park. vancouverpride.ca.

Vancouver International Busker Festival: interactive comedy, music and stunts. June 28-29, noon-10 p.m., along Granville Street between Smithe and Pender. vancouverbuskerfest.com.

ArtWalk opening reception: the Village Stroll comes alive with more than a dozen artists painting, knitting, quilting, spinning pottery wheels and musicians. Bring the family and pick up an ArtWalk passport for a self-guided tour of all the art and watch as roving characters perform around every corner. June 28, 3-7 p.m., in Whistler Village.

Victoria Pride week includes art shows, spoken word, boat cruise, parade. June 29-July 6, at various locations in Victoria. 1-250-483-6846, info@victoriapridesociety.org or victoriapridesociety.org.

Canada Day Weekend in Whistler features music, dance, circus and outdoor theatre shows, arts and crafts for kids, sporting displays and art competitions. June 29-July 1. whistler.com/july\_long\_weekend.

Ships to Shore Steveston: relive the days when Richmond's Steveston Village was a major port-of-call for fleets of sailing ships from around the world. June 29-July 1. richmond.ca/discover/events/ ShipstoShore.htm.

Steveston Salmon Festival. July 1, beginning with pancake breakfast 6:30-11:30 a.m., 10 a.m. parade, noon opening ceremony, and many other events and activities till 5 p.m., including salmon barbecue. 604-238-8094 or stevestonsalmonfest.ca.

Canada Day Celebrations at Canada Place features a wide variety of live performances, exhibits and interactive displays. July 1, 10 a.m.-6 p.m. Waterfront Party, 7 p.m.

### Five summer "must haves"

LAUREN KRAMER

s summer begins to show its face in Vancouver, it's time to replenish those supplies that keep us safe and entertained throughout the season. Here's my list of five top - or "would be really nice to haves" - for "must haves" the sunny weather.

Skin-safe swimwear: Made on Vancouver Island, Nozone Swimwear has a full range of cover-all swimsuits for kids that look great, are comfortable to wear and protect that sun-sensitive skin from ultraviolet rays. Best of all, they last forever. My daughter's, a hand-me-down that goes back at least eight years, is showing no signs of wear and tear and remains a go-to favorite. From \$30, they're available at nozoneclothing.com or from select Vancouver retailers, including Crocodile (2156 West 4th Ave.), Duck Feet (1447 Marine Dr., West Vancouver) and Splash Swim and Cruise (2950 West 4th Ave.).

**Sunscreen sans grease**: There's nothing like that greasy feeling you get when you've smeared sunscreen all over your skin.

Kiss My Face is a non-greasy alternative in an easy-spray container. It's gluten free, paraben free, phthalate free and contains no artificial fragrance, which means you won't smell like an overripe coconut once it's on your skin. An eightounce spray bottle of SPF 30 sun spray lotion will et you back \$16.49 online, at kissmyface.com.

No-leak goggles: If you love swimming but hate the effect of chlorine or saltwater on the naked eye, you'll want to invest in a pair of Aqua-Sphere goggles. The company offers a wide range of designs to fit the faces of women, men and kids. Most offer 180-degree visibility, easy and quick strap adjustments and a leak-resistant Silicone skirt that does not leave you with raccoonlike eyes after your swim. At \$25-\$30, they're a little pricier than generic brands, but the extra price is worth it because the goggles last longer, are supremely comfortable on the eyes and - get this! - keep the water out of your eyes. There's more information at aquasphereswim.com or stores specializing in outdoor recreation.

**Ear protection**: There's nothing like the pit-of-the-stomach feeling you get when your kid announces painful ears. Swimmer's ear claims many victims among children each summer and can be an extremely painful affliction, particularly when it occurs over the weekend when, inevitably, doctors' offices are closed and hospital ER rooms are packed. If your kids are remotely prone to swimmer's ear, consid-

er investing in AquaEars: soft silicone, latex-free earplugs that are moldable to any size ear and appropriate for kids age three and up. They're available in designs that include Hello Kitty, SpongeBob, Disney Cars and Little-Mermaid. At cirrushealthcare.com, it's \$5.99 for a three-pair pack.

