

Going to the mountain

Chabad of Richmond hikes Cypress' Eagle Bluffs.



Chabad of Richmond hikers daven at Eagle Bluffs.

On Sunday, Aug. 14, a diverse group of people gathered at Cypress Mountain, anxious to tackle what lay before them. Organized by Chabad of Richmond, the group of 18 embarked on a community hike to Eagle Bluffs to daven *shacharit*, the morning prayers, and participate in a Chassidic meditation session.

Billed as an intermediate trail by the organizers, the hike up and down the mountain was a great accomplishment for many of the hikers. The terrain started off with



Participants had a chance to share Chassidic stories and get some exercise.

a steep switchback incline, followed by some muddy technical spots and ended up at rocky Eagle Bluffs, with its breathtaking views of the city of Vancouver, Howe Sound and beyond.

In great community Jewish spirit, participants inspired each other with words of encouragement and tales of great *tzaddikim* (righteous people) who had accomplished the miraculous and overcome challenges through the strength of their community.

The hike was organized as a way for community members to get away from the usual gathering places and to deepen the bonds among the community. "The hike was spectacular and a chance to interact and bond outside of the shul. There are people at shul that I don't get to talk to as much as I'd like, and the hike gave me an opportunity to converse more deeply with them and find out what wonderful people they are," said hiker Mottel Pavlich.

"This was good exercise for the mind, body and soul. There was hiking for the body, davening and meditation on the mountain for the mind and soul, finding the G-dly in the beauty of nature and, most of all, it was great to interact with people outside of the formalities of shul, all the while learning and spending time in great conversation," said Chabad of Richmond's Rabbi Yechiel Baitelman.

For many, the unexpected highlight of the day was the Baitelman-led meditation and class, entitled Living in Divine Space. ❧

— Courtesy of Chabad of Richmond

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Why is so much innovative research happening in Israel?

Dan Senor and Saul Singer have co-authored *Start-up Nation*, in which they describe the technological revolution happening in Israel. One of the foremost reasons they offer is that Israeli researchers and scientists are taught and encouraged to question everything. This occurs more broadly in society, with children in school, soldiers in the army and in Israeli life in general. Another reason is that Israeli society is made up of diverse groups of immigrants with new approaches and new ideas. And the

primary reason Senor and Singer offer is Israel's need to protect itself from hostile neighbors and the need to be a step ahead of them in developing technologies for protection, fueling innovation and encouraging investment in research and development. ❧

Dr. Larry Barzelai is leading a tour for physicians to Israel this November and invites others to join the trip, which will focus on Israel's medical technological advances. Contact him at barzelai@interchange.ubc.ca or consult the travel agency at keshetisrael.co.il.

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