

# HILLEL LODGE BIKING FOR BUBBIES

September 12, 2021



A Tribute To  
SEYMOUR MENDER

1953 - 2020



**We recognize Biking for Bubbies for all that it has accomplished and continues to do in making the lives of the residents of Hillel Lodge so much better.**

**We honour Seymour for his vision,  
community leadership and tireless efforts.**

**Seeing how responsive the community has been in its support of this  
tribute book and the Biking for Bubbies event is a true testament  
to Seymour's character and the positive effect Seymour has had on so many.**

**We love and miss him dearly,  
David and Sharon Appotive**

# TABLE OF CONTENTS

- 5 Messages**
- 11 Testimonials**
- 14 Remembering Seymour**
- 19 Remembering a Close Friend**
- 21 Memories**
- 23 Biking Through the Years**
- 52 Memories**
- 54 Our Sponsors**
- 98 We Thank Our 2021 Riders**

A special thank you to Don Ermen who went above and beyond to design this tribute book. We are grateful to Francie Greenspoon whose words told the story and to Issie Scarowsky for capturing our memories through his photos over so many years. We are also grateful to the Hillel Lodge LTC Foundation and its staff for their support.



# Danbe Foundation Inc.

BARBARA CROOK AND DAN GREENBERG, THE DANBE FOUNDATION



# MESSAGE FROM MP McKENNA



As the Member of Parliament for Ottawa Centre, I salute the efforts of the late Seymour Mender and all those who make Hillel Lodge such a special place.

Seymour Mender leaves a legacy of generosity and compassion to give back and help others.

Funds raised through events like Biking for Bubbies allows to further enhance the quality of service and personalized care at Hillel Lodge.

Throughout the challenging times of the pandemic, Ottawa residents have shown that coming together to support one another can make a significant difference in people's lives.

Thank you, to all the volunteers, nurses, PSWs and all other front-line workers, who provide exceptional care to support the residents of the Lodge.

Seymour's commitment to his community and his family's continued generosity are truly remarkable. We know that his strong support will have a significant impact on the residents of Hillel Lodge for years to come.

Sincerely,

**Catherine McKenna, P.C., M.P.**

Member of Parliament for Ottawa Centre

# MESSAGE FROM JEREMY ROBERTS, MPP



Hillel Lodge is a pillar of the Ottawa community, providing high-quality and compassionate care to its residents for many years. This is in no small part thanks to the generous support provided by many across Ottawa's vibrant Jewish community.

As the Member of Provincial Parliament for Ottawa West – Nepean, I would like to pay tribute to one of those supporters, the late Seymour Mender.

Mr. Mender's passionate devotion to the success of Hillel Lodge has helped ensure that it continues to provide a high-level of care for the many seniors living there. For 13 years, he helped organize the Biking for Bubbies fundraiser, which raises funds to support Hillel Lodge. There is no doubt that Seymour's selflessness, kindness, and compassion have left a lasting impact on the residents who live there.

This COVID-19 pandemic has been a difficult time for many. Beyond paying tribute to Mr. Mender, I would also like to thank all of those who make Hillel Lodge such a wonderful place in our community, including the volunteers, nurses, PSWs, and others who have worked hard to make sure this beacon continues to thrive despite all adversity.

As we mark the 13th Biking for Bubbies, I wish everyone taking part much success. Thank you for all you do to support the great work at Hillel Lodge.

Yours sincerely,

Jeremy A. Roberts, MPP  
Ottawa West - Nepean

# MESSAGE FROM COUNCILLOR LEIPER



As councillor for Kitchissippi Ward, I'm honoured to be asked to contribute to this book honouring the amazing Biking for Bubbies event and in tribute to one of the event's founders, Seymour Mender, who passed away last year.

Hillel Lodge is one of the many places that makes Kitchissippi Ward so special. Hillel Lodge's focus on person-centered long-term care promotes a widespread attitude of compassion and care throughout our entire community. By creating a space where the emotional, physical, and spiritual needs of seniors are prioritized, Hillel Lodge allows both seniors living at the Lodge and all who come into contact with the Lodge to feel fulfilled in many ways.

Hillel Lodge also offers incredible opportunities for volunteerism that enrich the lives of both the residents of the Lodge and those who volunteer. The Lodge relies on the expertise and companionship of volunteers to provide care and connection to residents of the Lodge, either by running special programs, sharing skills, or simply spending time with the seniors who rely on the Lodge as a community

hub. I've seen how the rewards of volunteering at Hillel Lodge are extended to both those who receive the volunteer services and those who provide them. This attitude of mutual support improves not only the residents of the Lodge, but also the community at large.

A key example of the impact Hillel Lodge has had on Kitchissippi Ward and Ottawa as a whole is the iconic Biking for Bubbies event.

This annual charity event promotes fun and physical activity while raising funds to support some of the Lodge's most important resident support programs. Events like Biking for Bubbies further connect the Lodge to the broader community and spread the Lodge's values of care and compassion.

Kitchissippi is lucky to have Hillel Lodge in our neighbourhood, supporting seniors and bettering our community, and I look forward to seeing both the Lodge and the Biking for Bubbies event thrive well into the future.

*Councillor Jeff Leiper*

# MESSAGE FROM HILLEL LODGE PRESIDENT



Greetings to all,

It is my honour and privilege to write to you as I begin my second year as President at the Bess and Moe Greenberg Family Hillel Lodge. Congratulations on continuing the annual tradition of Biking for Bubbies.

Together, we have learned a lot this past year-and-a-half as unprecedented events unfolded. We have done what has been necessary to keep our residents safe and able to live normal lives under somewhat restrictive circumstances. As the year progressed, there were various adjustments made necessary by minor COVID outbreaks, which thankfully did not extend beyond one or two people in each case and lasted only for short periods followed by complete recoveries.

The situation has also given rise to new opportunities for Hillel to interact with the wider community. One example is the program initiated by staff who are now supplying Kosher meals to several nearby hospitals and care facilities in eastern Ontario. Another is the new staff initiated Staying in Touch Program, with funding assistance from the Foundation and the Auxiliary. We plan to keep this program running

as it has allowed for family members to stay in touch with their loved ones, particularly family members who don't live in Ottawa.

With each step and adjustment, our entire support community, including our major supporter, the Hillel Lodge Foundation, as well as the Auxiliary, the Jewish Federation of Ottawa, and the broader community, wrapped their virtual arms around us to protect us and sustain us. We have been supported in this unprecedented time in ways we never thought would be possible a year or two ago. Thank you.

We also appreciate the ongoing presence of the Foundation. Their role in managing and stewarding donations and legacies that come our way provides additional financial security to our operations. This is in addition to the annual Biking for Bubbies fundraiser which has become a much-anticipated event each September and is so integral to supporting our Feeding Assistance Program. Thanks to all who support this event by their donations or participation.

I look forward to keeping our Lodge with its reputation as a safe and secure Long-Term Care Facility and one that is the envy of its peers.

*Jim Farrow*

# MESSAGE FROM HILLEL LODGE CEO



Thank you for your ongoing support of the Bess and Moe Greenberg Family Hillel Lodge.

Since our founding in 1955, the Lodge has been blessed with the unwavering support of our community. This support was on full display throughout the pandemic and included emergency funding for infection control and personal support worker staffing, funds to support our Staying in Touch and Feeding Assistance programs, and recognition for our frontline staff who cared for the Lodge's 121 residents during this challenging time.

Biking for Bubbies is a model of how our community has consistently come together over the years to show its support for the Lodge. This event exemplifies the generosity, steadfast support, and spirit of volunteerism that is the hallmark of our community. Funds raised have funded unique programs such as our Feeding Assistance and Staying in Touch Programs as well as countless other activities that improve the day-to-day lives of our residents.

Biking for Bubbies is an event organized by volunteers in support of the residents of Hillel Lodge. Hillel Lodge was particularly fortunate to have the unwavering dedication and support of

Seymour Mender z"l. Seymour was always thinking of how he could do more to help every Hillel Lodge resident. As President of the Lodge, Seymour worked diligently in assisting the opening of a brand new 21-bed unit on the Lodge's main floor. He knew the Lodge needed the finest equipment and the best supplies.

Seymour also worked tirelessly at expanding the fundraising capacity of the Lodge. This included his ongoing work in support of Biking for Bubbies.

Today, Seymour's family continues in his great tradition of community dedication, generosity, and volunteerism. I would like to thank the Mender and Appotive families for their support of the Lodge and dedication to the success of Biking for Bubbies.

I would also like to thank the many individuals, corporate sponsors, organizations and volunteers who come together each year to show support for the Bess and Moe Greenberg Family Hillel Lodge through Biking for Bubbies.

Sincerely,  
*Ted Cohen*

# MESSAGE FROM THE FOUNDATION



Here at the Foundation, we recognize that you are not giving to us. Instead, you're giving through us to make a difference in the lives of Hillel Lodge residents, both now and in the future.

Joel Diener and Seymour Mender z"l along with others created Biking for Bubbies to provide a higher level of care for Hillel Lodge residents. Over the years, this event has grown to include more riders, more volunteers and more supporters resulting in more funds available to fulfil the goal of providing more for those we care so much about. This year, you ensured that the Lodge has funds to provide trained feeding assistants for the Feeding Assistance Program and that the Staying in Touch program has caring staff and the required technology to keep residents and their families connected. Thank you!

Our community lost Seymour Mender on August 11, 2020. His legacy of supporting the Lodge lives on through each caring individual's generous donation and your sponsorship of Biking for Bubbies. We know that Seymour would have wanted us to use less words to share what we do and use our space to "Thank You".