Homemade popsicles: In my house, I can't keep up with the demand for popsicles, since every time it's sunny, someone gleefully declares, "Popsicle weather!" and heads to the freezer. The

Zoku Quick Pop Maker is a great alternative to store-bought popsicles. The device has a compact base that gets stored in the freezer when it's not being used. When you want to use it, extract it from the freezer, put it on the countertop and wait seven minutes while it freezes ice pops quickly and without electricity. The kit includes six durable, reusable, plastic popsicle sticks, as well as drop guards. A perfect solution for healthy, homemade ice cream, yogurt or fruitbased popsicles. On zokuhome.com, you can order a maker for \$49.95.

Lauren Kramer, an award-winning writer and editor, lives in Richmond, B.C. To read her work online, visit laurenkramer.net.



**Kiss My Face** sunscreen is non-greasy.



AquaSphere goggles won't leave you with raccoon-like eyes after your swim.

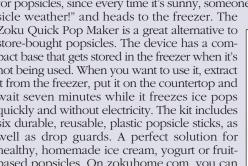


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Kerrisdale Farmers Market East Blvd between W 37th & 41st Ave June 14 to October 11 Every Saturday, 10 am - 2

> West End Farmers Market May 31 to October 18 Every Saturday, 9am - 2pr

armers Market

eatlocal.org or call 604.879.3276

Yaletown

Farmers Market

May 1 to October 2

parade, 10:30 p.m. fireworks. canadaday.canadaplace.ca.

**Midsummer Fete**, a modern-day interpretation of a village summer fête, features storytellers, including Naomi Steinberg, music, art installations, roving characters, a giant labyrinth and a tea party. July 6, 1-5 p.m., at Colony Farm. midsummerfete.com.

Victoria International Buskers Festival features performers from B.C., and across Canada, Europe, Sweden, Australia, South America and the U.S. July 18-27, at various locations in downtown Victoria. victoriabuskers.com.

**Gay Day at Playland**, a family-centred event. Participate in face painting, check out the Drag Promenade, go on the rides or enjoy a refreshment in the 19+ beer garden. July 19, 11 a.m.-6 p.m., at Playland.

**Boundary Bay Airshow**: aerial acts, vintage aircraft displays, children's activities, autograph tent, food vendors and more. July 19, gates open at 10:30 a.m., Boundary Bay Airport, 7800 Alpha Way.

**Caribbean Days Festival** weekend of tropical rhythm, cuisine, carnival and culture, includes parade down Lonsdale. July 26-27, in Wa-

terfront Park, North Vancouver. 604-515-2400 or caribbeandays.ca.

**Pride with the Whitecaps**, as the soccer team takes on FC Dallas. July 27, 2 p.m., at B.C. Place. \$42.75-\$63.75 from ticketmaster.com, enter passcode: pridevan. For other Pride events, vancouverpride.ca. For other Whitecaps games, whitecapsfc.com.

Vancouver Pride weekend. Aug. 1, 6 p.m.-midnight: all-ages block party on Davie Street. Aug. 2, 9 a.m.: Terry Wallace Memorial Breakfast at Davie Street Plaza. Aug. 3, noon-3 p.m.: Pride Parade begins at Robson and Thurlow, and finishes at the Sunset Beach Festival site, with live music, local market and more, which runs 11 a.m.-6 p.m.

**Tsawwassen Sun Festival** weekend: pancake breakfast, parade, midway, kids crafts, slo-pitch and volleyball tournaments, classic car show, Elvis and Marilyn Monroe, food vendors, etc. Aug. 2-4 in Winskill Park. sunfestival.ca.

**Richmond Maritime Festival**: discover local lore, visit wooden boats, create works of art, bring your picnic blanket and enjoy the treats. Take in music, painters, wood carvers, potters, stilt performers,

puppets, storytellers and more. Aug. 8-10, at Britannia Shipyards, National Historic Site. richmondmaritimefestival.ca.

