



VICTORIA

April 2016/5776

About CHW

Supporting Children, Healthcare, and Women in Israel and Canada for almost 100 years.

Canadian Hadassah-WIZO (CHW) is Canada's leading Jewish women's philanthropic organization.

Founded in 1917, CHW is non-political, volunteer driven and funds a multitude of programs and projects for **Children**, **Healthcare** and **Women** in Israel and Canada.

For more information, please visit www.chw.ca

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CHW Victoria Board Message

February 14, 2016 Theatre Event with Zelda Dean

Artistic Director and Producer of Bema Productions, our very own Zelda Dean, gave an entertaining and eye opening presentation on theatre, and in particular, her life in theatre in Alberta and British Columbia from 1977-1996. A good actor, Zelda said, gets caught up in what is happening on stage, suspends belief and forgets his/her problems. That is the magic of the stage.

Zelda and her husband, Bill, ran a successful dinner theatre in Calgary. As they became more successful, they took their productions on the road, to small towns across Alberta. Zelda had us laughing as she shared many stories of small town life. Zelda and Bill started the theatre group at Beth Israel Synagogue in Calgary. It became the largest community theatre in the city.

Zelda directed 110 performances, which gave her a great sense of accomplishment. After years away from theatre, Zelda has returned to her love of the stage with the new Bema Productions. Her latest venture was directing Fiddler on the Roof.

To show us her fine directing skills, Zelda brought a script and we all had a part in performing. Who knew we could all be actors for an afternoon! Thank you Zelda.

Sharon Fitch, CHW Victoria Past President



CHW Victoria invites you to:

**A Mother's Day Tea
With a "Downton Abbey" theme**

Tuesday May 10th

From 2 until 4 pm

At the home of Josie Davidson

2841 Graham Street, Victoria

Please bring cold finger foods; Wear your hats and a costume, ladies

Donation

For CHW Projects

For further information and RSVP please contact Celia Negin at (250) 995-1414 or morcel@shaw.ca

Please RSVP as soon as possible, since space is limited



Shiva Meal Fund

Did you know that our CHW Victoria Chapter has a Shiva Meal Fund?

Approved by National, this is an open ended fund, which is not tax deductible. No tax receipts will be issued. This fund will need to be "topped up" as it is used. You may want to consider donating to the CHW Victoria "Shiva Meal Fund" in memory of your loved ones, on the occasion of their Yahrzeit.

Reaching out to members and opening our hearts to others in times of great need is a truly wonderful mitzvah. This is a local endeavour, and will be used only for members of our Chapter. With funds we have collected thus far, we have now provided 6 Shiva Meals.

Please consider contributing to our Shiva Meal Fund. Cheques may be written to CHW Victoria, with a memo for the Shiva Meal Fund. As always, donations in any amount can be sent to our Treasurer, Esther Laredo, at 4767 Elliot Place, Victoria, BC V8Y 3E4.

If you have any questions or concerns don't hesitate to contact any member of our board.

Todah Rabah, Thank You

CHW Cards/Certificates for Sale—Please note change



We have CHW cards for sale for all occasions. If you mail the card yourself, the cost is \$6.00 dollars per card. Lisa DeGall is now our only card contact person, as well as our National Co-ordinator. If you wish Lisa to mail it for you, then the cost is \$7.00 for cards within Canada, and \$8.50 for cards to the US or abroad. This covers cost of cards, envelopes and postage. Please remember to send your cheque to

Esther Laredo, 4767 Elliot Place, Victoria, BC V8Y 3E4. CHW also offers e-cards. All online orders receive an electronic tax receipt issued for donations of \$10.00 or more. If you are donating online, please make sure to mention CHW Victoria as the chapter, in order that we get the credit for the donation. Please go to www.chw.ca and then go to ecards. You can contact Lisa DeGall: 250-642-7238 or ldegall@aol.com and she will be very happy to help you!



We would also like to remind you that certificates can be purchased from CHW as well. With a donation of \$50 to \$99 you can purchase a small certificate, and with a donation of \$100 or over you can purchase a large certificate. You can contact Eleanor Mintz at eleanor.mintz@shaw.ca or (250) 479-2425 and she will be happy to help you.

Good and Welfare

We wish you and your family A Very Happy Pesach!

A warm welcome to Leah Kinarthy our newest member of CHW Victoria!

Here's wishing April Katz A Very Happy Birthday!

Here's wishing Joyce Skolnick A Very Happy Birthday!