To all of the Riders, Walkers, Families, Volunteers, and Sponsors **"Thank You"** for supporting the residents who call Hillel Lodge – Home. **"Thank You"** for supporting the 13<sup>th</sup> Annual Biking for Bubbies and honouring Seymour Mender. **"Thank You"** to Seymour Mender for his legacy of caring for and supporting Hillel Lodge. He is missed – and he will always be connected to the Lodge.

Mitch Miller  
Executive Director, Hillel Lodge LTC Foundation





# TESTIMONIALS



“I am very grateful for the feeding program (funded by Hillel Lodge Foundation).

I value my role as an assistant in the dining room. I believe that the person-centred approach to helping the residents eat, knowing their preferences, and being attentive to them makes it a fruitful experience.”

Best,  
Lakshmi Raju

“The Staying in Touch program has provided a wonderful lifeline allowing my husband Frank to keep connected to his family, and friends. Through this connection we were able to ‘see’ and talk to each other daily. It was a huge relief for both of us in what otherwise has been an isolating and lonely time. A huge thank you to the Hillel Lodge Foundation who funded this extremely important program as well as the amazing staff who helped make it all happen!”

Margo and Frank Rosen

“When the pandemic closed the doors of Hillel Lodge to keep everyone safe, we realized we had no idea how or when we were going to be able to be with our mom. And then, Hillel Lodge began its Stay in Touch program. Face Time and WhatsApp suddenly became lifelines to ‘visiting’; we actually saw our mom weekly. For those of us living out of town, these tech/virtual visits gave us more time than we could ever have when we visited in person. Stay in Touch will never replace personal visiting, but it is an amazing supplement.”

The Taller Sisters (Ottawa, Jerusalem, London ON)

**Urbandale Corporation  
is a proud supporter of  
The 13<sup>th</sup> Annual Biking For Bubbies**



We are proud to support this important annual event which Seymour Mender helped to create to improve the quality of life for the residents at the Bess and Moe Greenberg Family Hillel Lodge.



**Proud to support  
the 13th annual Biking for Bubbies  
and the additional care it will provide  
to the residents of the  
Bess and Moe Greenberg Family Hillel Lodge**



**In tribute to  
Seymour Mender**

# REMEMBERING





# SEYMOUR

Story by Francie Greenspoon

Rabbi Neil Kurshan, author of the book *Raising Your Child to be a Mensch*, characterizes a mensch as "a person who can be relied on to act with honour and integrity ... responsibility fused with compassion, a sense that one's own personal needs and desires are limited by the needs and desires of other people. A mensch acts with self-restraint and humility, always sensitive to the feelings and thoughts of others".

By all accounts, Seymour Mender z"l, personified the word "mensch." He was a hardworking, honourable, and selfless man who wanted for nothing and gave everything of himself to everyone around him. Sadly, on August 11, 2020, his family and our community lost this generous and kind man.

Seymour was born and raised in Ottawa and met his wife Joy (nee Slack) when she was 15. They courted for eight years and married in 1977.

In the years to follow they happily raised a family of three children, Jess, David and Jared, and welcomed their spouses Sean, Sarah and Leah, and three grandchildren Liv, Joey and Lola.

Seymour attended Laurentian High School, Carleton University, graduated from the University of Ottawa Law School and worked with the law firm of Barnes Sammon.

He was a devoted community volunteer serving as President of the Board of Hillel Academy (now the Ottawa Jewish Community School)

"He was a great friend of the Lodge and a great family man."

and President of the Hillel Lodge Board.

He was devoted to visiting his late mother, Helen, and mother-in-law, Sue Slack, while they were residents of Hillel Lodge. His kids remember their father always treating the staff with the utmost of respect, always setting a great example.

He spent countless hours visiting the Lodge, kibbitzing with residents and staff alike in order to get a better

sense of what was going on and what may be needed. Seymour was proud of our Jewish long-term care home and remained active in fundraising for the Lodge through the development and continuation of the annual Biking for Bubbies fundraiser.

David, also a lawyer, remembers going into his father's office to help reconcile his files shortly after he died and was awestruck by the tributes his father received from the clients, friends, neighbours, family members and members of the community he had helped over the years.

Everyone had a story to share about how he had helped them. He recalls his professional peers calling to say how they had reached out to

*Continued on next page*





Seymour for his valued opinion and practical approach, or simply to kibbitz.

“For people who didn’t have anyone, he was their someone,” says his daughter Jess.

Seymour was not all work and no play – he loved to schmooze. As part of his morning ritual he would grab a coffee at Starbucks near his Lisgar and Elgin office. It was there that he met a group of strangers lining up for their daily caffeine injection who fast became friends and part of Seymour’s morning ritual for many years.

While Seymour loved to make people of all ages happy, he was particularly drawn to children.

Jared says, “It was common for Dad to share a smile or make a goofy face with a child in line at a waterpark or a movie theatre, or create a decorative crown from a napkin in a restaurant to alleviate some tears.”

Most of us will never know all of the small things that Seymour did on a daily basis to help others. But that’s what he would have wanted – he didn’t need to be in the spotlight to make a positive difference.

Speaking with his children you learn how much Seymour was devoted to and loved his family. He would do anything for his wife, children, grandchildren, sister, sister-in-law, brothers-in-law, nieces and nephews. Seymour

kvelled in everything he did for them, from setting up nurseries for his grandchildren, to resolving math problems, to his involvement in his children’s extra-curricular activities.

“He was the family’s ‘go-to’ person for advice and help and was the unofficial handyman and official problem-solver,” says Jess.

Seymour had a number of pearls of wisdom he would share with the family, and Joy, Jess, David and Jared all laughed when trying to recall them: “Don’t make something easy hard,” or “Keep your head up in the corner but down in the library,” and “Don’t sweat the small stuff ... things will work out.”

His legacy of a loving family that emulates the same principled values he modelled throughout his life, is something we all can reflect on.

“His life wasn’t about what he had but rather, who he had in his life,” says Joy lovingly. He indeed touched many lives.

Hille Lodge and the Biking for Bubbies team are extremely grateful to the Mender family for their support of Biking for Bubbies and take great pride in paying tribute to Seymour Mender. May his memory be a blessing.

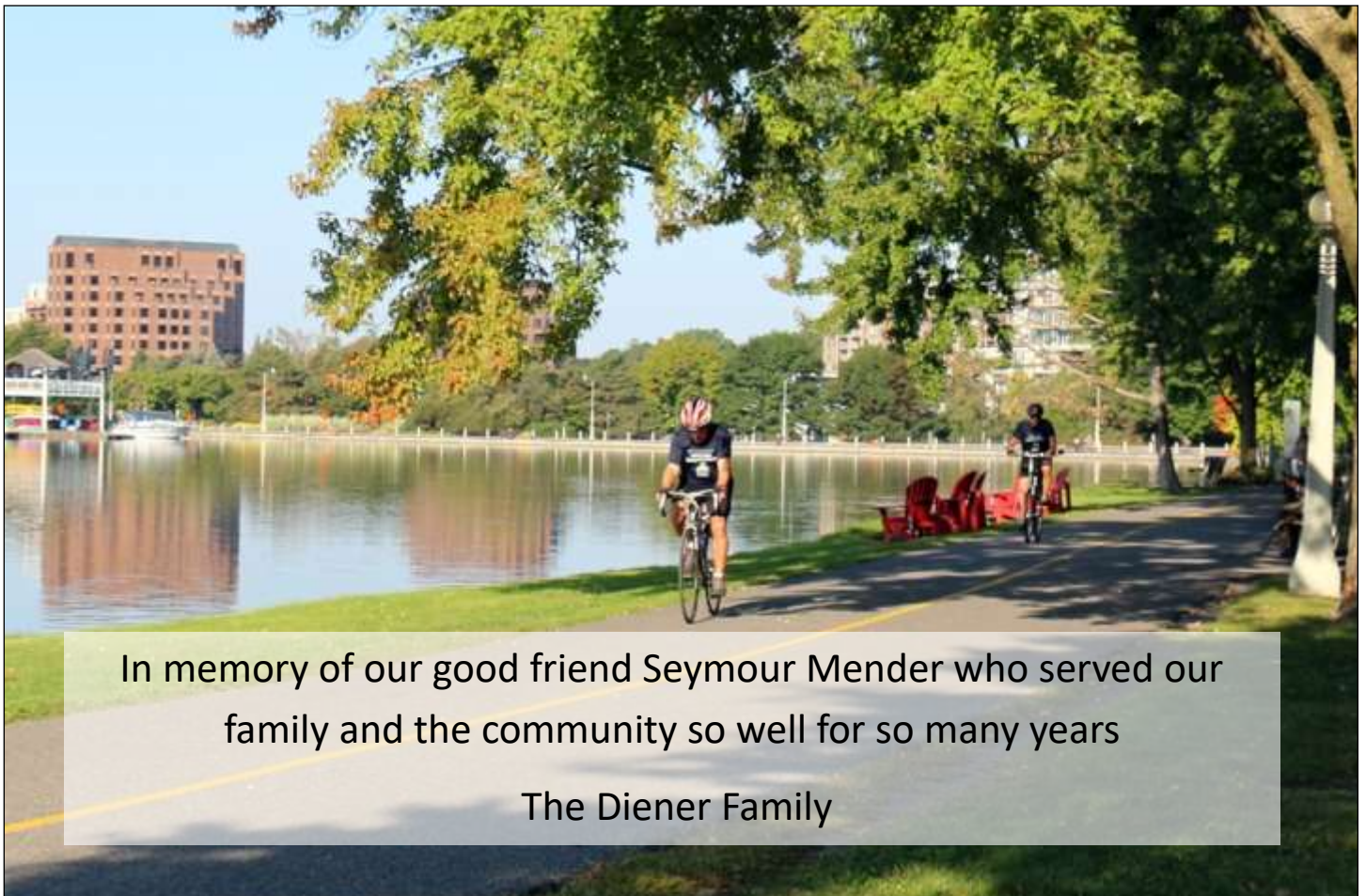


In memory of a cherished  
Husband, Dad, Zaidie,  
Brother, Uncle and Friend  
who was defined by his heart

Thank you to the Biking for Bubbies organizers,  
volunteers and participants who continue  
to make Seymour's dream a reality



With the greatest appreciation,  
Joy, Jess, Sean, Liv and Joey,  
David, Sarah and Lola, Jared and Leah







# Remembering a Close Friend

## Seymour's strength was in how he dealt with people

I always thought that my father was the smartest man in the world. And then I got to know Seymour Mender.

