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HAppenings

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Dear Hebrew Academy Alumni,

Our first issue of HAppenings hit the "newsstands" on February 1, 2010. The response was overwhelming! Thank you to everyone who contributed to the issue and to the Alumni who sent in their comments and ideas.

Before we move forward to what is "HAppening" in and around Hebrew Academy today, the Co-Chairs of the 40th anniversary Shabbaton, Vicky Honigwachs Shizgal (class of '87) and Esther Banamou Feinberg (class of '91) recaptured the magic of the event and are taking us on a trip down memory lane....

To view photos www.viaphotostudio.ca. Go to Galleries, Scroll down to Events, HA Reunion, password: HA 2008



HA 40th ANNIVERSARY SHABBATON

On March 28-29, 2008 close to 400 Hebrew Academy alumni gathered together in Montreal to enjoy a wonderful 40th anniversary reunion shabbaton. Hugs and kisses were given and reminiscent smiles were exchanged, it was time to enjoy a gathering of old and new friends as we celebrated and recalled some of the best years of our lives.

Upon entering the TBJ Shul in Montreal every alumni received a necklace with their graduation picture on it and then proceeded to the main sanctuary to enjoy a lively Carlbach minyun. When the crowd entered the main hall they quickly found their places with the guidance of their class picture on every table. Throughout the dinner, laughing voices could be heard throughout the room as everyone enjoyed catching up and reflecting on the good old days. Dinner was enhanced with speeches and a choir that was made up of children of alumni singing beautiful zmirot. We also had a chuckle listening to the 'Top 10 reasons you know you were in HA' being read by alumni from the 60's to present day. The children allowed their parents to catch up as they got their share of candies and treats (thanks Eddie) in the youth groups while getting to meet lots of new friends. It was time to end the night, but we had a full day of fun ahead.

During Shabbat services, Rabbi Perton addressed the room filled with past and present HA families and a beautiful duvening was enjoyed by all. Following services we had a delicious high Kid-dush thanks to the generous donation of the Veres and Lando families. Friends got to enjoy the afternoon together at each other's houses until we met at HA for some shiurim and Bnei Akiva snif. Shalosh Seudot was possible through the generous sponsorship of the Drazin and Neuer families and a dvar torah and singing was enjoyed by all. The Shabbaton ended with a musical Havdalah followed by a melave Malka with music by Jamie Karls sponsored by the Suissa family. Pictures were taken with Shalom Diamond by graduating class and an amazing year book was handed out (co-chaired by Aviva Drazin and Morrie Levy) with HA shirts sponsored by the Lieberman family.

The event could not have been possible without the help of an outstanding committee. What a weekend it was!!!! The word on the street was 'Do we have to wait till the 50th to do this again?'

Vicky Honigwachs Shizgal (class of '87) and Esther Banamou Feinberg (class of '91)

A Word From Our Alumni



Zipi Shimon Haetzni (Ph.D) is a Hebrew Academy graduate (Class of '90). Following her year of overseas Jewish studies at Brovender's, she made aliyah and completed her studies in both Clinical and Health Psychology. Today Zipi works as a licensed clinical psychologist specializing in the treatment of obesity. She lectures and trains professionals on a national level and appears in various forms of media in Israel. Zipi lives in Jerusalem with her husband Hezki and 2 daughters, Shir (age 13) and Reut (age 6).

Recently, Zipi has come out with a bestseller book in Hebrew called "Lishkol MeChadash," in English called "Weighing New Options: The Psychological Handbook for Weight Loss and Maintenance". The book is intended to help people translate what they know theoretically about weight loss and healthy eating habits into practice.

Among the topics covered in her book:

- ◆ Creating appropriate conditions for change
- ◆ Identifying and modifying destructive thinking habits
- ◆ Developing constructive new ways of thinking
- ◆ Improving self control
- ◆ Learning to cope skillfully with high risk situations
- ◆ Learning to enlist the right people in one's weight loss struggle
- ◆ Learning to cope autonomously with inter-personal pressures
- ◆ Improving one's relationship with one's body
- ◆ Developing lifelong exercise habits
- ◆ Relapse prevention



Class of '79

On January 11, 2010, the Class of '79 had a small reunion of those who made aliyah and those who were visiting at the time, at the home of Harriet Goldfarb (nee Lipshitz) in Shoham, Israel. Out of 20 girls who graduated in 1979, 9 made aliyah. Kol hakavod to those who did.

In the picture standing from left to right: Miriam Benarrosch, Adina Hauer, Ellen Spitzer, Chani Spiro, Debbie Schwebel, Shelley Drazin, Rachel Serruya.

Sitting from left to right: Harriet Lipshitz, Bonnie Dinovitzer, Esther Shizgal, Deena Deitcher.

