



# 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](http://www.chw.ca)

## September 2018/5778

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## Message from your Executive –by Josie Davidson, Program Chair

The weather has turned. With the recent wildfires raging throughout the interior of BC, and Washington, one has only to wake up in the morning and wonder “will it rain today, or is that *smoke* obscuring the sun?” However, now that the temperatures have truly started to dip, the cloudiness that I see in the morning more accurately predicts that I need not water my garden with the same ardent zeal that I did earlier this month.

I love this time of year. The leaves are starting to change colour. My tomatoes are ripening, hinting at the promise of sauces yet to be made. An abundance and diversity of squashes, pumpkins, gooseberries, blackberries, kale, chard, apples, figs, and many other fruits, vegetables and herbs peer up at me from the backyard bench. And just as my garden is yielding the produce of seeds sown and tended over weeks, months, and years, the month of Elul beckons me to examine the garden of my heart, inviting me to harvest what is good, and pluck out any noxious weeds that might have hindered its productivity. I am led to ask “What kind of fruit am I producing? Is it healthful to those that eat of it?” For every seed produces fruit after its own kind. Deeds of lovingkindness, tzedakah, or the study of Torah produce chesed, chen, v’rachamim, while evil deeds result in fractures of character that if left uncorrected, can lead to serious spiritual illness. Interestingly, the attitudes follow the deeds. We don’t have to wait until we ‘feel like it’ to improve our character. Actions have the same effect on the heart as kneading does to bread.

During the High Holidays we are challenged to make a heshbon nefesh...a soul accounting. Not to fill our hearts with shame, but in order to strive out of love to go that extra length to do justly, love mercy, and walk uprightly before the Almighty. May we all be inscribed for a good year, a year of peace, abundance, health, and genuine love – within our families, community, and beyond. Shanah Tovah. Nehamashira



## Tea in the Fitchs' Sukkah:

“We hope you can join us for”

**Tea in a Sukkah**  
**At the home of Sharon Fitch**  
**1147 Chapman**  
**Victoria, BC**

**Thursday September 27, 2018**

**At 2:00 pm**

Please RSVP to Celia Negin at [morcel@shaw.ca](mailto:morcel@shaw.ca) or (250) 995-1414 by Thursday September 20, 2018



## October Birthday Luncheon

“Mark your calendar”

**Our Birthday Party Fundraiser**

**At the Med Grill Restaurant**

**4512 West Saanich Road**

**Victoria, BC**

**Sunday October 21, 2018**

**At 12:30 pm**

**We will be honouring the September and October birthdays of the following members:  
Simone Benloulou, Rae Anne Brechner, Amber Cameron-Johnson, Linda Green, Joelle Lake,  
Damaris Notte and Ana Porzecanski**

*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"*

*If you are paying cash and require a tax receipt, please put your donation in an envelope and  
write your name and amount on the outside*

**Please RSVP to Celia Negin at [morcel@shaw.ca](mailto:morcel@shaw.ca) or (250) 995-1414 by Sunday October 14, 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 tax 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.**

With funds we have collected thus far, to date we have 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.

## 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](mailto: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](mailto:eleanor.mintz@shaw.ca)

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

## CHW Victoria Birthday Fundraiser BBQ

On August 19, 2018, a lovely, albeit hazy day, 14 of us gathered in Marilyn Weisbart's beautiful backyard for a wonderful BBQ. People enjoyed lots of lively conversation, delicious barbequed food, great salads and yummy desserts.

We want to thank Marilyn for coming up with this excellent suggestion and for putting it all together.

On that day alone we raised \$220 for the CHW Hadassim Children and Youth Village Therapeutic Centre.

Thank you again for supporting this very important project, as well as for your continued support of CHW.

## Good and Welfare

Shana Tova to you and your family. May you have a year of Health, Happiness and Peace.

Very Happy September Birthdays to Rae Anne Brechner and Joelle Lake.