Seymour knew a lot. He understood people and human nature. He knew who to call for any household or building problem. He knew the law. But most importantly, he always knew what was the right thing to do. And it came to him intuitively.

I don't recall how we started meeting for lunch. I think we ran into each other on Elgin St., had lunch that day, and just kept on doing it for 20 years. One of us would call just before 12:30 and we'd figure out where we would meet that day.

The conversation was always interesting. We always had something important to discuss about our chil-

dren at school or camp or challenges at each of our offices. There were lawyer stories, dentist stories and "my wife" stories. We would talk about the kids' sports teams, dance shows, investments and aging parents. It was always a great kibbitz.

Seymour's strength was in how he dealt with people. When you spoke to him, he paid attention. He was a good listener. He understood your situation and was empathetic. And with his rationale mind and legal acumen, he knew what to do. And it was always the right thing to do.

Seymour had a special place in his heart for Hillel Lodge. It began when his mother was a resident there. He became involved with the Board and eventually served as President.

There was one project that captured his interest and energy. It was Biking for Bubbies. It was a fundraiser that really had minimal costs, bagels and coffee and a few plates of salads. Virtually all of the money raised went directly to the Lodge.

There were no green fees to pay or dinner to serve or concert to put on. The riders got their pledges and the office collected the money. He loved it and was always looking for ways to recruit more riders and raise more money.

We loved Seymour for his compassion, his honesty, generosity and wonderful sense of humour.

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Seymour did it with humility, always quietly and with grace, staying out of the limelight. He was so proud of being a grandfather, to twins no less! And he loved all of his family so much. Seymour was my confidant and my loyal, dedicated friend.

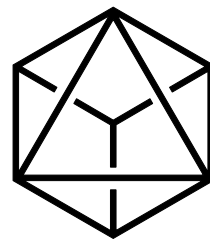
Every once in a while around 12:20 p.m., lunchtime, I look up at the clock and think about his phone call. What time are we meeting? Where are we going today?

Then I realize I'll be eating without my good friend today. This pandemic has emphasized how things can change in an instant, that life can be fleeting. I recognize now how much I valued Seymour's friendship. I get so sad that my dear friend is no longer with us. But I cherish and I am ever grateful for all the time I did get to share with him.

*Irwin Kreisman*

IN MEMORY OF OUR LOVING COUSIN,  
LOVE TAMMI BELFER & FAMILY

Proud to support Biking for Bubbies  
In memory of a special brother,  
brother-in-law and uncle  
Love Anne & Phil Morganstein,  
Tamara, Greg and Logan Singer

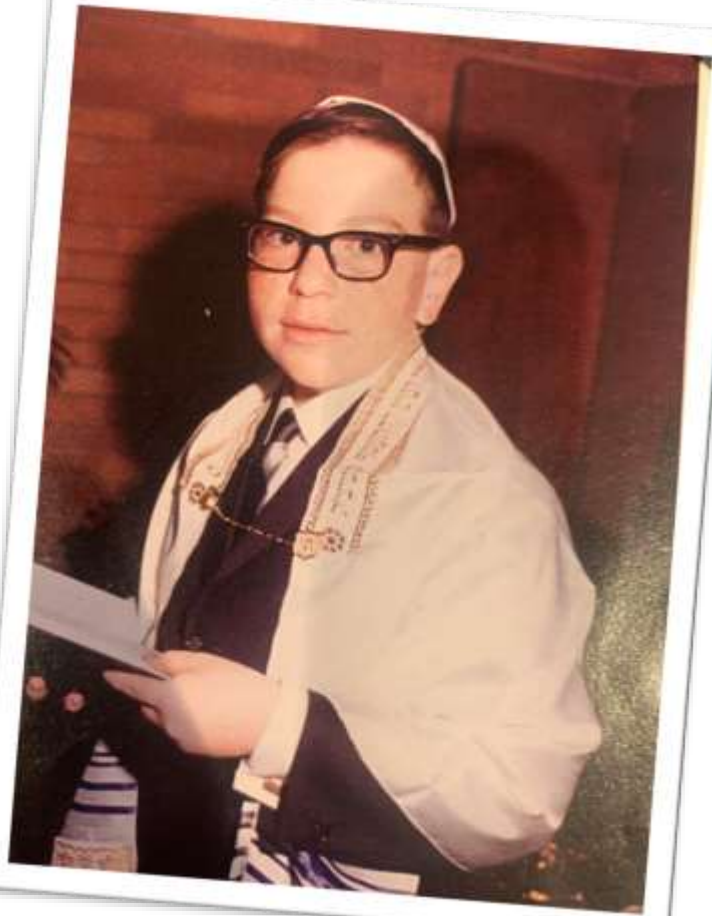


**GEMSTONE**  
CORPORATION

On behalf of Gemstone  
and the Zaret family,  
we are honoured to support  
Biking for Bubbies  
in honour of our dear  
friend Seymour Mender



# Memories....



# In loving memory of Seymour

Howard, Sharron & Lindsay Appotive  
Stephanie & James Miller Family





# Year 1 — 2009

One of the nice things about the ride was that you had the opportunity to ride with someone who you hadn't seen in a while, to catch up and most importantly, to raise money for such a worthy cause.

We were nervous about Year 1 but our friends and community got together to make it a success.

*Joel Diener*

I remember the inaugural Biking for Bubbies in 2009 like it was yesterday. I wasn't participating as a rider, but I was volunteering and was stationed at the Lodge.

It's not easy to drive interest in a new fundraiser, but this was a cause near and dear to Seymour's heart and he put all of his effort into it. His work paid off that day and has continued to pay off 10-plus years later.

*Jeffrey Miller*





**Seymour Mender cared deeply about  
Hillel Lodge and our community**

**We are proud to support a  
Home that provides compassionate care  
and to honour a man who made  
our community better**







**In loving memory of Seymour whose devotion to family, friend and community knew no bounds. His humility, generosity and good deeds will be an everlasting legacy to us all.**

**Sid & Debra Bick and Family**



Congratulations and thank you to everyone who has helped build  
and grow this event over the years in support of the critical work of Hillel Lodge

We ride in special memory of a wonderful uncle,  
community member and role model:  
Uncle Seyms, forever in our hearts.

With all our love,  
Ryan, Yoni, Brayden and Cole, Jaye and Zak, Brody and Michelle



## Year 2 — 2010



I had been an early adopter of this fundraiser and committed to it from the outset. Seymour and I had known each other from childhood but were more passing acquaintances, being in different professions and growing up in the opposite ends of the city. However, we both were highly supportive of Hillel Lodge. He had done a fantastic job of initiating the 2009 Biking for Bubbies event. Of course, that morning of September 19, we all gathered and took a ceremonial photo. It was a lovely day, a great ride. Seymour and I saw each other again at the end, with a very nice bagel, lox and cream cheese brunch to round out the morning with a toast to our commitment to involvement again in 2011. *Gary Viner*





**Proud to support the  
13<sup>th</sup> Annual Biking for Bubbies**

**In honour of all of the wonderful Bubbies and Zaidies**

**And in memory of a caring community leader  
Seymour Mender z”l**

**Larry Hartman and Family**



# Year 3 — 2011



My mother, Doris Finn, was a resident until she passed away in 2009. So biking and raising funds for the Lodge was very personal.

Although we were not many cyclists, we had raised an incredible amount of money and I thought, wow, it is amazing that a few individuals could raise these funds.

There was a real buzz in the air as we prepared to start the ride. Most of us were wearing the colourful official Biking for Bubbies T-shirts, so we looked and felt like a team. Bikes of all types were present, expensive road bikes, hybrids, clunkers and everything in between.

I think I can speak for everyone there that they felt they had done a good deed for a very worthy cause. It felt good and a great feeling of accomplishment. "See you next year" was the most common refrain.

*Paul S. Finn*



Knowing how vital Hillel Lodge is to the Ottawa Jewish community, I decided to volunteer for Biking for Bubbies. This was my way of helping out. Seeing all the smiling faces of the cyclists going by and then having lunch with the residents made it all worthwhile. Money was raised for items crucial to the comfort of the men and women who live at the Lodge. What an innovative and fun way to show support. The cyclists got their exercise, the volunteers enjoyed the fresh air and camaraderie. Loved being a part of a winning event!

*Sharon Finn*



***On August 11, 2020, the Ottawa legal community  
lost one of its finest examples of  
integrity, civility, humility and collegiality.  
Seymour Mender will be missed.***

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**Martin Z. Black**  
**Paul O. D'Angelo**  
in association

**Thank you to the Staff and  
Volunteers of Hillel Lodge for  
always looking after its residents**

**SHORE·TANNER & ASSOCIATES**  
REAL ESTATE APPRAISERS AND CONSULTANTS



# Year 4 — 2012



I have a special family connection to the Lodge.