**Abbotsford Air Show** features daytime and nighttime events in addition to the flying program. Aug. 8-10 at Abbotsford International Airport. abbotsfordairshow.com

**Fair at the PNE** runs Aug. 16-Sept. 1, 11 a.m. until late, weather permitting, 2901 E. Hastings St. Prices and other information, pne.ca.

**Steveston Dragon Boat Festival** includes food, activities and vendor booths. Aug. 23, 9 a.m.-5 p.m., by the Britannia Heritage Shipyard. stevestondragonboatfestival.ca.

**Pet-a-Palooza**, held by the Just Love Animals Society to raise money for free and low-cost spay and neuter clinics. Aug. 24 in Coopers Park, Yaletown. Bring your dog to sample treats, food, accessories, toys. petapaloozawest.com/vancouver.

Victoria International Chalk Art Festival includes the Royal B.C. Museum, which hosts the 3-D chalk painting within a free admission area, and there's a performance stage featuring many singers, dancers and drummers from the First Nation's community, and a clo-



Led by singer and flamenco dancer Tamar Ilana, Ventanas' repertoire weaves in and out of Bulgarian tunes, and Greek, Turkish and Sephardi love songs. They are one of more than 60 acts at this year's Vancouver International Folk Festival, which runs July 18-20 at Jericho Beach Park. There are ticket packages for one/two nights, the entire weekend; and an early bird price until July 17.

sure zone on Government Street, where there are more artists, a kids chalk zone, a food village and more. Sept. 13-14, downtown Victoria. victoriachalkfestival.com.

**Vikings**: Lives Beyond the Legends. See hundreds of rare artifacts – jewelry, swords, axes and clothing – many of which have never been

shown outside Scandinavia. Until Nov. 11, at Royal B.C. Museum. royalbemuseum be ca

#### Ongoing

**Torah Zone** at Chabad Downtown. 778-371-9508 or malky@chabadcitycentre.com.

**Friday Night Live** Shabbat dinner. Fri, 5:30 p.m., at the Kollel.

### Peretz Centre Seeking Secular Jewish Sunday School Teacher

We hope to start two classes in September, a younger and an older, meeting on alternating Sundays, 10:30–12:30. Our teacher must be able to commit to every Sunday except for long weekends and school breaks. We would consider two teachers on alternating Sundays.

The program's mandate is to foster Jewish identity in children from families who are not religious but want their children to have a Jewish peer group and to get a foundation in Jewish history, culture and traditions from a secular humanist point of view.

The program is Jewish calendar-based and hands-on. Through age-appropriate crafts, songs, stories, discussion and other activities, the children learn about the "stories of our people," and the meaning of the major holidays, prepare and eat some of the traditional holiday foods (matzo balls, homentashn, etc.) and get some exposure to simple Yiddish and/or Hebrew.

There is curriculum material available as well as guidance from Peretz staff and elders. Understanding the secular-humanist approach to Jewishness is a must.

Salary dependent on experience.

For more information: 604-325-1812; coordinator@peretz-centre.org

Peretz Centre for Secular Jewish Culture 6184 Ash St., Vancouver.





Monthly family Shabbatot at Eitz Chaim. 604-275-0007

Shabbat XP: stories, games, tefilah, snack, with Gila Ross. Sat, 10:30 a.m., at Schara Tzedeck. 604-365-3450 or gilar@scharatzedeck.com.

Baby-toddler Shabbat social on third Shabbat of month, at Or Shalom.

Shabbat Zone: singing, movement, games, stories, for young children, with Rachel Kest. Sat, 11 a.m., at Beth Israel. 604-731-4161.

Mini Chefs, for ages 3+. Sun, 10 a.m., at Chabad Downtown. 778-688-1273.

Israeli dancing for children and youth. Sun, 3 and 5 p.m, at JCCGV. jccgv.com.