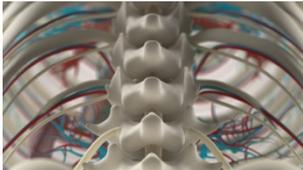
Mazel Tov to Leah and Uri Levi on the birth of their grandson, Joseph.

Mazal tov to Zelda Dean and Bema Productions for a brilliant sold out Fringe Festival run of Kalamazoo.

Fond greetings from Life Member Eve Battan Peraya from Miami, Florida.

## New study offers hope of recovery from spinal-cord injury By [Abigail Klein Leichman](#) July 26, 2018,

An Israeli study shows great promise for improving the outcome of spinal-cord injuries, which often cause permanent changes in strength, sensation and other body functions.



In experiments with mice, scientists from Tel Aviv University found that injecting a potent enzyme hours after spinal injury can put the brakes on a cascade of pathological events responsible for neuronal death, such as inflammation and scarring.

“Primary mechanical damage to spinal-cord tissue kills a certain amount of neuronal cells. But there’s secondary damage due to the release of excess glutamates, which are responsible for additional functional disability,” explained Dr. Yona Goldshmit of TAU’s Sackler Faculty of Medicine and the Australian Regenerative Medicine Institute, Monash University.

“The main idea is to reduce the secondary damage as soon as possible — to block the body’s natural reaction to spinal cord trauma. This is the role of the enzyme injection we devised,” he said.

Goldshmit conducted the study with TAU colleague Dr. Angela Ruban, who worked with the late Prof. Vivian I. Teichberg of Israel’s Weizmann Institute of Science to develop the “blood glutamate scavenging approach,” a treatment based on controlling the levels of glutamate in patients with diseases including glioblastoma and ALS.

For the present study, Ruban and a research team including Weizmann staff scientist Ghil Jona studied the neuroprotective effect of blood glutamate scavengers in mouse models of spinal-cord injury.

“Our new treatment aims to lower levels of glutamate, which is released in toxic quantities after trauma, by intravenous administration of blood glutamate scavengers,” she said. After receiving the treatment for five consecutive days, the mice significantly recovered from the injury.

“The treatment increased the survival of neurons at the lesion site and enabled axonal regeneration into the injury site, which resulted in significant functional recovery compared with the untreated mice,” Ruban said.

“This indicates that drug intervention with blood glutamate scavengers following spinal cord injury may be neuroprotective and may create a regenerative environment.”

### Don’t wait to diagnose

The blood glutamate scavengers injection could be administered immediately after an accident without first confirming a diagnosis of spinal-cord injury.

“Our takeaway is, ‘Don’t wait to diagnose it, treat it,’” Ruban said. “It’s similar to aspirin, which can rescue a cardiac patient from irreversible damage if taken within the first few hours of a heart attack. We suggest administering the injection even in cases of uncertain diagnosis. There’s no side effect to the injection, but it might just mitigate secondary damage and dramatically improve the quality of a person’s life.”

“If we manage to reduce the amount of glutamate that is released initially, we can moderate the inflammation and scarring, thereby moderating the damage to the tissue and enabling neuronal cells to survive,” Goldshmit added.

The study was published in May 2018 of the Journal of Neurotrauma and was co-authored by TAU neurobiologists Eran Schmukler, Shira Solomon and Ronit Pinkas-Kramarski.

“When this new treatment will be available to paramedics, the consequences of injuries could be dramatically reduced,” Ruban concluded.

## Unusual place to visit in Israel—Rosh HaNikra Grottoes

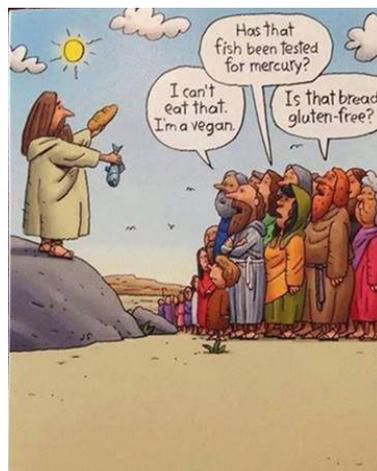


Located on the coast near the border to Lebanon, Israel’s Rosh HaNikra Grottoes are a popular nature site that was once only available to divers, but thanks to the installation of the world’s steepest cable car, anyone can come and see the incredibly blue waters of these natural caves.