My father supported the establishment of what was then known simply as Hillel Lodge. My maternal grandmother, Fanny Levitan, was one of the original occupants of the Lodge and I fondly remember visiting her many times until she passed away.

I had an opportunity to pay it forward by being the Chair of the Community Capital Campaign that raised the necessary charitable funds to help build the new Lodge, now affectionately known as the Bess and Moe Greenberg Family Hillel Lodge. And I've continued to show my support by participating in many of the bike rides to help raise additional dollars for the organization.

It's a great way to keep in shape and be charitable, both at the same time!

*Roger Greenberg*



I recall Biking for Bubbies 2012 was a beautiful sunny day.

It was my first experience, so I wasn't sure what to expect. I was pleasantly surprised as I saw so many faces at the event I had not seen in such a long time. Most of them were riders and some of them were residents who were cheering us on.

It had all the markings of a great community event that reminds you Ottawa has a vibrant Jewish community.

It was great riding with so many members of our community.

*Lawrie Weinstein*





In appreciation to the late Seymour Mender for his contributions to Hillel Lodge and the community in general. He served as a great role model for others. For that and more, we are very grateful

Cindy Feingold and Roger Greenberg



In memory of a mensch  
Janet & Stephen Kaiman,  
Shelli & Steven Kimmel,  
Brenda and Nathan Levine and families

“Say little, but do much: and greet every  
person cheerfully” Pirkei Avot 1:15



# Year 5 — 2013



On September 22, 2013, I joined a group of dedicated riders in the annual Biking for Bubbies 54KM ride, winding our way from Hillel Lodge, crossing the Champlain bridge, touring Aylmer, downtown Ottawa and then back to the Lodge.

As every event ends in our tradition, plenty of food greeted us upon arrival at the Lodge.

The beneficiary is Hillel Lodge, an institution very close to my family's heart.

Both of my late parents, Morris and Lillian Kimmel "zl", were Presidents of the Lodge. My paternal grandmother lived at the old Hillel Lodge on Wurtemberg, my mother's parents were residents and my late father Morris "zl", spent the last few weeks of his life at Hillel Lodge, his second home.

I remember getting the email yearly from the late Seymour Mender "zl", a dedicated Hillel Lodge volunteer reminding me to register and start fundraising.

I grew up with Seymour on Edgecliffe Avenue. He used to drive some of us to Laurentian High School.

I fondly remember he spoke Yiddish to communicate with his parents. Seymour was another one of the Edgecliffe Avenue gang who stepped up to make a difference in our community.

*Steven Kimmel*

**Wishing Hillel Lodge  
and its residents well**

**We will be there**



SKS Law LLP is a full service law firm with offices in Ottawa and Vankleek Hill, ON

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**In memory of a long-time friend,  
dedicated community volunteer  
and a true Mensch**

**You will be greatly missed**

**Irvin Hoffman**



# Year 6 — 2014



Ottawa is a great city for a bike-a-thon, but for one special year, Biking for Bubbies headed to New York City to participate in the famous "Five Boro Bike Tour."

Many NYC streets were shut down to allow 32,000 bikers of all ages and abilities to ride through all five boroughs. It was a special experience for all of us who fundraised and biked together.

Carpools were arranged, bikes were transported or rented, and whole families participated. It was a special experience for all - getting to know our fellow riders better as we scoped out the route and planned our sightseeing.

The Biking for Bubbies contingent went out for a fuel-up dinner the night before. The day was perfect, great weather, great atmosphere, music around every corner, and a challenging yet fun way to see New York, all the while raising money for the Lodge. A day I will not forget.

*Jeff and Erin Pleet*





**Soloway Wright is proud to honour  
a much respected lawyer  
and beloved individual, Seymour Mender,  
who was instrumental in the creation and growth  
of the premier event in support of Hillel Lodge  
Biking for Bubbies. Seymour was a true mensch,  
and held in the highest regard  
throughout the Ottawa legal community.**



# Year 7 — 2015



Biking for Bubbies is a fundraiser that is close to the hearts of our family. We volunteer at Hillel Lodge and our son is on the Board of the Foundation. So it was a no-brainer when I was asked to help out on the day of the ride.

When I arrived at the Lodge, the foyer was buzzing. The riders were grabbing their T-shirts, their coffees and maps of the route. They were anxious to get started.

The announcement came to get ready and everyone gathered outside in the parking lot. A group picture and a couple of speeches later, the ride began. It became much quieter after the riders left, however the energy never faded. The next team began to set up lunch for the weary riders.

My job was done but I wasn't ready to leave yet. One by one the weary riders returned happy after completing their ride. They had raised record amounts of money for the residents and were proud of their accomplishments.

*Elayne Schacter*





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in memory of a wonderful  
community leader and friend



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protect and control what they have built.*

We wish to thank the riders and the late  
Seymour Mender for their dedication to our seniors!



# Year 8 — 2016

I am proud to say I have participated in Biking for Bubbies from the beginning in 2009 and have raised on average more than \$2,000 per year for Hillel Lodge.

In 2016, I rode in memory of my mother-in-law: Anita Leighton, a resident of Hillel Lodge from September 2010 to September 2011. Anita was ecstatic when she was accepted to be a resident of the Lodge and she loved her time at Hillel Lodge, participating in as many of the programs as she was able.

The 2016 ride took place on September 25. It was a beautiful, sunny day. The ride started at 8:30 am with a temperature of 8°C and a light breeze of 10 km/hr. The ride followed a 54-km route, starting from Hillel Lodge which crossed the Ottawa River to Gatineau and had a stop at the Aylmer Marina. The return route crossed back over to Ottawa, followed the Ottawa River bike path to Andrew Haydon Park and then returned to the Lodge. I finished the ride in one hour and 56 minutes at an average speed of 25.4 km/hr. When I finished the ride, the temperature had risen to a comfortable 13°C.

In the weeks following the ride, I continued to fundraise and my 2016 total funds raised for Biking for Bubbies was \$2,665. That was my best year to that date. In 2016, I received support for Hillel Lodge from my friends and neighbours in Ottawa and also from my mother, brothers, sister, children and nieces and nephews in Toronto.

Following the ride, I emailed all the donors who had supported me to thank them for their contributions.

I would like to thank Seymour and the other organizers for arranging Biking for Bubbies over the last 12 years. Seymour's presence will be deeply missed by everyone who knew him.

I look forward to participating in the 2021 ride this September in memory of Seymour Mender.

*Harold Schwartz*





Special thanks to Seymour Mender for all he did  
to help sustain Hillel Lodge as a loving and caring home.  
Both of my parents are living in a better place as a result  
of his and all of the volunteers' tremendous efforts

**Philip Zunder, President**  
**Broker of Record**  
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# Year 9 — 2017



Several years ago, I found myself with some increased availability and not much responsibility. I asked my community mentor Seymour Mender if he knew of a need somewhere in the community which could benefit from some well-intentioned exuberance. Seymour suggested Hillel Lodge.

A few weeks later, I attended my first board meeting, and shortly thereafter, was asked to join the Board of Directors of the Hillel Lodge Foundation. At that point, I also became involved with Biking for Bubbies.

The year 2017 stands out because I was able to ride with my mom. As one of the organizers, I wasn't sure how much time I'd be able to spend with her. We volunteered to "bring up the rear" for the riders as we thought it would be the perfect opportunity to take our time and enjoy the morning together. And so we did.

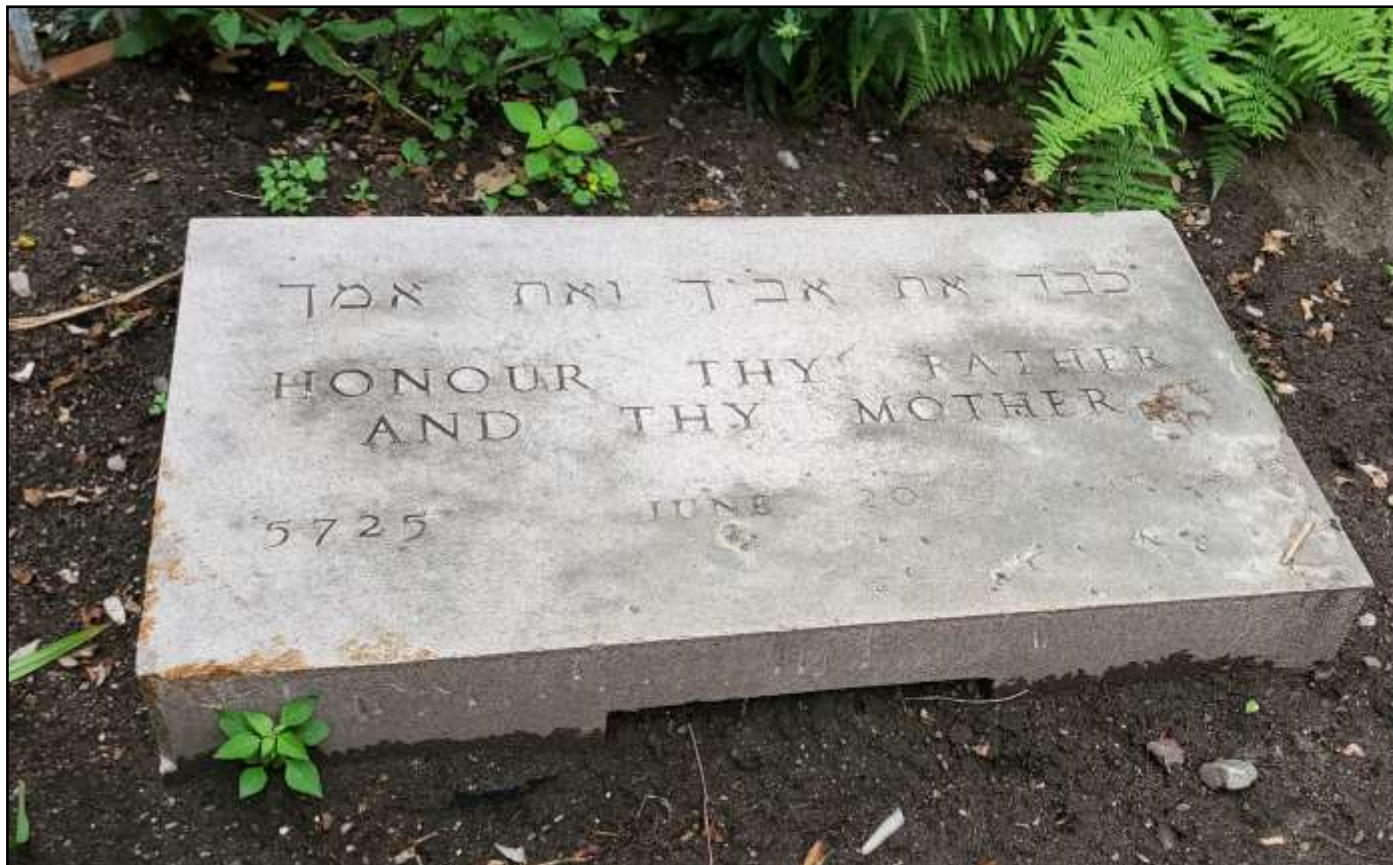
My mom and I leisurely pedalled away on a lovely Sunday morning through our beautiful city. We chatted and talked about the past, the future, all the while sharing the experience with everyone else.

