

# Naivelt נבייזעלע News

July 29, 2017

## WHAT'S ON THIS WEEK

### Friday, July 28

7 PM

FREE Klezmer Music Concert with Martin van de Ven and Milos Popovic at the Lasowsky Centre

### Saturday, July 29

1 PM Naivelt pool time &amp; Aquafit

7:30 PM

Music Camp Concert at the Lasowsky Centre

9 PM

Campfire on Hill 3

### Sunday, July 30

10 AM Bagel Brunch

"Different Fiddle Styles" with Ameena.  
Hosted by Ester Reiter Hill 2 #29

1 PM Naivelt pool time &amp; Aquafit

3 PM Yoga at the Ritz with Rachel

jazz. If Martin wasn't (I think, I never actually asked) an atheist, I would also nominate him not only for musical genius, but for sainthood, as he patiently pulls together our unruly Naivelt crowd. We also had the advantage of Ameena on the fiddle, and Martin's handsome and equally patient son, Ari who came up midweek to help with the viola and the electric bass. And that's not all – Martin also has been giving some of us lessons in improvisation and we are making beautiful sounds with just four or five notes – it doesn't hurt that Martin is on the piano accompanying us.

Afternoons, are singing with the lovely Ameena from Winnipeg. Each afternoon she begins with warm-ups which are almost as much fun as the songs. I think we all appreciate how Ameena not only gets us to move our bodies, but is teaching us harmonies. And the music is beautiful – the words, the melodies in Yiddish and in English. Ameena's approach is both musically quite demanding, but also joyous – she has a life affirming presence that makes her choir really enjoyable. She gets a very nice sound out of us.

I think some comment should be made about our two youngest members, Cora and Serafina who have participated [with just a few short running around breaks] in both music camp in the morning and choir in the afternoon. That's a long day, so good for them.

So – our concert on Saturday night at 7:30 is absolutely not to be missed. Guaranteed a good time will be had by all. [And don't forget the Friday night special with Milos and Martin at 7]

On Sunday morning, we will hear from Ameena Bajer-Koulack at our bagel brunch. She will lecture on different North American fiddle styles -- accompanied by examples that she will play on her violin. Ameena who some of you heard at the Winchevsky centre in May playing and singing with her dad, Daniel Koulack's band, teaches fiddle and banjo and is an instructor at fiddle camps in Saskatchewan and Manitoba. We are all looking forward to that – so be on Hill 2, cottage #29 at ten on Sunday. Childcare will be provided if there is enough interest in the tent at Cabin 11 on Hill 2.

by Ester Reiter

## Music Week 2017!

Once again Naivelters are privileged to have the wonderful Martin Vandeven for our annual music camp. There we are with an assortment of wildly disparate instruments— saxophone, clarinet, flute, guitars, cellos, drums, conga, recorders, cowbell, -- ages eight to seventy six and a range of musical experience all enjoying our week enormously. Each year Martin comes with some new and interesting musical goodies – this year the repertoire includes music in 7/8 time, an Arabic song, jazz, klezmer [of course], Bulgarian, Moldovan and



**Debbie has been working hard pruning the bushes on Hill 3**

## **Our Environment: About Invasive Plants**

Has there ever been a more beautiful, lush summer? I think that just being here among all this plant and animal life helps us. The land asks for little in return, but one thing that individual bungalow holders can learn to do, is to help control invasive plants. So this season, most of my writing and volunteer work will be around invasive plant control. I'll try to give notice of where and when I will work, and anyone is welcome to join me or ask me to look at the area around their cabin. I'm no expert, so we are learning together.

We all bring our gifts and issues to the land. Our gut reactions to species that "take over" are interesting, because they are very personal. Plants that people call "weeds" (That's the last time that word will come from me!) tend to fall into two categories:

1)Native Plants: This is their favourite climate and ancestral home, so they keep returning to our carefully tended gardens, crops and lawns. Without any effort on our part, they create this Eden, and feed one another and the animals. But, except for patches of endangered species like trillium, most don't need to be left "pristine." They've lived with people for at least ten thousand years. They can be controlled where they are a problem, used where they are assets, and largely allowed to live their lives.

