



VICTORIA

September 2017/5777/5778

About CHW

CHW passionately supports programs and services for Children, Healthcare, and Women in Israel and in Canada.

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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Message from your Executive –by Eleanor Mintz, Newsletter Editor

Shalom Chaverim

We hope that you have had a wonderful summer and have been able to get together with family and friends. Welcome back to CHW Victoria!

A warm welcome to Selma Linzer, who has recently joined our Executive as a “Member at Large”. Selma is from Edmonton and brings with her many years of experience with CHW, including serving as President of the Edmonton Chapter; she is a Life Member of CHW. We have already had lots of positive input from Selma and we know that with her vibrant, pleasant personality we will see lots of positive change.

Marilyn Weisbart and Susan Halpert have recently stepped down as advisors to our Executive. We would like to thank them for the many years and many roles they have served on our Executive.

After a productive planning summer, we have some exciting programs lined up for you this fall. At our Opening Meeting on September 24, 2017 some of our friends will share their perspective on recent events in Israeli. Further details are on page 2. On October 8th we have been invited once again to celebrate Sukkot at the home of Sharon Fitch; those of us who have attended in the past know how enjoyable that is! Please make a note of these two dates.

Shana Tova to you and your family. May you all have a Peaceful, Healthy and Happy New Year!



WELCOME TO OUR ANNUAL OPENING MEETING:

**CHW Victoria
Invites you to attend**

**Our opening meeting
“Potluck Tea”**

Please bring a dessert to share with 10 People

Donations are most welcome

“Chapter Members will speak on current events in Israel”

**At the party room of Amber Cameron-Johnson
918 Collinson Rd.
Victoria, BC**

Sunday September 24, 2017

2pm. to 4 pm.

Please reply by September 17, 2017 to Celia Negin at morcel@shaw.ca or (250) 995-1414



Shiva Meal Fund

The CHW Shiva Meal Fund was established by the CHW Victoria Executive to support our local CHW membership and immediate family members when sitting Shiva in Victoria. This fund was approved by National. The Shiva Meal Fund is small, being totally dependent on donations, but through the generosity of the CHW Victoria Community, we gratefully receive monetary donations (not receipted) so that we can arrange catering locally for a family to receive a meal. Thank you to Daryl Levine who donated in August 2017. **If you are able to contribute and have not already done so, please know that your donation will help to provide a family with much comfort during a difficult time.**

With funds we have collected thus far, we have now provided Shiva Meals to **11** families.

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 Executive. Todah Rabah, Thank You.

Please Note New & Improved Policy regarding Cards and Certificates:

CHW Cards

For all occasions (birthday, anniversary, get well, sympathy, Rosh Hashanah) for family and friends.

For a donation in someone's name the cost is \$10 minimum and you will receive a tax receipt.

Contact Esther Laredo: 250-658-6550 or estherlaredo@shaw.ca

CHW Certificates

Small certificate for a donation of \$50 to \$99.

Large certificate for a donation of \$100 or over.

Contact Eleanor Mintz: 250-479-2425 or eleanor.mintz@shaw.ca

For all cards and certificates send your cheque to Esther Laredo, 4767 Elliot Place, Victoria, BC V8Y 3E4.

Did You Know?

Good Deeds Day was started by Israeli businesswoman and philanthropist, Shari Arison. Since its launch in 2007, Good Deeds Day is marked in over 50 countries including the US, Mexico, Panama, Chile, Argentina, France, Germany, Switzerland, Britain, Denmark, Finland, Portugal, Hungary, Ukraine, South Africa and Singapore.



“We reaffirm our trust in His providence by dwelling in a sukkah”

**CHW Victoria
Invites You
To Tea in a Sukkah
At the home of Sharon Fitch**

**1147 Chapman Street, Victoria BC
On Sunday October 8, 2017
From 3 pm to 5 pm**

**This event is for members only
Suggested donation \$10**

Please RSVP to Celia Negin at 995-1414 or morcel@shaw.ca by October 1, 2017



A Peek in Our Members' Kitchens



Long Green Beans and new potatoes in Mustard Seed Curry –Thank you to Leah Kinarthy for sharing this recipe

9oz new potatoes
1/2 cup canola oil

1 1/2 Tbsp cumin
3 cups puréed tomatoes(6 large)
1 TBsp mustard seeds
1Tbsp salt
1/8 tsp crushed cayenne pepper (the recipe called for 1 Tablespoon which is super spicy! so adjust

according to your taste the lesser amount used had flavor but was not spicy.)