To ride with my mom, to return to the Lodge and share a meal with everyone, to see everyone connecting and smiling and sharing stories ... made for a wonderful, meaningful morning.

*Adam Schacter*







**In memory of a wonderful man who made  
our entire community a better place for everyone.**

**Hillel Lodge is an outstanding home that Seymour cared deeply about.**

**Recognizing his lifelong contributions to Hillel Lodge through  
the annual Biking for Bubbies event reinforces our community's  
love for Seymour's remarkable efforts and those of his family  
who help to carry on this great legacy.**

**Randi and Ian, Jonathan, Matthew and Adam Sherman**

# Year 10 — 2018



I remember being very excited for the 2018 Biking for Bubbies event. I had participated before, so I knew about the camaraderie with the other riders. I knew the event would be expertly organized by the many dedicated volunteers and Hillel Lodge staff members. And most importantly, I would have the opportunity to meet, chat and share a light meal with the residents.

The day turned out to be even better than expected! The ride was fun, the weather was beautiful and the food was filling. Back at the Lodge, we were happily greeted by many Bubbies and Zaydies and they made us all feel so special. I loved being part of this meaningful community event, surrounded by so many kind and generous Ottawans. I still wear my Biking for Bubbies T-shirt with pride.



I was delighted to represent Hulse, Playfair & McGarry again as a Sponsor and to know the funds would have a major impact on the lives of those living at Hillel Lodge. It has been an honour and absolute pleasure to participate in the Biking for Bubbies events annually and Hulse, Playfair & McGarry looks forward to continuing our support of this important community fundraiser for many years to come.

Sincerely,

*Patrick McGarry, COO, Hulse, Playfair and McGarry*





## **THE REGIONAL GROUP IS PROUD TO SUPPORT THE 13<sup>TH</sup> ANNUAL BIKING FOR BUBBIES**

*Honouring Seymour Mender*

With great pride we join together in honouring Seymour Mender's involvement with Hillel Lodge, as well as so many other community organizations.

An outstanding individual and a true inspiration. May his memory be a blessing.

Thank you to all of the staff at Hillel Lodge for their devotion, dedication and untiring work.





# Year 11 — 2019



For 11 years I served on both Lodge and Foundation Boards.

My time on the Lodge Board taught me to understand the complexity of the services we provide to our seniors, especially in the context of Jewish living.

I also appreciated the need to finance and pay for these services and how difficult that can be.

We could not do it without community help, an important part of which is delivered through Biking for Bubbies.

I have great memories of the rides and the people. I've loved watching the riders leave the parking lot full of enthusiasm and speed.

I have loved the music, watching the reaction of the residents. I have watched and listened to the empathy and humanity of caregivers, both professional and volunteer.

What a place. What people. We can be proud. I know I am.

*Russell Kronick*







WE ARE PROUD TO HONOUR SEYMOUR MENDER,  
A BELOVED AND RESPECTED PARTNER, LAWYER AND FRIEND,  
WHO, AS A DEVOTED JEW,  
CONTRIBUTED GREATLY TO THE ENHANCEMENT OF  
OUR OTTAWA JEWISH COMMUNITY.  
STEPHEN AND GAIL VICTOR



# Year 12 — 2020

Since the first Biking for Bubbies in 2009, it has been an event and cause for which we have cared deeply.

In 2020, however, it took on a whole new meaning for our family and community.

Seymour helped launch Biking for Bubbies with a simple goal in mind: to provide a higher level of care for Hillel Lodge's "Bubbies" and "Zaidies."

Year after year, riders would cycle the Ottawa River Parkway, Experimental Farm, parts of Gatineau...and yes, even New York City!

Money was raised, residents were greeted, speeches were made, group photos were taken, family, friends and acquaintances biked and schmoozed together, and ultimately a wonderful tradition was born.

With Seymour's passing in August 2020, we were devastated. However, stronger than our pain, was our desire to honour Seymour and support the cause he cared for so deeply.

Collectively we rolled up our sleeves and got to work. In just a few short weeks, our community rallied together and raised \$200,000 for the Lodge's residents and its compassionate care projects. It was the highest amount ever raised. Seymour would have been so proud.

As with most of 2020, September 12, 2020 turned out to be a gloomy day and the biking portion of the event was called off. We truthfully didn't expect many to show up at all.

It would have been easy to stay home (the money already being raised). But, lo and behold, in ponchos, in masks, and with full hearts, over 75 participants arrived determined to show their support for the Lodge and to honour one of its original champions, Seymour.

We left the SJCC lot for a 1km abbreviated walk, holding LED lights in Seymour's memory.

There were tears and laughs. And while a 54-km bike ride on a sunny, blue-sky day would have been nice, we all made the best and it turned into a meaningful day.

Seymour, you will always be our champion and we will continue to be your champions.

*Sharon and David, Ryan, Yoni, Brayden and Cole, Jaye and Zak, Brody and Michelle*







When not somewhere out to sea,  
then at a Sandals I shall be!

Heidi and Jonathan Pivnick

Direct 613-314-6953

[Heidipivnick@gmail.com](mailto:Heidipivnick@gmail.com)

Facebook: @Heidipivnicktravelpartner

TICO #50008970



Thank you to the late Seymour Mender  
and his family for their continued  
dedication to Hillel Lodge  
and the community.

It is my pleasure to honour Seymour's  
memory with my own ongoing  
support for Hillel Lodge.

Good luck to all of the  
participating riders!

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memory of Seymour Mender**

**With your gift, you can plant a seed  
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Join other members  
of the community in  
the Life & Legacy  
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Please contact Micah Garten at  
[mgarten@jewishottawa.com](mailto:mgarten@jewishottawa.com)  
or call 613-798-4696 x270  
Or visit [OJCF.CA](http://OJCF.CA) for more details



OTTAWA JEWISH  
COMMUNITY FOUNDATION

# A YOUNG RIDER'S MEMORIES 2019



Why do we attend Biking For Bubbies? What makes this fundraising event so special? Simply, it is critical to treat/respect elders with morality and righteousness.

Seniors play a large role in our lives because they assist in shaping the younger generation. Any possible way we can come together and return the favour should be an opportunity we take advantage of.

I grew up my whole life visiting my elders at Hillel Lodge. Both my Great Grandmothers lived there since I was born. My company at the Lodge is always welcoming and enjoyable.

I am treated like a family member or close friend by people with whom I have never interacted before. Sadly both of the significant others have passed away comfortably and peacefully.

What is so special about Hillel Lodge? From my experience, the community and atmosphere are very affectionate and helpful.

It allows the older generation to live comfortably with other elders and provides the proper assistance needed. Hillel Lodge offers proper health, activity, nutrition, and

shelter for all of its attendants. Unfortunately, 10-15% of seniors have to deal with loneliness or depression. Fundraising for a movement that decreases this harsh percentage would be worth anybody's time.

The Biking For Bubbies event is very well organized. Every year I have enjoyed biking through the beautiful and different paths they select.

There are always several people to support and motivate the bikers while they complete their ride. Talking and enjoying time with the elders over breakfast before and after the ride is the most delightful and amusing aspect the event offers to attendants.

To sum it up, I have had many different, unique, and memorable experiences I could share about Hillel Lodge.

Therefore, I will be attending the Biking For Bubbies event for my 4th year, and every year I possibly can because I believe that caring for the older generation is important and crucial in a difficult society.

