



Come Together
RIGHT NOW

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

February 2018/5778

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Message from your Executive – by Sharon Fitch, Past President

We are in a new (secular) year. The possibilities are endless. Where will you put your energies? What will you learn? Here on Vancouver Island, it sometimes seems as if we are insulated from the serious problems of the world beyond our borders. Environmental disasters, political problems, enforced mass movements of people, crimes, hate. But then there are the joys we read about and witness, welcoming refugees, feeding the homeless, cleaning a beach, taking part in the democratic process, becoming healthy. These are some of our possibilities as we look to the future.

Ahead of us we have our National Annual Campaign, with the 2018 logo 'Come Together Right Now'. The official launch date at National is March 1st, 2018. CHW Victoria will have our launch program Sunday March 18. We shall offer you a tantalizing and interesting program on the cultural customs of Passover from diverse countries around the world. Mark the date on your calendar. It should be a fascinating event. Details will be found further in this newsletter.

I look forward to seeing you at a birthday lunch, our Walk in the Park, and other community events. Let's keep CHW front and centre as we raise money for Israel.

Thanks for your support.



February Luncheon:

CHW Victoria

Invites Members to attend

Our Birthday Party Fundraiser

“Cordova Bay Golf Course Restaurant”

5331 Cordova Bay Road,

Victoria, BC

February 6, 2018

At 12:00 pm

We will be honouring the January and February birthdays of the following members:

Jenny Briker, Suzie Deston, Selma Linzer, Noemi Masson, Celia Negin, Raya Sitwell and Jan Wilson

***minimum \$5 donation is requested, which will be donated to
CHW Hadassim Children and Youth Village Therapeutic Centre
"Please note that donations under \$10 do not generate a tax receipt"***

Please RSVP to Eleanor Mintz at eleanor.mintz@shaw.ca or (250) 479-2425 by Tuesday January 30, 2018

March Program

CHW Victoria

Invites Members to attend

Annual Campaign Kickoff.

International Cultural and Culinary customs of Passover

With speaker presentations

At the party room of

Amber Cameron-Johnson

918 Collinson Street, Victoria BC

Sunday March 18, 2018

From 2:00 pm to 4:00 pm

Please bring a sweet or treat for 8 to 10 people

This program is for ladies only

Please RSVP to Eleanor Mintz at (250) 995-1414 or eleanor.mintz@shaw.ca by Sunday March 11, 2018

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. **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. Thank you to Jill Swartz and Josie Davidson for donating to the Shiva Fund during the month of January.**

With funds we have collected thus far, we have now provided Shiva Meals to **14** 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.

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 please send your cheque to Esther Laredo, 4767 Elliot Place, Victoria, BC V8Y 3E4.

Interesting fact about Israel

Voicemail technology was developed in Israel

Good and Welfare

We wish A Very Happy February Birthday to Suzie Deston and Jan Wilson.

Mazal tov to Zelda Dean and Bema Productions for a hugely successful run of the play "Prisoner Of Second Avenue"

Mazal tov to Ana and Alex Porzecanski on their upcoming 50th wedding anniversary.

On Jan 25, after the week of shiva, Ruth left Victoria with her 2 children and 4 grandchildren. She will live with her son and his family in Montreal. We are sad to see Ruth go, and wish her all the best in this new chapter of her life.

It is with sadness we announce the passing of Morris Negin. Sincere condolences to Celia Negin and daughters Leigh and Mandy. May his memory be for a blessing.

It is with sadness we announce the passing of Bernard Rauch. Sincere condolences to Lynne Rauch, daughter Shana MacLean and family. May his memory be for a blessing.

Dr. Fred Cooperstock z"l

It is with sadness we announce the passing of Fred Cooperstock. Sincere condolences to Ruth Cooperstock and family. May his memory be for a blessing.