Congratulations to Zelda Dean, Bema Theatre Director, for a fabulous production of Fiddler on the Roof!

Congratulations to Janna Ginsberg Bleviss on being awarded the Caring Canadian Award by Governor General Johnson!

Congratulations to Jean Dragushan who was welcomed to the Board of Congregation Emanu-El!

Congratulations to Iris Green Starr on the publication of her first book, Travelling Tastebuds, a cookbook!

Refuah Shelema, get well, to Annette Rose, to continue to improve after a recent hospitalization!

We announce that Marilyn Weisbart has retired from her position as Vice-President, but will remain on the board as consultant.

Sincere condolences to Marilyn Weisbart and her family on the passing of her mother, Mrs. Fay Greenwood, on March 13, 2016 in Toronto. May her memory be for a blessing.

Members' Corner

About the person who changed the course of my life -- by Orli Kalfon

I would like to share with you an important episode which transformed my future. I was then ten years old, living in Rabat (capital of Morocco, a French Protectorate according to an agreement between the French government and the Sultan-King Mohamed 5, giving France full control over Morocco). I had just finished elementary school and was supposed to start junior high school (equivalent to grade 6 in Canada). There were two streams: the academic stream leading to the Lycee (here senior high school) for those who finished grade 5 with very good grades and the technical "college" for those less gifted students. However, being Jewish, I was not permitted to get into the academic stream, so I started at the technical school learning to cook, sew, care for a baby using a lovely plastic doll and some low level arithmetic, but no English, only Arabic.

Then the life saving episode happened! The Math teacher, Madame Rousseau called me and the other three Jewish girls into her office and told us that she felt we could very well succeed in the academic stream, that we had been unjustly discriminated against because we were Jewish; but she has been allowed to put us in the other stream. However, she said we had to promise to work very hard to catch up to the level the other students had reached in those first three weeks of school. She offered to coach us until then. We were all very excited and happy. So it was that we started the next Monday on our way to success, a new horizon open to us! We did not have any trouble, we all finished that junior level with high grades and thus we were able to attend the "Lycee", senior high school; three years of intensive studies!

I was able to continue studying English and added Spanish—a second language necessary for graduation, while continuing the study of Classical Arabic which we had started in the Junior level. At the equivalent of grade 11 we had to write the very competitive exams of the "Baccalaureat" and the next year write the grade 12 level exams to complete matriculation with full Baccalaureat. We all did! This was the opening key to write university entrance exams in any field. I chose Law School, the only one available in Morocco, just set up by the French government in conjunction with Law School at the University of Bordeaux in South-West France. France had to prepare some gifted students to take over government jobs, as the Protectorate signed for fifty years in 1906 was soon coming to an end. France had to recognize independence of Morocco. So I did those studies in the intensive courses taught by specialized Professors coming from various universities in France. The other three girls had gone their own ways (one got married at the end of high school, one went to Israel with her large family, the others went to France). All that served me surviving my tumultuous years of migrating to Israel, then to Algeria, then to Canada (first to Winnipeg, then, to Ottawa before ending in Victoria, where I became a French High School Teacher). I had trained for this at the University of Manitoba and then at the University of Ottawa. I took all the various careers in stride, none of which would have been possible without that one person, Mme. Rousseau. I shall be forever grateful to her and pray for her. She was truly a righteous person.

Innovative Israeli drug for treating prostate cancer approved in Mexico 4/1/2016
(Communicated by the Weizmann Institute of Science Spokesperson)

A therapy invented at the [Weizmann Institute of Science](#) and clinically developed in collaboration with Steba Biotech (Luxembourg) has been approved by Cofepris, Mexico's health authority, for the focal treatment of early-stage prostate cancer. The therapy involves a laser and a novel drug, **TOOKAD® Soluble**. A successful Phase III clinical trial in Latin America (Mexico, Peru and Panama), involving 80 patients, confirmed the high rate of local cures and minimal side effects already reported in Phase II clinical trials, as evidenced by negative biopsies and maintenance of patients' potency, continence and overall quality of life. The marketing approval in Mexico comes in the wake of the recent completion of a second Phase III clinical trial in Europe. This randomized pivot study compared disease progression, cancer-free rate and urinary and erectile functions in patients treated with **TOOKAD® Soluble** and those undergoing active surveillance with a follow-up of two years. It involved more than 400 patients at 43 hospitals in 11 European countries and is currently under evaluation by the European Medicines Agency (EMA).