*Evan Cantor with Dad*



**In memory of Seymour Mender,  
a gentle and kind soul who made  
such a positive contribution to our community**

**The Iny and Shabinsky Families**





**Thank you to everyone at Hillel Lodge  
for providing compassionate care to all residents**

**A Home with Heart**

**No road is too long  
in the company of a good friend.**

**With love,  
The Schacter Family**

# *Memories....*



# Thank you



This Biking for Bubbies Tribute Book has been a labour of love. But we could not have done it without you. The support and dedication of you, the sponsors, means so much to us. Our community has stepped forward to honour Seymour's legacy and to make this year's edition of Biking for Bubbies a tremendous success. Thank you!

Biking for Bubbies Tribute Book Committee

P.S. As you spend time with the book, please remember to patronize our sponsors



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May his memory be a blessing

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## *Thinking of Seymour*

Biking for Bubbies goes back 13 years. It was created by a few committed and dedicated individuals with an inherent desire to give back to the community. Biking for Bubbies was born to assist and contribute to the care and well being of the residents at Hillel Lodge. It is a successful fundraising effort for the Lodge and today there are people carrying on this tradition.

One of the founders was Seymour Mender, a friend, a lawyer, a husband, a father, a grandfather and a man who always gave tirelessly of himself. Seymour had a great sense of humour, was generous with his time and advice to his clients. He would go out of his way to help you. We both experienced this, not only at work but on a personal level as well. He never expected recognition.

It is only fitting that his actions not only be remembered but hopefully instill in all of us the capability we have to do good for the community and for the people who depend on us for things we may take for granted, like a feeding program or an exercise program. It is our wish that Biking for Bubbies continues for years to come and that it will, thanks to all those who ride, volunteer and contribute to such a worthwhile cause.

Cindy Kennedy and Cliff Ladd



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**Proud to support Hillel Lodge,  
a cause that was so heartfelt  
and important to our dear friend**

**Seymour Mender z"l**

**Dr. Donna and Jacques J.M. Shore**





# THE AUXILIARY OF HILLEL LODGE

The Auxiliary of Hillel Lodge thank Seymour (z"l) and Joy Mender for their ongoing support of the Auxiliary and their commitment to the well-being of the Hillel residents.

The Auxiliary of Hillel Lodge has a very simple and important mandate and that is to help the Lodge and its residents make every day a little better. Functioning autonomously, the Auxiliary provides services and raises the money required to help bring the many important extras that bring comfort and enjoyment to the residents.

- A committed group of volunteers who donate their time.
- Dedicated to enhancing the quality of life for Hillel Lodge Residents
- Energetic volunteers celebrating holidays such as Sukkot, Chanukah & Purim with residents.
- an Annual Telethon and Tea Fundraisers

The Auxiliary is only as strong as our volunteers who contribute so much. We are blessed with fantastic volunteers.

Please contact our President, Shelley Goldenberg if you are interested in joining us! 613. 225. 1882 or [sgoldenberg@rogers.com](mailto:sgoldenberg@rogers.com)

If you would like to make a donation to the Hillel Lodge Auxiliary, please contact Carolyn Katz (Treasurer) at 613-820-6644

The Auxiliary orders Mah Jongg cards every December. Please contact Leah Miller at 613.739.8462 to place your order for you and your friends. Payment required in advance.



Seymour ... a wonderful person  
who will be deeply missed by so many



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**In memory of Seymour Mender in support of Hillel Lodge,  
my camp counsellor, my friend and a true mensch.**

**Jeff Greenberg**



**BRAZEAU  
SELLER  
LAW**

**YEGENDORF**  
**LAWYERS FOR  
CATASTROPHIC  
INJURY CASES**

**Wishing everyone a successful Biking for Bubbies**

**We are happy to support the Residents of Hillel Lodge  
and to honour a very special man – Seymour Mender z”l**

We thank Hillel Lodge for all they do  
and we give tribute to Seymour Mender z”l  
for having the vision and passion to help create this event

The Altshuller Family





In appreciation and honour of  
the significant contributions of

**Seymour Mender z"l**

to Hillel Lodge

From the 2020-2021 and 2021-2022 Boards of Directors of  
**OTTAWA JEWISH HOME FOR THE AGED,**  
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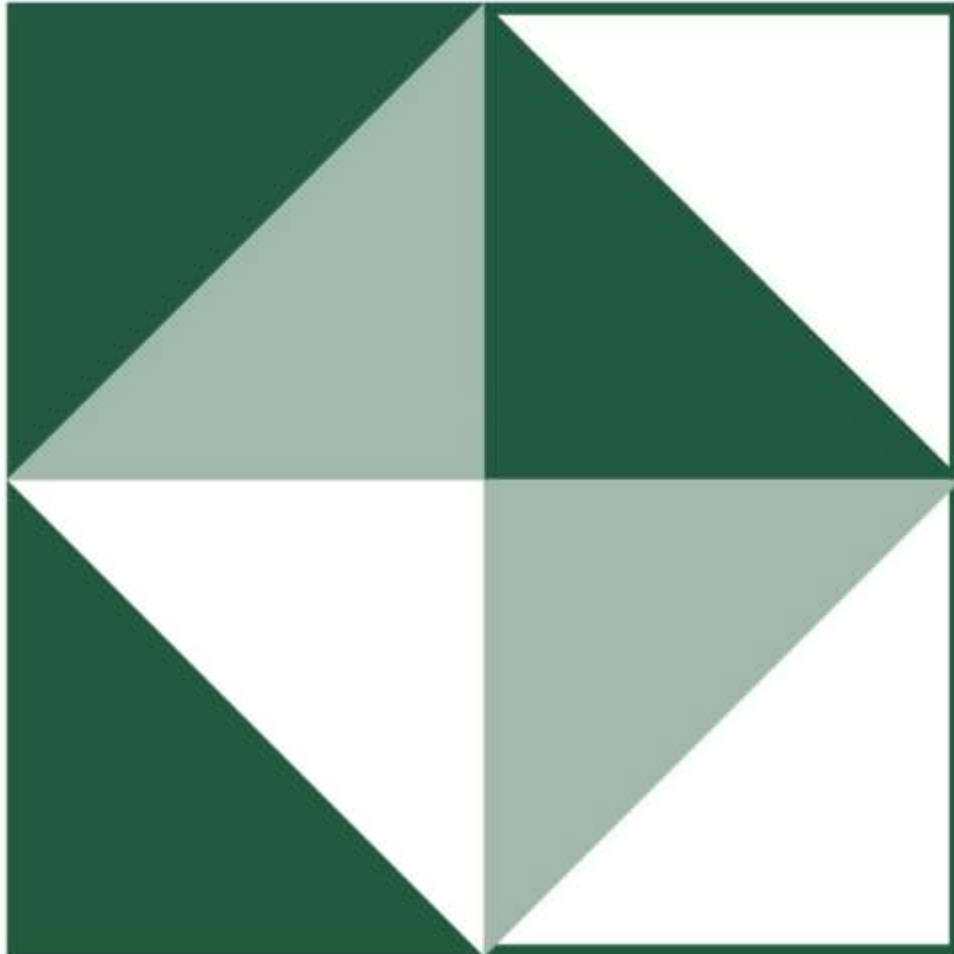


THE BESS AND MOE GREENBERG FAMILY  
**Hillel Lodge**  
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THE JOSEPH AND INEZ ZELIKOVITZ  
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*Our mission is to provide compassionate long-term care that empowers residents  
to lead full and engaged lives in a welcoming Jewish Environment.*

**Cleland Jardine is proud to support  
the caring and highly dedicated staff who make a positive  
difference every day in the lives of Hillel Lodge residents**

**Wishing you a successful  
Biking for Bubbies (and Zaydies)**



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THANK YOU

To the Hillel Lodge LTC Foundation  
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Irwin Kreisman	Russell Kronick	Stanley Levine	Eytan Rip
Charles Schachnow	Adam Schacter	Penny Torontow	Mitch Miller
Cathie Slatford			

All of you have contributed to Biking for Bubbies  
with corporate sponsorships, registering to participate and personal contributions.

Your dedication to providing additional funding  
for The Bess and Moe Greenberg Family Hillel Lodge  
is a tribute to Seymour Mender z"l  
and his passion for providing a higher quality of care for Hillel Lodge residents.