Ima and Me. Mon, 9:15 a.m., at Chabad Richmond. 604-277-6427.

Hebrew club, for kids 5-12. Tues, 5 p.m., at the Bayit. For information: thebayit.richmond@gmail.com.

Parents and tots: last Wed of month, Burquest JCC. 604-552-7221.

### Health

Feldenkrais Awareness Through Movement. Spring classes through June 26: Mon, 10:30 a.m., in

**JULY 18 - 20** 

Casey Driessen Singularity

Richmond (Pilates Group Studio, 200-3960 Chatham St.); and Mon, 1 p.m., Tues, 10:30 a.m., Wed, 7 p.m., and Thurs, 6 p.m., at Feldenkrais Centre Vancouver. New timers \$15, other drop-ins \$20, space permitting. Contact Vita, 604-729-0060 or vita@feldenkraisvancouver.com. feldenkraisvancouver.com.

Jog for the Bog trail run. July 27, a.m. registration, 8:30 a.m. run through the Delta Nature Reserve, 10388 Nordel Ct. Before June 26. 5K walk/run \$40, 10K run \$45; after June 26, 5K walk/run \$45, 10K run \$50 (includes pancake breakfast and a marathon T-shirt). Entertainment and prizes for all ages. burnsbog.org/jog.

Feldenkrais Awareness Through Movement. Summer classes July 8-Aug. 20 (no class July 22 and 23): Tues, 10:30 a.m. and 6 p.m.; Wed, 7 p.m. New timers \$15, other dropins \$20, space permitting. For more information: Vita, 604-729-0060 or vita@feldenkraisvancouver.com. feldenkraisvancouver.com.

Picnic in the Park & Pride Run & **Walk**, for everyone at all abilities. July 26, 9:30 a.m.-6 p.m., at the Brockton Oval, Stanley Park. Net proceeds go to the Qmunity Pride Legacy Fund and Out in Schools to

Tamar Ilana & Ventanas

60+ artists including Amos Lee • Ozomatli

Mokoomba • La Manta • Flying Mountain

Andrew Bird & the Hands of Glory • Fish & Bird

Banda Kakana • Noura Mint Seymali • Typhoon

Grievous Angels • Josh White Jr. • Jay Malinowski & the Deadcoast

Pacifika • Great Lake Swimmers • Eliza Gilkyson ... & many more!

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help raise money to build community organizations and to fight bullying and homophobia. More information and registration at vancouverfrontrunners.org/2014-priderun-walk.

Subaru Ironman Canada, swimbike-run race. July 27, in and around Whistler's lakes, roads and trails. For more information, visit whistler.com/ironman.

Wanderlust Whistler brings together yoga teachers, musical acts, speakers, artists and culinary experts in a festival that celebrates health, wellness and spirituality. July 31-Aug. 4. More information can be found at 1-800-944-7853 or whistler.com/wanderlust.

RBC GranFondo Whistler: cycle from Vancouver to Whistler on the Sea to Sky Highway, 122 kilometres of winding mountain road with views across Howe Sound and the Coast Mountain Range. Recreational, advanced and elite-level cyclists are encouraged to participate. Sept. 6. For more information, visit whistler.com/granfondo.

#### Ongoing

**Shallow-water aquafit**, Fri, 9 a.m., at ICCGV.

Nia, a full-body workout, suitable for all fitness levels. Mon, 9:10 a.m.,

Deep-water aquafit with buoyancy belts. Tues and Thurs, 9 a.m., at

Yoga with Elana Epstein. Tues, 9:30 a.m., at Temple Sholom. elanaepstein@shaw.ca.

**Zumba**. Tues, 5:30 p.m., at Peretz Centre. 604-781-3437 or info@zumbavancouver.ca

JFSA's Community Garden: open volunteer hours at W. 57th Avenue and East Boulevard. Guy Askadsky, 604-257-5151 or gaskadsky@jfsa.ca.