1tsp turmeric
4 1/2 cups water
9 oz green beans strings removed cut in half length wise

Peel potatoes and cut into slices about 4-6 for each potato.

In a medium pot heat oil on high for 1 minute. Sprinkle in cumin and sizzle while stirring.

Reduce heat to medium and add tomatoes, mustard seed, salt , cayenne and turmeric. Stir well and cook this masala for 5-8 minutes or until oil glistens on top.

Stir in water and bring to a boil on medium high heat for 8 -10 minutes stirring occasionally. If the curry is very watery let boil for another 5 minutes. The spices and water should be well mixed after boiling.

Turn heat to medium- low. Add potatoes and cook at a medium boil covered for 5-8 minutes. Add green beans, stir well and cook uncovered for 5 minutes.

Serve piping hot in 6 individual bowls.

Israeli Researchers Claim Breakthrough In Fighting Bacterial Drug Resistance *By Micah Danney, The Times of Israel July 23, 2017*



Pathogens developing resistance to antibiotics are among the gravest threats to modern medicine, according to the World Health Organization; but new research may have found a way to help doctors fight such germs.

Researchers at The Hebrew University of Jerusalem say they have found a simple method for measuring a bacteria's tolerance, or the time it takes to kill a bacterial population. This will enable clinicians to more effectively treat strains that are on their path to becoming resistant, the researchers say.

This tolerance has been “largely overlooked in the clinical setting,” according to Nathalie Balaban, the study's senior author. The protocol exposes a sample population of a bacteria to different concentrations of antibiotics for varied time periods to see how many survive and for how long.

“Routinely measuring tolerance could supply valuable information about the duration of antibiotic treatments, reducing the chance of both under- and over-treatment,” Balaban said. “Furthermore, data compiled from such measurements could give an estimate of how widespread the phenomenon of tolerance really is, which is currently a complete unknown.”

Currently, doctors test for bacterial resistance, which is an active quality, to decide which antibiotic and dosage to prescribe a patient. The new method, called MDK99, or the minimum duration for killing 99 percent of the population, measures a different quality — bacterial tolerance, which is inactive. Instead of fighting the drug, these bacteria sleep

through its presence, only dying when they wake up. If any survive, they can quickly replenish once treatment has stopped. By measuring tolerance, doctors can better decide which antibiotic to administer to kill all of the bacteria.

Resistant strains continue to grow despite exposure to high drug concentrations, while tolerant strains can survive lethal concentrations of an antibiotic for a long period of time before succumbing to its effects. Tolerance is more common than resistance, as it is found in any bacteria population. It is often associated with treatment failure and relapse, and is considered a steppingstone toward the evolution of antibiotic resistance. But unlike resistance, tolerance is poorly understood and is currently not evaluated in healthcare settings.

“The lack of a quantitative measure means that this aspect of the treatment relies largely on the experience of the individual physician or the community,” said Asher Brauner, the study’s first author and a PhD student in Balaban’s lab.

Good and Welfare

We wish a Very Happy Birthday to Rae Ann Brechner!

Mazal Tov to Damaris and Mark Notte on the engagement of their daughter, Chelsea!



May you and your family have a sweet, peaceful, healthy and happy New Year!

Akhzivland—*Atlas Obscura, All Places Israel*

Akhzivland is the brainchild of Eli Avivi, an Iranian-born Jew, whose family moved to [Israel](#) in the 1930s. In 1952, Eli Avivi settled at the ruined village of Akhziv, which was destroyed during the Arab-Israeli wars, and started to illegally construct a number of huts. Some of these huts were torn down by the Israeli government in 1970, but before all the buildings were demolished, Avivi proclaimed the territory the independent state of Akhzivland.



Avivi subsequently brought the Israeli government to trial, which created quite some attention in the Israeli media. Surprisingly, Avivi succeeded and the court ruled to lease Avivi the area of 10,000 m² for 99 years. Despite the legal victory, the legal status of the micronation remained in ambiguity.