You continue to inspire

Adam Cantor

President of the Hillel Lodge LTC Foundation







In loving memory  
of Seymour Mender

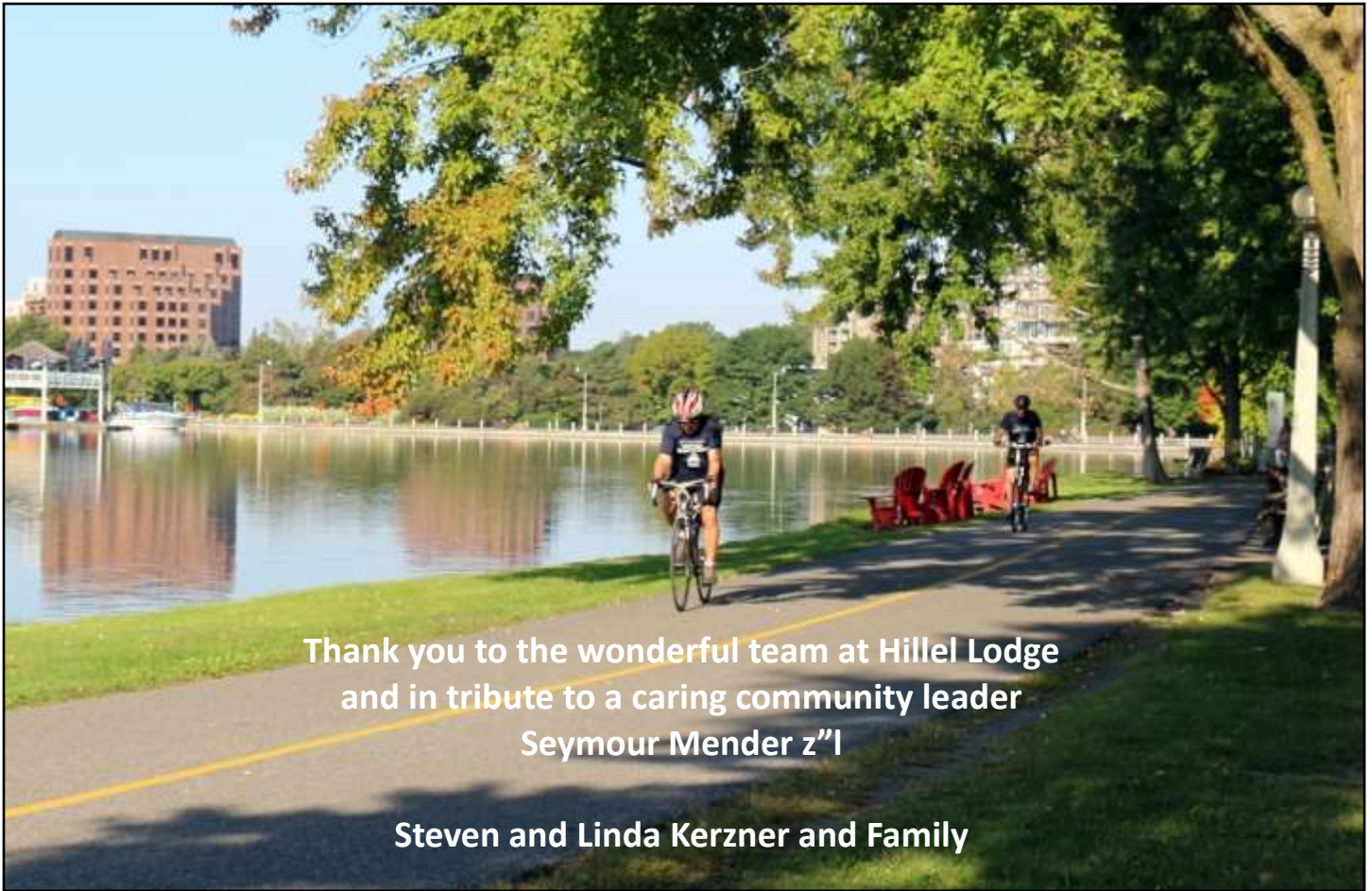
A Great Mensch

Jack & Michelle Bottner  
and Family



From a Friend in memory of Seymour z"l





# MEROVITZ POTECHIN<sup>LLP</sup>

The referred to law firm.

Proud to support Hillel Lodge  
and to honour Seymour Mender z”l









In memory of a true Mensch  
Steven and Hildy Lesh



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of a wonderful mensch**

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Thanks to the late Seymour Mender for all that you have done and for inspiring us to continue.  
Barbara and Steve Levinson



We salute the efforts of the late Seymour Mender and all those who make the Lodge such a special place



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In Tribute to  
A true mensch  
who cared deeply  
about the residents of  
Hillel Lodge

Sam and Susan Firestone



In tribute  
to Seymour  
Mender z"l

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and a friend

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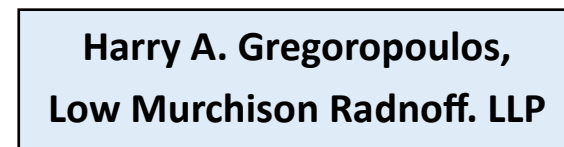
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*In tribute to a kind, caring  
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Seymour Mender z"l.*







In memory of our beloved friend,  
Seymour, a generous and caring person.  
He touched the hearts and enriched the  
lives of so many. Always there for others  
with his smile and his helping hand.

The Akman family



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a caring and compassionate member  
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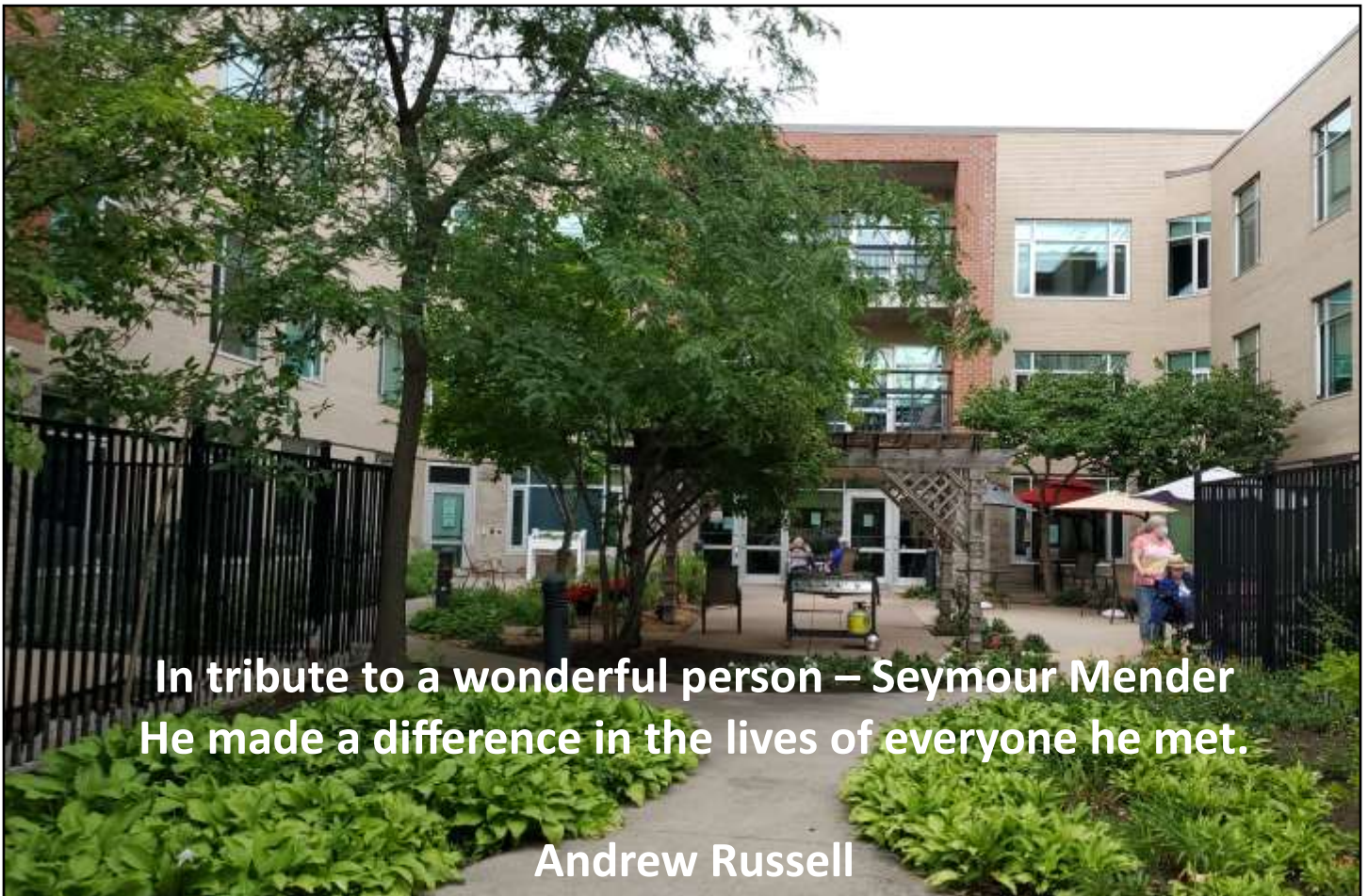
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**In tribute to a wonderful person – Seymour Mender  
He made a difference in the lives of everyone he met.**

**Andrew Russell**



**We value the communities we serve  
We are proud to support Hillel Lodge**





Proud to support Hillel Lodge  
and to honour Seymour Mender z”l





Thanking the late Seymour Mender  
for your devotion to family,  
community and to Hillel Lodge.

The Engel family



**In Memory of  
Seymour Mender**

Blakes is proud to support the Mender family with Seymour's vision, 'Biking for Bubbles', and Hillel Lodge, for their outstanding commitment in long term care.

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**Sharon Leon**



Patrick McGarry participating in Biking for Bubbies.



Sharon McGarry, Anna Silverman and Patrick McGarry. Photo taken at a community event.



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Hulse Playfair & McGarry Funeral Services is once again proud to support the residents of Hillel Lodge by sponsoring Biking for Bubbies. In addition, for a seventh straight year Patrick McGarry will be actively participating in biking and raising funds for what he calls, "a wonderful community facility".

Patrick McGarry and Sharon McGarry would also like to take this opportunity to introduce Anna Silverman as a recent addition to Hulse, Playfair & McGarry. Anna has completed her funeral directors preplanning education and is looking forward to serving the community she has been a part of her entire life, "Hillel lodge holds a special place in my heart. I watched it being built during my tenure at the Soloway Jewish Community Centre and as a former Hillel Lodge Foundation board member, I have seen firsthand the need for both the feeding assistance program and the staying in touch program".

Hulse, Playfair & McGarry has a long and proud history of service to the Ottawa Jewish Community and are delighted to have Anna join us to continue that tradition.

Contact Anna Silverman today for answers to all your preplanning questions,

[anna.silverman@hpmcgarry.ca](mailto:anna.silverman@hpmcgarry.ca) or 613-233-1143



The members of the Young Israel of Ottawa join in paying tribute to the late Seymour Mender. He was a friend and advisor to us and readily provided much assistance whenever it was needed. May his memory be a blessing.