Jewish support group for persons with a mood disorder. 2nd Wed of month, 7:30 p.m., at JCCGV. Lisa, 778-228-4037, or MDA, 604-873-0103

Pilates with Sarina Auriel. Thurs, 10:30 a.m., in the upper studio at

### **Meetings**

**Vancouver Holocaust Education** Centre AGM features outreach speaker Lillian Boraks Nemetz, the Kron Sigal Awards and presentations of life fellows, as well as the business agenda. June 18, 7:30 p.m., at VHEC. vhec.org.

Jewish Federation AGM celebrates volunteers and staff, welcomes new CEO Ezra Shanken and elects the board of directors. June 19, 7:30 p.m., at King David High School. RSVP required in advance to Natalie Karsvente, 604-637-3105 or nkarsyente@jewishvancouver.com.

Sunday Adult Discussion Group. Topic to be decided. June 29, 10:30 a.m., at Peretz Centre. peretz.centre.org.

Ongoing

**Jewish writers group** meets monthly. Call Dan, 604-277-6570.

Café, discussion, breakfast, Sun. 10 a.m., at the Kollel.

The Bagel Club: adults with special needs meets Sun. 2 p.m., or

# Dancers exploring the edge

he 2014 Dancing on the Edge festival reveals the broad range of contemporary dance percolating in Vancouver and across Canada. The 26th annual event features more than 30 different choreographies from more than 70 dance artists – including Vanessa Goodman, Meghan Goodman, Noam Gagnon and Tara Chevenne Friedenberg – over 10 jam-packed days of dance from July 3-12. In order of appearance:

The Ottawa Dance Directive takes to the Firehall Arts Centre stage on July 3, 8 p.m., and July 5, 9 p.m. Following a sold-out show at Canada Dance Festival 2012, Ottawa Dance Directive's resident company, Compagnie ODD, presents an evening of Western Cana-

Tara Cheyenne Friedenberg hosting last year's Dusk Dances at Portside Park. She will take on that duty again this summer.

dian premières by artistic director Yvonne Coutts (Fracture) and guest choreographers Gagnon (sho me wut ugui) and Tedd Robinson (Trembleherd Bells). Interpreting the works are dancers Charles Cardin-Bourbeau, Jasmine Inns, Marilou Lépine, Simon Renaud and Riley Sims.

Dusk Dances at Portside/Crab Park, hosted by Friedenberg, offers an eclectic range of site-specific dance pieces created by Vancouver and Toronto choreographers with live music by the Carnival Band. This year's performers are Denise Fujiwara (*Unquiet Winds*), Julia Aplin (*Inner City Sirens Part II*), Body Narratives Collective / Meghan Goodman (*be graceful in the wind*) and Compaigni V'ni Dansi / Yvonne Chartrand (*Cree* Creation Story). Performances in the park are pay-what-you-can and take place on July 4, 5 and 6, 7 p.m. Audiences can either meet at the park or go to the Firehall 10 minutes prior to showtime and the band will escort you there. Bring chairs and blankets, if you would like.

On July 5 and 6, 8 p.m., at Scotiabank Dance Centre, the Contingency Plan / Vanessa Goodman premières what belongs to you. The piece seeks to connect experience to memory, allowing our senses to guide us towards our greatest potential. Goodman's choreography is anchored by A.H. Maslow's pyramidal system of human motivation and explores the idea that a person never "is," they are always "becoming." Performers Josh Martin, Lisa Gelley, Bevin Poole, Jane Osborne and Erika Mitsuhashi execute the movement vocabulary as hundreds of white balloons cascade through the space, the balloons becoming instruments of motivation, acting as catalysts for each performer's experience and transformation. The piece features original sound, Gabriel Saloman; lighting design, James Proudfoot; lighting/technical director Jeff Harrison: and rehearsal direction, James Gnam.

Show tickets are \$28 or \$26 for student/senior tickets and DOTE members receive discounts. The Edge four-pack is \$85; the six-pack, \$120. You can buy tickets online and find more information about these and

other performances at dancingontheedge.org or by calling the box office at 604-689-0926.