2)Plants imported from Europe or Asia to Turtle Island, sometimes by accident, but often because they are beautiful and/or edible. Most imports must be tended to grow here. Some, like daylilies, establish themselves well enough to need more control than nurturing. A few highly adaptable

species, lacking their usual microbe, fungal and insect controls, become serious problems. These include the most worrisome plants at Naivelt, buckthorn and garlic mustard. Along with Manitoba maple, they are the target species identified by Credit Valley Conservation as the ones that seriously damage this ecosystem. Each of these will be highlighted in a future article.

At Naivelt, we get a little overwhelmed by wild grape, Virginia creeper and raspberry. These plentiful native plants, which feed birds through the year, can be controlled without harming the eco-system. If you want to get creeper off your cabin (It damages the shingles) or help a tree that looks weighted down by a grapevine, be serious about it. Cut the vine as far down the stem as you can and, if possible, pull up the rootstalk. Then cut it in various places as high as you can reach, and pull it off gently in pieces. The higher stuff will wilt and fall off. Bag your prize and take it to the garbage if you don't want it to re-root.

It's easy to get information about any plant on the internet—the debates on grapes are enlightening. Meantime, feel free to protect your cabins and give relief to overwhelmed trees and gardens—with these rules in mind:

1)BAG invasives and take them to the garbage. **DON'T THROW THEM INTO THE BUSH!** A serious invasive does even more harm inside the forest. This is a good rule for all invasives and robust plants, which either re-root or have millions of seeds.

2)DON'T GO ON A RAMPAGE and pull out any area of strong plant growth, without heavily mulching the area, or planting something strong and keeping your eye on it. The disturbed ground of a former raspberry, creeper, daylily or mint patch becomes a nursery for the plentiful seeds of genuinely harmful invasives like garlic mustard and buckthorn.

Some links you may find helpful:

[https://en.wikipedia.org/wiki/Vitis\\_riparia](https://en.wikipedia.org/wiki/Vitis_riparia)

[http://www.creditvalleyca.ca/wp-content/uploads/2011/03/BirdGardens\\_2009.pdf](http://www.creditvalleyca.ca/wp-content/uploads/2011/03/BirdGardens_2009.pdf)

<http://www.superfoods-for-superhealth.com/wild-grape-leaves.html>

Part of an ongoing series by Deb O'Rourke.



**Music Campers Cora and Serafina find time to tackle buckthorn and garlic mustard on Hill 3**



**Rainy afternoon activities. Cribbage - cause some people find that fun!**

Mark your calendars! .... the Peace Tea will be on Sunday August 6th at 3:00pm. There will not be a Bagel Brunch that morning.

## **Improvised Bagels at Camp Naivelt**

Each summer since 2008, Alan and Sarit Cantor have taught bagel making at Camp. On Sunday 23 July, ten Naivelters and guests gathered in the Lasowsky to partake in yet another creative baking extravaganza.

At last year's workshop, Alan and Sarit made Montréal bagels with white flour. At this year's workshop, in contrast, they concocted multi-grain bagels with whole wheat flour, red fife flour, white flour, and flax seeds.

Inspired by this year's Music Week focus on improvisation, Alan and Sarit taught participants how to extemporize when ingredients are unavailable or missing. Their recipe contains eggs and oil — ingredients that add richness and moistness. One participant was vegan, so Alan and Sarit opted to omit the eggs. They had planned to add vegetable oil, but forgot to bring the bottle. Despite leaving out eggs and oil, Alan and Sarit

demonstrated that bagels made without can be just as irresistible.

Sarit spoke about listening to one's *kishkas* (gut) when preparing the dough. Neither Sarit nor Alan measured carefully. Instead of sticking to a recipe, they highlighted the "milestones" of bagel making, and demonstrated "techniques."

Examples of milestones:

- Recognize the moment the yeast has become active by its energetic "bloom."
- Notice when the dough is ready to beat by its consistency — it resembles peanut butter.
- Know when the dough is fully kneaded by its feel — like a baby's bum.