Deena Deitcher

Please take the time to fill out the on-line Alumni Update form so that we can update your information and keep in touch. We are always eager to hear from you. Kindly contact Marian Segal, Director of Development at 514.489.5321 x 353 or by email segalma@ha-montreal.org

[Alumni Update Form](#)

Mazel Tov to:

Tiffany & Moshe Lehrer (Class of '95) on the birth of a son Dutch
Linda (Executive Director HA) and Jack Lehrer on the birth of a grandson Dutch

Jaqui and Michael Silbiger (Class of '88) on the birth of a son Ronnie

Tali and Yossi Lanton (Class of '95) on the birth of a daughter Dina
Rabbi & Peggy Lanton (Kindergarten teacher at HA) on the birth of a granddaughter Dina

Ali Veres (Class of '06) & Zack Isakow on their engagement
Marla (President HA) and Peter Veres on their daughter Ali's engagement

HA Alumni Elie Farkas and Yitzhak Szyf who received Smicha from YU on Sunday, March 7th and their parents Mr. & Mrs. Tzvi Farkas and Dr. & Mrs. Moshe Szyf



In and Around Hebrew Academy

Color War, do you remember when.....

Jack Hasen, President of Federation CJA, broke Color War at the Hebrew Academy on January 29th.

Immediately after the breakout, the Judges, captains and students split into their respective teams; **Dream** and **Reality**. Colors were picked, **YELLOW** and **GREEN** versus **BLACK** and **PURPLE**. Each student was given a different area of concentration.

The entire weekend team meetings were held at different homes. Creativity flowed; costumes were designed, banners were painted, plays and songs were written and on and on it went to the small hours of the morning. These intense preparations paid off for the **Dream** and **Reality** teams. Monday and Tuesday presentations such as songs, plays, arts, sports, baking were fun and exciting for all.

Tuesday night February 2nd, after the banquet dinner, the teams presented their stomp routines, plays, and songs to the entire High School. Students, faculty and parents were mesmerized with the various presentations.

Color War is always an amazing and a fun experience for all the students. It's a time when everyone comes together and many friendships are formed.

Wow!!! Our students are so smart and creative when given the freedom to express themselves, **HEBREW ACADEMY** School spirit Rocks!!! [Click Here to view Color War Pictures.](#)

Yoni Lehrer, Madriach/Animator HA (Class of '99)

The following video about Gilad Shalit was created by Martin Preisler-Banoon (Class of '11), Bianca Benisti (Class of '10) and Nicole Lieberman (Class of '10). The presentation was made on February 2, 2010 at Color War. [Click here](#)

The year 2010 is filled with fun activities such as Color War, High School Girls Production, HOPS and many more. Being a senior is a time one looks forward to from the moment they arrive in Grade 7. Although Grade 11 is very important academically, physics problems are far from our worries. Things that go through seniors minds are *When is Color War? Who are the Judges? Who are the two that get the opportunity to get accepted in the HOPS program?*

At the beginning of the year, students are streamed into the science track, or the law and business track. Students must work hard in order to get accepted into CEGEP, where mid-term is the most stressful period. Once report cards are in, we begin to prepare for the next leg of our journey and leave the best five years of our lives.

Rachel Friedman (Class of '10) and Naomi Corcos (Class of '10)

Calendar of Events

March 29	Erev Pesach
April 1– 4	Oren Grunbaum-Barry Mishkin Memorial Basketball Tournament
April 18	Yom Hazikaron
April 20	Yom HaAtzma'ut Rally
June 17	High School Graduation
June 21	Hebrew Academy Golf Tournament



The Olympics are over and it is now time for the Oren Grunbaum—Barry Mishkin Memorial Basketball Tournament

The basketball tournament will take place on Chol Hamoed Pesach. If you are in town for Pesach come out and cheer for the Alumni players and teams. We need your support! Bring your family and friends; reconnect with former classmates—A Blast from the Past!....we would love to see you!

Information and registration on Facebook - Hebrew Academy of Montreal Annual Basketball Tournament



Hebrew Academy Golf Tournament

SAVE THE DATE

Who: Hebrew Academy
 What: Golf Tournament
 When: Monday June 21, 2010
 Where: Le Diamant Golf Club
 Co-chairs: Dany Perras
 David Diner

BE PART OF THE TEAM

Register a Foursome - Volunteer for the Day - Become a Sponsor

Information or Details
 Marian Segal
 514.489.5321 # 353



[Click here for golf registration, sponsorship and volunteer forms](#)

Hebrew Academy Journal And Jewels



Each year we publish a journal to accompany one of our annual fundraising events. This year we will present our Journal at the Hebrew Academy Golf Tournament on June 21, 2010.

Along with our advertising from the generosity of the many families and corporations that support Hebrew Academy and make the journal a wonderful keepsake, we publish a Jewels section that features our families and children.

We invite parents, grandparents and anyone who would like to contribute to our journal to complete and send in a journal ad contract and/or a jewels form for our 2010 edition. Your involvement is an integral part of our success.

[Click here for Journal and Jewel forms](#)