Community Kitchen, Wed, 4:30 p.m., at JCCGV. 604-257-5111, ext. 710.

Women's Knitting Circle meets second Tues of month, 7:30 p.m., at Temple Sholom. RSVP to sister-hood@templesholom.ca.

**Jewish Advocacy for Conservative Party**: third Tues of month at JCCGV. 604-291-2999 or jacp.ca.

### **Seniors**

**Sholem Aleichem Seniors**, Fri, 11 a.m., at Peretz Centre. June 13: Robert Albanese presents Morning Movies with Robert, a film screening and discussion, and closing luncheon (\$10). Last program before the summer break. Call Gyda, 604-266-0015.

Empowerment Through the Arts, with Jewish Seniors Alliance and Kehila Seniors of Richmond. Program includes Marilyn Berger, JSA vice-president, with interactive storytelling, Marshall Berger on piano; Jeni Wright, singer, children's musician and recording artist; and painter and art therapist Claire Cohen. June 16, 11:30 a.m.-2 p.m., at Beth Tikvah. jsalliance.org.

**Summer BBQ and concerts**: enjoy hot dogs, veggie burgers and other food. Musical guests perform after lunch. July 7 and Aug. 11, noon-2 p.m., JCCGV Seniors Lounge. \$10/\$12. jccgv.com.

Ongoing

**Blogging Bubbes and Zaides** computer classes at JCCGV. 604-257-5111.

**L'Chaim Adult Day Centre** for fragile older adults, at JCCGV. Fee provides kosher lunch. 604-257-5111, ext. 400.

**JCCGV Seniors** daily programs. Drop-in fees. contact 604-257-5111 or seniors@jccgv.bc.ca.

**Lunch and Learn**, Mon, 11:45 a.m., JCCGV. \$9/\$11.50.

**Kehila Seniors** programs and lunch Mon, noon, includes a wellness clinic (some services cost) at Kehila Society. Transportation available for Richmond residents (call Barbara, 604-241-9270). Lunch: \$7. kehila@uniserve.com.

**Torah class for seniors**. Tues, 11 a.m., bi-weekly, at Chabad Richmond. 604-277-6427.

JFSA seniors kosher lunch. Tues, noon, at Temple Sholom. Transportation available. 604-257-5151.

**Film and Food**, a film series on the last Tues of the month, 1 p.m., at Peretz Centre. Presented by Vancouver Jewish Film Centre. Free. 604-266-0245

**ESL**: beginner, Wed, 9:45 a.m.; intermediate, Thurs, 9:45 a.m.; advanced, 11 a.m., at Chabad Richmond. 604-277-6427; Natasha, 778-855-7510 (Russian).

**Seniors Lunch** features guest speakers. Wed, noon, biweekly, at Lubavitch Centre.

**Arts club**: arts and crafts. Wed, 1-4 p.m., at Chabad Richmond. 604-277-6427.

**Smile on Seniors**: lunch (\$7), music, movies, speakers. Alternating Thurs, 11 a.m., at Chabad Richmond. 604-277-6427. Call Pat Hoffman if need ride, 604-273-0526.

### Speak<u>ers</u>

**Dvora Levin** launches her new book of poems, *Ragged Light.* June 22, 2-3 p.m., at Congregation

# Golf Okanagan, Richmond

OJC and Beth Israel's annual tournaments are on this summer.



olfers have much to look forward to this summer – not only the opportunity to play in a couple of tournaments, but to help two good causes while doing so. The annual Okanagan Jewish Community tournament takes place next month, while Congregation Beth Israel's annual event takes place in August.