Fred, was born in Israel and grew up in Winnipeg. Fred and Ruth met at University in Winnipeg and then, moved to Victoria, which they made their home for 50 years, with occasional excursions and sabbaticals outside of the country. They were blessed with 2 married children, Ramona who lives in Toronto, and Jeremy who lives in Montreal, along with 4 grandchildren. They are a very close knit family. Fred was a male associate of CHW and along with his wife Ruth have always had a great love for Israel. Although we all knew that he was a very modest man, he also had a great sense of humour. He was a member of the "Jewish Discussion Group", and always contributed wisely, yet quietly and unostentatiously.

Fred was Professor of Physics at the University of Victoria for many years and was very popular with his students. Up until 2017 he remained at University of Victoria as a Professor Emeritus.

Most of us do not know what a prominent Scientist he was. He was a Dr. of Physics and much of his work was a continuance of Einstein's Theory of Relativity. He had about 140 publications and many citations.

"In November 2005, Fred Cooperstock and Steven Tieu of the University of Victoria proposed that general relativity might be able to explain the observed galactic rotation curves without the need for any "exotic dark matter" (see [CERN Courier October 2005 p9](#)). "

"Now, in a controversial paper that has recently appeared on arXiv, an online collection of physics papers, Fred Cooperstock and Steven Tieu of the University of Victoria in Canada claim that one of the key pieces of evidence for the existence of dark matter is not really there.

To their surprise, when he and Mr Tieu did the calculation with general relativity, they found that they were able to reproduce the observed speeds at which individual stars are orbiting the centre of a galaxy, without requiring the galaxy to contain dark matter. Indeed, the distribution of mass through the galaxy roughly followed the distributions of visible matter, with no need for exotic new particles."

"Among other theories, there was the Cooperstock's energy-localization hypothesis In physics. The Cooperstock's energy-localization hypothesis is a hypothesis proposed by Fred Cooperstock that in general relativity, energy only exists in regions of non-vanishing energy-momentum tensor."

Fred will be dearly missed, not only for his brilliance and wisdom in many areas, but also for the kind, modest person he was.

A Peek in Our Members' Kitchens



Almond Milk—Thank you to Amber Cameron-Johnson for sharing this recipe

You will need:

- A 24 inch square of good cotton
- Two sealer jars. Or a sealer jar and parve bowl
- A blender

- Almonds
- Filtered water

Recipe / Ratio:

1/3 cup almonds (That have been soaked in a sealer, at least overnight. The almonds expand, so they need 2 or more cups of water.) Pop the skins off of the soaked almonds and rinse. (Skins can be left on, but the blender will make a finer meal of the almonds if skins are off.)

1 cup of filtered water. Put the almonds and filtered water in a blender. Blend for several minutes on the liquefy setting (High)

With clean hands, push the square of cotton down into the sealer, with all the edges of the cotton on the outside of the jar. If preferred, the cotton can be secured with elastic around the outside rim of the jar. Pour the almond milk into the cotton, let the milk drain through, then while continuing to twist the top of the cotton square, wring all of the milk into the jar. (The remaining meal can be frozen, saved, dried and ground into almond flour, or used to make pie crust.)

Almonds can soak for a week, or more, in the fridge. Once made, the almond milk will keep 3 or 4 days in the fridge. It is delicious as is. Or make your own custom blend:

- Add a few drops of real vanilla.
- Add 2 tablespoons of coconut milk and shake; the milk will steam and foam wonderfully for latte's :)

Depending on the size of your family, this delicious milk can be made by the quart or gallon! It can be frozen. It has none of the unhealthy preservatives used in packaged almond milk. You know how many almonds are in it; so you know the nutritional content! A win/win combination!

A further note about almonds: I was told that the way almonds are meant to be consumed is after they are soaked. They are not meant to be eaten dry. So I tried some that way. They are crisp and sweet. Delicious. I was reminded that in Israel there are 2 harvests of almonds. In the first harvest, the almonds are still enclosed in their green pods. I didn't try those, and now I imagine that if I had they would taste like the soaked almonds? Bulk Barn has a flyer out for the next month advertising that almonds are \$7.60per lb. (1.86 100g.), plus there is a - \$3. off for spending \$10.- coupon at the bottom of the first page.