The approved therapy follows a new paradigm developed by Prof. Yoram Salomon of the Biological Regulation Department and Prof. Avigdor Scherz of the Plant and Environmental Sciences Department in the framework of photodynamic therapy. It comprises an intravenous infusion of **TOOKAD® Soluble**, immediately followed by near-infrared laser illumination through thin optic fibers that are inserted into the cancer prostatic tissue, under ultrasound control. **Tookad® Soluble** was first synthesized in Scherz's lab from bacteriochlorophyll, the photosynthetic pigment of certain aquatic bacteria that draw their energy supply from sunlight. The drug stays in the patient's blood circulation until it totally clears 3-4 hours later, and it shows no toxicity. Confined illumination of the diseased tissue activates the circulating drug locally, resulting in the extensive generation of short-lived toxic molecules: oxygen and nitric oxide radicals. These highly reactive molecules initiate rapid occlusion and destruction of the tumor blood vessels, followed by necrotic death of the entire tumor while sparing nearby structures and their functions. The use of near-infrared illumination, together with the rapid clearance of the drug from the body and the unique non-thermal mechanism of action, makes it possible to safely treat large, deeply embedded cancerous tissue using a minimally invasive procedure. The recent marketing approval was provided to both the drug (**TOOKAD® Soluble**) and the laser illumination device (Laser), together designated Vascular Targeted Photodynamic Therapy (VTP) with **TOOKAD® Soluble**.

In the currently approved focal therapy setting, **TOOKAD® Soluble VTP (TS-VTP)** is a day-case procedure lasting approximately 90 minutes. Patients are released a few hours later and can return to normal activities within a few days, with none of the side effects frequently associated with prostate removal by surgery or radiotherapy. This new minimally invasive technology offers a good alternative to patients diagnosed with early-stage prostate cancer. The number of these patients has dramatically increased in the last two decades due to widespread screening relying on levels of prostate specific antigen (PSA). This population faces the dilemma of undergoing the radical treatment of prostate removal with the risk of high morbidity, or remaining under active surveillance with increased risk of further cancer progression.

Tookad® Soluble answers an unmet need in providing this category of patients with an appropriate treatment, which combines good efficacy with a preservation of the quality of life. Weizmann institute and Steba Biotech are currently pursuing an extensive oncological research program in collaboration with several clinical groups at Memorial Sloan Kettering Cancer Center in New York City. Four clinical studies for more advanced prostate cancer and other oncological indications stemming from this research are scheduled to start in 2016. Yeda Research and Development Company, the Weizmann Institute's technology transfer arm, has licensed the drug to Steba Biotech, which manufactures **Tookad Soluble**. Amir Naiberg, CEO of Yeda: "Our cooperation with Steba covers 20 years of fruitful collaboration. The commitment made by the shareholders of Steba and their personal relationship and effective collaboration with Weizmann Institute scientists and Yeda, have enabled this tremendous accomplishment."



A Peek in Our Members' Kitchens

ARUGULA AND BEET AND ORANGE SALAD--Thank you to Daryl Levine for sharing this recipe

Ingredients

- 1 pound cooked beets (roasted, steamed, or boiled)
- About 1/3 cup Orange Walnut Vinaigrette [see recipe below](#)
- 50 ounces (about 6 cups) Earthbound Farm Organic Baby Arugula
- 1/4 cup (1 ounce) crumbled [feta cheese](#)
- 1/2 cup candied or toasted walnuts
- 2 blood oranges (if available) or navel oranges, segmented (optional)

Directions

Cut the beets in half or quarters (if you're using larger beets, cut into 1/2-inch dice) so they're bite-size.

Place the beets in a small bowl, add 1 to 2 tablespoons of the vinaigrette, and toss until the beets are coated. (This step can be done a day in advance, if desired.)

Just before serving, place the arugula in a [large salad bowl](#). Add about 3 tablespoons of the vinaigrette. Toss to coat the leaves lightly, then taste and add more vinaigrette if needed.

Transfer the arugula to a platter or individual salad plates. Arrange the beets and orange segments (if using) on the greens and sprinkle them with the feta and nuts. Serve immediately.

Orange Walnut Vinaigrette

The walnuts and oranges in the Beet and Arugula Salad harmonize beautifully with the walnut oil and citrus in this dressing. Together, the flavors simply sing!