The 17th annual OJC Golf Classic is scheduled for Sunday, July 13, at the Harvest Golf Club. Brunch starts at 11 a.m., the golf portion begins at 1 p.m. with a shot-gun start and a sit-down prime rib dinner rounds out the day at 7 p.m. Registration is \$225 (\$175 for Harvest members) and includes the brunch, driving range, cart, golf and dinner. Free on-course food and drinks will be provided by Moxies, Milestones, Mr. Mozzarella, Summerhill Winery, Tree Brewing and Dairy Queen.

In previous years, the silent auction has included golf packages, NHL hockey tickets and jerseys, spas, hotels, wine packages and plenty of restaurant gift certificates. The live auction has included a WestJet vacation for seven nights in Puerto Vallarta, a couples package to Predator Ridge and Sparkling Hill Resort and a Canucks package, which included two nights accommodations and a dinner gift certificate.

This year, the OJC has decided that in lieu of a welcoming gift to each golfer a donation will be made to a charity to be announced. So, if you want to join or volunteer in the OJC Golf Classic, sponsor a hole or contribute an auction item, contact David Spevakow at dspevakow@gmail.com. For more information and to register, visit ojcc.ca/golf-tournament.php.

Beth Israel's annual Swinging Fore Kids will take place this year on Aug. 21 at Mayfair Lakes Golf and Country Club in Richmond. Supporting the congregation's programs involved with youth and the community, the event fee is \$295 (dinner only is \$60). Registration includes 18 holes of golf, special events throughout the course, prizes and draws, kosher dinner and hot dog lunch, complimentary refreshment cart, state-of-the-art scoring and video presentation, hole-in-one prizes and a power cart.

The tournament is in Texas Scramble team format, and golfers are requested to check in at least 45 minutes before the 1 p.m. shot-gun start/tee off. Players are also asked to wear soft spikes only.

To find out more details about hole sponsorships, other promotional opportunities and overall participation in the tournament, contact Shannon Etkin at 604-731-4161 or shannon@bethisrael.ca.

- From ojcc.ca and bethisrael.ca, respectively



Please join us for a historic groundbreaking ceremony.

SUNDAY, JUNE 22, 11 A.M. ATVTT 998 West 26th Avenue

All community members welcome!

604.736.7307 info@securingthefuture.ca talmudtorah.com





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Underwritten by Assurant Life of Canada

Emanu-El, 1461 Blanshard St., Victoria. devlevin@telus.net.

Should I Change My Mind About Weed?, a panel discussion facilitated by Michael Levy, with Hebrew U. Prof. Raphael Mechoulam on Cannabis and Its Medical Uses, B.C. Children's Hospital's Dr. Kathryn Selby on Marijuana and the Adolescent Brain: Fact and Fiction, and Schara Tzedeck's Rabbi Andrew Rosenblatt on What Did the Sages Say About the Use of Marijuana? June 24, 7:30 p.m., at Schara Tzedeck. Free. Submit questions ahead of time and register (required) to 604-257-5133, cfhu.org/weedevent, or in person at CFHU (204-950 West 41 Ave.) or Schara Tzedeck (3476 Oak St.).

### Youth

Robotics, Computer Programming, Rockets for ages 10-14. Build WeDo and NXT LEGO robotics, rockets and learn computer programming. June 15, 11 a.m.-2 p.m., at Tsawwassen Arts Centre. \$75. 604-628-9825 or info@digivations.com.

**Summer in the City 2014**, art camps for ages 6-16 with artist Suzy Birstein in her Kitsilano garden studio. Children experience the wonders of working with ceramics combined with papier mâché, mosaics and/or drawing and painting while exploring a theme. Four sessions, 9:30 a.m.-noon and 1-3 p.m.: July 7–11, July 21-25, Aug. 4-8 and Aug. 11-15. \$165/halfday, \$330/full-day. Register at 604-737-2636 or suzybirstein.com.

**Wilderness adventure camp**: spend Aug. 11-15 on Gambier Island (ages 10-15). \$560-\$660. Register at soaringeaglenatureschool.org/overnight-wilderness-adventure-camp-gambier-island.