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Thinking of and thanking  
Seymour and his family  
for all the years  
he put into this event  
Bruce and Marian Fischer



Proud to support Hillel Lodge  
and to honour Seymour Mender z”l

In tribute to a  
true Mensch  
Seymour Mender z”l

Lori & Phil Rimer

Good luck to all the riders

In Tribute to a caring  
community leader

Steven and Rosalyn Fremeth



In Blessed Memory of a close friend and  
a great human being, Seymour Mender

The Miller Family: Jeffrey and Rhoda,  
Howard and Sarah, Sara and Joe (Fishman)





**Proud to support  
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**We thank Seymour Mender  
for his passion to do more  
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**In tribute to a true Mensch  
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**Bubby Sylvia, Norma &  
David, Harrison  
and Abigail Freeman**

# SAVE THE DATE

September 12, 2021

## BIKING FOR BUBBIES

FAMILY ZONE



# WE THANK OUR 2021 RIDERS



**Manny Agulnik**

**Appotive Family**

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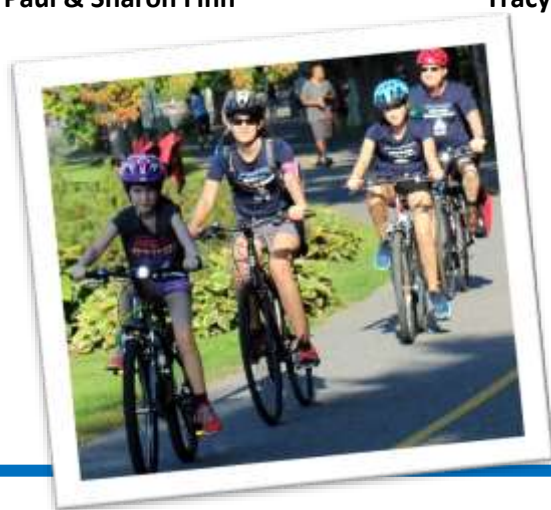
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Philip Zunder



In appreciation of Seymour Mender's leadership in the creation of Biking for Bubbies, and for all that Hillel Lodge has provided to our family and continues to provide to our community

Dr. Ron Weiss and Debbie Halton-Weiss



Thank you to Hillel Lodge for taking such fantastic care of our parents, aunts, grandparents and great grandparents all these years.

Our entire family is grateful.

Jeff and Felice, Harris and Aurete, Erin and Chris, Rowan and Myles, Jordan, Zak, Mitchell and Laura



**IN MEMORY OF A TRUE MENSCH  
WHO CONTRIBUTED IMMENSELY TO OUR COMMUNITY.  
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Thank you to all the compassionate staff who care for  
and look after our loved ones. We appreciate all that you do.





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**In recognition of the caring staff  
and volunteers at Hillel Lodge  
and in honour of Seymour Mender z”l,  
a dedicated and caring community leader,  
a valued colleague, a cherished friend and a true Mensch**

**Percy and Shelley Ostroff**

In Tribute to a  
Dear Friend, a True Mensch  
and a Great Lunch Companion

Audrey and Irwin Kreisman,  
Sarah and Nate Tchaplia,  
Arielle and Ryan Goldberg  
and Joshua Kreisman

Forever in Our Hearts



Together, we are making  
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We are proud to partner  
with all the Riders, Walkers,  
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who are making a difference in  
the lives of Hillel Lodge Residents

**In tribute to  
Seymour Mender  
for all he did for so many**

**Rick and Tracy Iafelice  
& Family**



**We pay tribute  
to Seymour Mender  
It was our honour  
to have known him**

**John and Maria Bassi  
& Family**

**In tribute to  
a community leader  
and a true mensch  
Seymour Mender z”l**

**Aviva Ben Choreen  
and Jonathan Freedman**

**In tribute to a  
someone who truly cared about  
our community**

**Stephen and Carolyn Appotive  
and Family**





# KPMG is proud to sponsor Biking for Bubbies in support of Hillel Lodge.

This year, we pay special tribute  
to Seymour Mender and his many  
contributions to this important  
initiative.

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**In memory of an exceptionally  
kind and generous man  
who worked tirelessly and quietly  
on behalf of the less fortunate  
simply because it was right.**

**Dorothy and Hartley Stern**

**Proud to support  
this meaningful tribute**

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**In memory of Seymour Mender's  
contributions to  
Hillel Lodge and the  
Ottawa Jewish Community.**

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who make Hillel Lodge a Home.

Wishing you a successful Biking for Bubbies (and Zaydies.)

# OUR FUTURE LEADERS





With much gratitude  
to the caring staff  
who look after our parents  
and in tribute to Seymour Mender z”l

**Lynda Taller-Wakter and Alex Wakter**

**We thank the volunteers, riders and sponsors  
for helping Hillel Lodge in its mission.**

**We remember and honour Seymour  
for leading by example  
and inspiring us all to do more**

**Phil Berman  
Ron Eisenberg  
Steve Kesler**

**Howie Nadolny  
Nathan Potechin  
Brian Spergel**



**Wishing you much success on the 13<sup>th</sup> annual Biking for Bubbies  
In tribute to a caring community leader Seymour Mender z”l**



**Stephen and Jocelyne Greenberg and Family**



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**Proud to support the residents and caring staff at Hillel Lodge**



A friend, a colleague, a quiet leader, a true Mensch.

These are the words that describe Seymour Mender to us.  
Michael grew up with Seymour, although he was a few years ahead.  
They both went to Hillel Academy, and lived on Edgecliffe Avenue.  
We were both colleagues of Seymour in the practice of law, where Seymour  
was always solid, dependable and a pleasure to deal with,  
whether on the same side or not.

Seymour was a quiet leader. As a member of multiple Boards in our community,  
Seymour could be counted on to lend his help to our institutions that needed it.  
More importantly, he quietly helped individuals that needed his help.  
He never sought the spotlight; he just did what he did. And it was always good.

Mostly, he was just a good guy, and a true Mensch. When we all lost Seymour  
so suddenly and tragically, his family lost a husband, a father, and a pillar.  
Our community lost a friend, a leader and a pillar. It is our honour  
to honour Seymour's memory. May it always be a blessing to all of us.

Michael and Melanie Polowin



Thank you to Seymour Mender of blessed memory  
who volunteered as the President of  
the Bess and Moe Greenberg Family Hillel Lodge.

Seymour's legacy of caring and leadership for Hillel Lodge  
is an example for all to follow.

Joan and Russell Kronick







In tribute to a man who was always kind and caring, Seymour Mender z”l  
Sandy and Murray Ages

In Honour of a great friend  
Mario Mannarino  
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**In memory of a wonderful man  
who will be missed**

**The Freedman Family**





# *Mamma Teresa*

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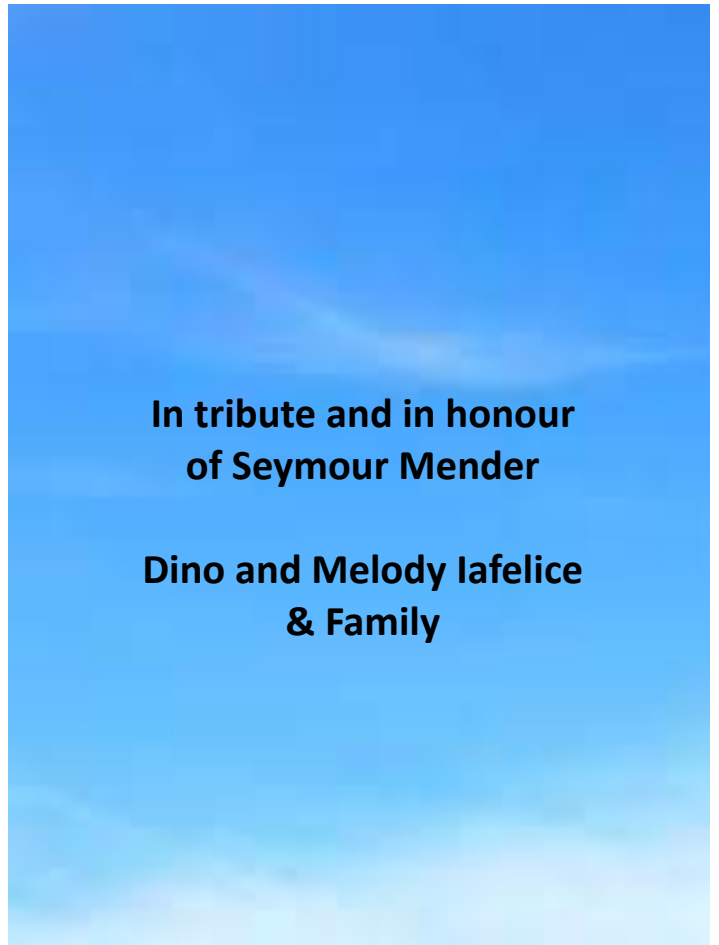
**In memory of a great person  
A great friend and family man  
With love and respect**

**Frank and Maria Spagnolo and Family**



**In tribute and in honour  
of Seymour Mender**

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Biking for Bubbies

Seymour was more than our partner at Barnes Sammon LLP, he was family. He was the first one to step forward when someone needed advice, a sounding board or a shoulder of support.

Seymour always had a story to tell and a joke or two to share on Friday afternoons.

We were all incredibly blessed to be in his life and to learn from his selflessness, generosity and endless love.

It was a tremendous honour to work beside him, to know him and to love him.

We will never forget Seymour.



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