Makes 1 1/4 cups

Ingredients

- 1/2 cup good-quality roasted walnut oil
- 1/4 cup extra-virgin olive oil
- 1 tablespoon orange juice or blood orange juice
- 1 teaspoon finely grated orange zest
- 5 tablespoons sherry vinegar
- 2 teaspoons Dijon mustard
- 1 tablespoon finely minced shallots
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper

Directions

Place all the ingredients in a [glass jar](#) and close the lid tightly. Shake vigorously to combine. Adjust the seasonings to taste.

Allow the dressing to sit at room temperature for 1 hour to allow the flavors to develop before serving.

Store the vinaigrette in the refrigerator, tightly covered, for up to 1 month.

Alzheimer's could be diagnosed with common blood test

Researchers find neuroprotective blood protein that is a biomarker for Alzheimer's disease and also correlates with IQ. By [Abigail Klein Leichman](#) February 18, 2016, Israel 21c

The progressive dementia of Alzheimer's disease affects some 35 million people worldwide and is expected to affect 115 million by 2050, yet currently it is not possible to detect the disease before it has caused loss of memory and function. Even then, the tests available are invasive and/or expensive.



The quest to develop a simple blood test for Alzheimer's is therefore top priority. As [ISRAEL21c reported](#) in December last year, the Israeli company NeuroQuest is working with the University of California-San Diego on clinical validation trials of its blood test for very early diagnosis of Alzheimer's, based on award-winning research led by Prof. Michal Schwartz of the Weizmann Institute of Science in Rehovot.

Now, researchers from three Israeli institutions –Tel Aviv University, Technion and Rambam Medical Center in Haifa — and from Harvard University have published [a study](#) in the *Journal of Alzheimer's Disease* that proposes testing a novel biomarker in the blood for cognitive aging and Alzheimer's disease. The marker, called activity-dependent neuroprotective protein (ADNP), is essential for brain formation and cognitive function.

"This study has provided the basis to detect this biomarker in routine, non-invasive blood tests, and it is known that early intervention is invaluable to Alzheimer's patients," said Prof. Illana Gozes, lead researcher.

"We are now planning to take these preliminary findings forward into clinical trials — to create a pre-Alzheimer's test that will help to tailor potential preventative treatments."

Gozes holds Tel Aviv University's Lily and Avraham Gildor Chair for the Investigation of Growth Factors and formerly directed the Adams Super Center for Brain Studies at TAU's Sackler Faculty of Medicine. She has investigated treatment approaches to Alzheimer's disease and schizophrenia, as well as a possible link between autism and Alzheimer's. ADNP was discovered in Gozes' lab 15 years ago.

"Our study is the first to assess ADNP in elderly individuals at risk for Alzheimer's disease, and its results open the door for further validation in larger, more informative studies," she says.....

For study details you can go to this article in Israel 21C.

Nine top off-the-beaten-path places to visit in Israel By [Abigail Klein Leichman](#) September 24, 2015—Israel 21c

The Black Canyon and Hexagonal Pools, Golan Heights

The Black Canyon and the Hexagonal Pools are among several spectacular pools and waterfalls within the Yehudiya Forest Nature Reserve. A licensed guide is your best bet for accessing and fully enjoying both these sites.

The volcanic stone water-filled Black Canyon between the upper and lower Zavitan – the longest stream in the [Golan Heights](#) – is an exciting challenge for experienced hikers who also know how to rappel and swim. The Hexagon (Meshushim) Pool is located at the bottom of another deep canyon, walled in with hexagonal basalt rock formations, flowing water and cascades.

Famous Jewish Quote:

“Who is wise? One who learns from every man... Who is strong? One who overpowers his inclinations... Who is rich? One who is satisfied with his lot... Who is honorable? One who honors his fellows.” – Ben Zoma, Ethics of the Fathers, 4:1

Upcoming Events for 2015/2016

April 2016--No program because of Pesach

Tuesday May 10, 2016—Mother’s Day Tea from 2 pm to 4 pm, at the home of Josie Davidson, 2841 Graham Street, Victoria. The theme will be “Downton Abbey”, so ladies wear your hats and costumes.

June 8, 2016—Details TBA

Tuesday August 9, 2016—Barbeque at the home of Marilyn Weisbart, to honour the 5 year Presidency of Sharon Fitch. Details TBA

Important

If you are moving or changing your e-mail address, please contact Celia Negin as soon as possible, so we can make the changes immediately.

Toiletries

Don’t forget to bring your toiletries for Sandy Merriman House for women or The Single Parent Resource Centre.

Board Members for 2015/2016

Past President/National Liaison:
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Programming Coordinator:
Josie Davidson 383-6478

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