**Wilderness day camps**, including Forest Camp, Ninja Camp, Ocean and Forests Camp, Teen Camp and others, run all summer. Information and registration: soaringeaglenatureschool.org.

#### Ongoing

**Sunday school** for kids 7-11 with Jewish family ties. Sun, 10:30 a.m., at Peretz Centre. 604-325-1812.

**Bar/bat mitzvah classes** for girls 10+ and boys 11+. Two Sun per month, 10:30 a.m., at Peretz Centre. 604-325-1812.

**Torah High:** earn high school and university credits. Mon, 4:30 p.m. (Hebrew) and 6:15 p.m. (main class), at KDHS. Register at vancouver.torahhigh.org.

**Tutoring** and homework help with Habonim Camp Miriam volunteers. Mon and Tues after school at Waldman Library.

**You Matter:** JFSA's youth counseling dropin sessions are free and confidential. Tues, 3:30-5:30 p.m., at Peretz Centre. jfsa.ca/counseling.

**Kids Club** for children grades 3-6. Outdoor play, crafts, Torah stories, led by Camp Miriam counselors Madison Slobin and Noah Finkelstein. Wed, 4-6 p.m., at Or Shalom. To register, 604-872-1614.

# Protect yourself from sun

ccording to the Canadian Dermatology Association (CDA), melanoma is one of the most common cancers in Canada: the lifetime risk for men is one in 74; for women, one in 90. Excessive exposure to ultraviolet (UV) rays from the sun and sunbeds plays a leading role in its development and is its most preventable cause. Fortunately, when found at an early stage, melanoma has one of the highest cure rates of all cancers, according to the CDA, at more than 90 percent.

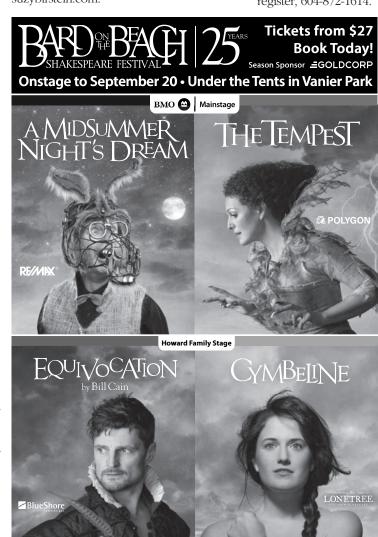
To protect yourself, the CDA recommends (dermatology.ca/skin-hair-nails/skin/skin-cancer/malignant-melanoma): find out your risk factors, learn the early signs of melanoma and how to check your skin, protect yourself from the sun from spring to fall and avoid sunbeds, check your skin once each month and consult a doctor if you see any suspicious spots. While prevention and early screening are critical, fighting skin cancer once it develops is still a challenge, so it's an area being researched at the Weizmann Institute of Science, including:

**Developing an "adoptive cell transfer" treatment**: Prof. Zelig Eshhar of the department of immunology is working to boost the body's anti-cancer defences via "adoptive cell transfer," in which patients receive a therapeutic injection of their own immune cells. This therapy is currently being tested in early clinical trials of melanoma.

**Identifying the genes involved in melanoma**: Prof. Yardena Samuels of the department of molecular cell biology uses DNA sequencing to identify new groups of genetic mutations involved in the deadliest form of skin cancer, melanoma. One of her discoveries, a mutation found in nearly one-fifth of melanoma cases, was particularly encouraging because it is located in a gene already targeted by a drug approved for certain types of breast cancer, and preliminary clinical trials are underway. **Taking a 'green' approach**: Prof. Avigdor Scherz of the department of plant sci-

**Taking a 'green' approach**: Prof. Avigdor Scherz of the department of plant sciences and Prof. Yoram Salomon of the department of biological regulation developed a photodynamic "green" therapy that uses light to activate cancer-killing drugs and destroy cancer cells. Go to weizmann.ca/research-achievements/monthly-awareness-campaigns/128-sun-awareness for more information.

- Courtesy of Weizmann Institute



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