Examples of techniques:

- Handle the dough gently yet firmly to avoid tearing it.

- In the bread bowl, incorporate flour into the dough using a large rubber spatula.
- Increase your strength and endurance when kneading by letting your upper body "fall" into the dough via your the arms and hands.

Here is this year's "recipe." All quantities are approximate!

Yield: 20 – 24 bagels

- 2¼ cups warm water
- ½ cup honey
- 1 tablespoon black strap molasses
- 1½ tablespoon dry active yeast
- 2 teaspoons salt
- 1½ pounds hard unbleached white flour
- 1½ pounds hard whole wheat and/or red fife flour
- ¼ cup ground flax seeds
- 2 tablespoons honey (for boiling)
- 1 cup poppy seeds, and 1 cup sesame seeds. Mix each with a little salt

1. Pour the water into a large stainless steel bowl. Stir in the honey and molasses.
2. Sprinkle the yeast on the water surface. Wait 2 – 3 minutes for the yeast to “bloom.”
3. With a wood spoon, stir in 1 cup flour at a time. Alternate between white and whole wheat / red fife flours. Repeat until the dough has the consistency of peanut butter.
4. Stir in the ground flax seeds and salt.
5. With a wood spoon, beat the dough 100 times. Try not to tear the dough.
6. Optional: Cover the dough and let it rest for 5 to 20 minutes.
7. Using a large flexible spatula, fold in ½ to 1 cup of flour at a time. Continue until the dough is kneadable: it starts to hold together as a mass without being too sticky.
8. Turn the dough onto a counter. Knead, adding a little flour at a time, until the dough feels like a baby's bottom: smooth, elastic, and uniformly dense. Kneading takes 10 or 15 minutes.
9. Place the dough in a lightly-oiled bowl, cover with a damp cloth, and allow to rise until the dough has doubled in volume — about one hour at room temperature or overnight in the refrigerator.
10. Gently punch down the dough, turn it onto a counter, and knead a few times.

11. With a sharp knife, divide the dough into 20 to 24 equal-sized pieces, each the size of a child's fist.
12. With lightly-floured hands, roll each piece into a “rope” about eight inches long.
13. Drape a rope over the back of your hand, overlap the two ends against the tabletop, and roll with your palm to “weld” the ends together. Repeat until all bagels are formed. Try to make the holes big.
14. Preheat the oven to its maximum baking temperature, 500°- 525° F. Use the bottom shelf of the oven.
15. Bring a large pot of water to a rolling boil. Add 2 T honey.
16. Place three to five bagels in the pot and boil for about 30 seconds. Flip over each bagel and boil another 30 seconds. (It won't hurt to double the boiling time.)
17. Remove the bagels from the water with a metal spatula — they are very hot — and immediately dip them into a bowl of sesame or poppy seeds. Flip over each bagel so both sides are covered in seeds.
18. Place the bagels on a lightly oiled cookie sheets. (Leave a little elbow room.)
19. Place one cookie sheet on the bottom shelf of the oven. Bake until the bagels are golden brown on the bottom, 4 – 6 minutes. Quickly flip them over. Continue baking until the bagels are golden brown all over, 3 – 5 minutes.
20. Immediately remove the cookie sheet from the oven and the bagels from the cookie sheet. Allow the bagels to cool.
21. Place the next cookie sheet in the oven, and continue until done.



## **WHAT'S ON NEXT WEEK**

### **Saturday, August 5**

1 PM Naivelt pool time & Aquafit

7:30 PM

Concert & Dance Party featuring our own  
"Phil Ciglin and Friends"

### **Sunday, August 6**

3 PM PEACE TEA

"Building Local Solidarity: Responding to the  
rise of Islamophobia, anti-semitism and  
other forms of racism." With special guests  
from Brampton including writer, consultant  
and community activist, Farheen Khan.

Facilitated by Rachel Epstein

Lasowsky Centre

1 PM Naivelt pool time & Aquafit