Could reversing an omelet herald a cure for Alzheimer's? Israeli researchers are studying a novel form of protein aggregation that seems to be reversible. By [Brian Blum](#), December 28, 2017, Israel 21C

Can neurodegenerative diseases such Alzheimer's and Parkinson's actually be reversed? New research from Tel Aviv University suggests so. It all has to do with how proteins clump together in a cell.

Let's use the example of an omelet to explain what's going on.



To cook an omelet, you have to scramble an egg. Once scrambled, it can never go back to the original egg form. Physiological and chemical changes cause its chemical bonds to break and its proteins to aggregate, restructuring the egg entirely.

However, Tel Aviv University Prof. Martin Kupiec and Kobi Simpson-Lavy at the School of Molecular Cell Biology and Biotechnology recently published [a paper](#) in *Molecular Cell* about a novel form of protein aggregation that seems to be reversible. Coauthors include Tianchang Xu of Tsinghua University, Beijing, and Mark Johnston of the University of Colorado.

"Most of the functions within our cells are carried out by proteins," Kupiec explains. "When these proteins aggregate, they produce a 'blob' that renders them inactive."

Protein aggregation tends to increase with age and can lead to neurodegeneration because proteins "can adopt an erroneous configuration, where they're misfolded," Kupiec says. The cells attempt to "pile up" the misfolded proteins at particular locations to minimize their toxic effect, but that piling up has been linked to Alzheimer's, Parkinson's and even "mad cow" disease.

Simpson-Lavy noticed that a particular protein he was studying, Std1, which is usually present inside a cell's nucleus, would appear outside the nucleus in an aggregation whenever glucose was added to the cell.

When the glucose was removed, "the aggregate dissolves and the Std1 protein could be seen again in the nucleus," Simpson-Lavy explains.

In other words, an irreversible aggregation could be reversed with something as simple as the presence (or lack) of a simple sugar.

That doesn't mean the researchers have discovered a cure for Alzheimer's just yet. There's lots more work to be done including how to replicate the results from one protein with much more complex ones.

Still, "these results could open the way for possible future treatments that may try to change the aggregation from irreversible to reversible," Kupiec says. And that may make it "possible to treat neurodegenerative diseases and reverse the effect of the aggregates."

Did You Know?

There is something cute about Joelle Lake's one year old grand-daughter, who covers her head when they do the Shabbat prayer. This happens when her 6 year old sister and her parents forget to do so. It is just funny to see!

Famous Jewish Quotation:

“How wonderful it is that no one need to wait a single moment before trying to improve the whole world”.—Anne Frank

Upcoming Events for 2018

February 6, 2018—“Birthday lunch”.
12:00 pm., Cordova Bay Golf Course
Restaurant, 5331 Cordova Bay Road.

Sunday March 18, 2018— 2 pm to 4 pm.
Annual Campaign Kickoff. Cultural and
Culinary Passover traditions. At the party
room of Amber Cameron Johnson, 918
Collinson Street, Victoria, BC

Sunday April 22, 2018—Birthday Lunch for
March/April birthdays—12:00 pm. Romeos
on 1581 Hillside Avenue, Victoria

Sunday June 3, 2018---Walk in the Park.
Beacon Hill Park, 10:00 am to 3:00 pm

Thursday June 21, 2018—Birthday Lunch for
May/June Birthdays---12:00 pm. Oak Bay
Marina.

Sunday August 19, 2018—Birthday Lunch for
July/August Birthdays—12:00 pm. Beach
House Restaurant.

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

Treasurer/Programming Assistant:

Esther Laredo (250) 658-6550

Secretary:

Damaris Notte (250) 656-0752

Programming Coordinator:

Josie Davidson (250) 383-6478

Membership:

Celia Negin (250) 995-1414

Newsletter/Website:

Eleanor Mintz (250) 479-2425

Members-At-Large:

Selma Linzer (250) 381-9423

Leah Kinarthy (250) 382-2433

Advisor:

Susan Kendal (520) 339-6568

Chairpersons

Publicity:

Frances Aknai (250) 360-0356

Cards:

Esther Laredo (250) 658-6550

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Helene Kadziora (250) 385-9094