Through millennia of strong waves bashing up against the soft chalk cliffs on the Mediterranean Sea, large sea caves have formed around the base. Since their modern discovery these lovely geological anomalies have generally been open only to those with the skill and equipment to approach the formations from sea. However as the popularity of the site grew, a new solution needed to be devised in order to cater to the growing number of visitors clamoring to check out the grottoes.

To meet the rising demand, a cable car was installed to ferry tourists down to the site to check out the sea caves. The gondola cars carry from the top of the white cliffs to the bottom, covering over 200 feet in about two minutes. The speed of the ride is achieved by the stark slope of the cable lines which make it the steepest cable car system in the world. Were the cables any more vertical, the system would be an elevator.

Given the site’s proximity to the Israel-Lebanon border also saw the creation of a famous train tunnel that can also be visited. However the bright blue waters filling the Rosh HaNikra Grottoes make that feat of human engineering seem a bit less impressive.





## Members' Corner: "Date Pits"--A story by Esther Laredo

While fires burn in BC and the hot summer sun dries my flowers and my grass, I dream of the Rosh Hashanah holiday. The air hopefully will cool. The smell of spices, nice food and desserts are already sprouting in my head.

Our customs are beautiful with apples, honey, pomegranates and dates. I mention dates last because of what follows.

I met one of my many friends in Victoria when I arrived here, being that I was away from my family.

Orli Kalfon who is now retired in a senior's home, has a mind that shines in a maze of unfortunate seniors who are deteriorating.

Orli always buys books or cuts out interesting articles from the newspaper and offers them to me to read.

The last book that I could not put down is titled "Thou shalt innovate" by Avi Jorisch. How Israeli ingenuity repairs the world. A must read.

One of the stories titled "Resurrecting the dead" is the story of a date.

The main player in this story is Sarah Sallon, whom Orli met at one of the services at our Shul.

Well, Sarah was able to resurrect one of the pits from the Judean date. The book offers all the detail that this amazing scientist had to go through to prove that the pit was over 2000 years old.

Sarah is a scientist who now lives in Israel, and along with a team of researchers she dug a site. In it, amid other items they found date pits that they could trace back to two millennia.

At first the pit sprouted with the help of growing hormones and care. It is now a tree called Methuselah (for its age), it measures a few feet and is guarded against tourists with security cameras and a fence.

The funny part that Sarah mentions is this tree turned out to be a male that produces pollen only. She is hoping that amid the other pits that she is sprouting a female will turn up, to be able to produce the dates. I don't think we will get any of these for this year's Rosh Hashanah.

May you have a wonderful New Year with health and peace for Israel

### Did You Know?

Israeli inventor Rafi Yoeli is currently building the world's first flying car.

## Famous Jewish Quotation:

In everything you do you encounter sparks full of life and light, aspiring to rise toward the heights. You help them and they help you. *Rabbi Abraham Isaac Kook*

### Upcoming Events for 2018

Sukkot Party--Thursday September 27, 2018 at 2:00 pm. At the home of Sharon Fitch, 1147 Chapman Street, Victoria

Birthday Party fundraiser—Sunday October 21, 2018 at 12:30 pm. At the Med Grill Restaurant

Chanukah Party--Tuesday December 4, 2018. To be arranged

Birthday Party Fundraiser--Thursday December 27, 2018 at 12:30 pm. At the Fifth Street Bar and Grill

Birthday Party Fundraiser—Sunday February 24, 2019 at 12:30 pm. Taverna Village 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

#### Member-At-Large:

Selma Linzer (250) 381-9423

#### Advisor:

Susan Kendal (520) 339-6568

#### Chairpersons

#### Cards:

Esther Laredo (250) 658-6550

#### Telephone:

Helene Kadziora (250) 385-9094