Ever since its creation under Avivi’s ideals of pacifism and freedom, the “nation” has been peaceful. Akhzivland is the only “country” in the Middle East that has never been engaged in any military conflict. As of 2011, the micronation had a total population of two, plus a couple of dogs and cats, as well as many domestic and international tourists, who sleep at Akhzivland’s camping ground and several guest rooms.

The country even features a small “national museum,” as well as the unique opportunity of getting a passport stamp from Akhzivland. Over the years, the micro nation has even attracted several celebrities and politicians such as Shimon Peres and Sofia Loren among others.

Drug May Prevent Recurrence of Aggressive Cancer, Jun 20 2017' www.hadassah.org | News & Stories , H news, July 2017

An international team led by Hadassah Hospital Oncologist Dr. Amir Sonnenblick reveals that giving a drug called metformin to diabetic women with a particularly aggressive form of breast cancer may prevent its recurrence.



This HER2-positive breast cancer tends to grow faster, is more likely to spread, and is more likely to come back, as compared with HER2-negative breast cancers. When insulin is given to HER2-positive patients, the treatment doubles their risk of cancer recurrence.

Previous studies have suggested that administering metformin, an anti-diabetic drug that primarily suppresses glucose production by the liver, may prevent or delay recurrence of breast cancer. Dr. Sonnenblick's study, which was based on a very large database from a Phase III clinical trial, involved over 8,381 breast cancer patients from around the world. While 7,935 of the patients (94.7 percent) had no history of diabetes at diagnosis of their breast cancer, 186 (2.2 percent) had diabetes and were not being treated with metformin and 260 (3.1 percent) were diabetic and had been treated with metformin.

The researchers found that metformin may improve the worse prognosis that is associated with diabetes, mainly in patients with primary HER2-positive and hormone receptor-positive breast cancer.

"We believe that for patients with diabetes and HER2-positive and hormone receptor positive disease," explains Dr. Sonnenblick, "it is reasonable to recommend metformin treatment if patients have not already received treatment and to avoid insulin use as much as possible. From a prognostic point of view, patients with diabetes and HER2-positive as well as hormone receptor-positive disease who are treated with insulin should be considered at higher risk for recurrence."

The study findings are highlighted in the May 2017 issue of the Journal of Clinical Oncology. The international team of researchers included physicians from Belgium, Brazil, Chile, Denmark, Ireland, Israel, Italy, Japan, Slovenia, Switzerland, the Netherlands, the United Kingdom, and the United States.

From 2013 to 2015, lead investigator Sonnenblick did a translational and clinical research fellowship in breast cancer at the Jules Bordet Institute in Brussels, Belgium.

Birthday Lunch at Heron Rock Bistro—by Daryl Levine

Our Sunday Birthday Celebration lunch at Heron Rock was a great success. 20 of us attended with a spirit of sisterhood that was joyously palpable.

A surprise visit by new friend, Linda Bonder, who recently moved to Victoria with her husband, Ted, quickly inspired lively conversation in the finding of mutual connections.

We are already looking forward to our next gathering; our Opening Meeting, on September 24, 2017. Come and join the fun.

Famous Jewish Quotation:

“One question is always relevant: How can I use this to move forward?” *Rebbetzin Tziporah Heller.*

Upcoming Events for 2017

Sunday September 24, 2017, Opening Meeting CHW Victoria—2 pm to 4 pm. At the party room of Amber Cameron-Johnson, 918 Collinson St.

Sunday October 8: Sukkah tea, 3-5 pm. , 1147 Chapman St at the home of Sharon Fitch.

Sunday October 29, Birthday Lunch 12:30 pm.

Sunday December 3, 2017, Birthday Lunch—12:30 pm.

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.

Executive Members for 2017/2018

Past President:

Sharon Fitch (250) 381-1166

Programming Coordinator:

Josie Davidson (250) 383-6478

Membership:

Celia Negin (250) 995-1414

Treasurer/Programming Assistant:

Esther Laredo (250) 658-6550

Secretary:

Damaris Notte (250) 656-0752

Newsletter/Website:

Eleanor Mintz (250) 479-2425

Member-At-Large:

Selma Linzer (250) 381-9423

Advisor:

Susan Kendal (520) 339-6568

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