



Victoria

CHW Mission Statement:

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

News Flash

“Todah Robah to Marla and Aubrey Dan for their very generous donation towards the launch of the DAN Department of Creative Human Design at Hadassah Academic College in Jerusalem as well as the Marla Dan Interventional Radiology Institute at The Shamir Medical Centre (Assaf Harofeh) in Be'er Ya'akov.” We know that their many donations to CHW throughout the years have largely contributed to a better future for those in Israel and at home.

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Message from your Executive –by Sharon Fitch, Past-President

A new year on the secular calendar greets us. The days will get longer, the sun will shine more.

We will continue to read exciting news from Israel, on medical and scientific advancements, on new projects from CHW to improve the lives of children, health, women and families. Our members will continue to visit Israel, such as Dave Kurier on his first trip to the Holy Land. Our members will continue to donate to CHW, large and small donations, to fulfil our mandate.

Your CHW executive will continue to plan get togethers, lunches, speakers. We look forward to your ongoing support, both financially and by your presence. If you haven’t attended one of our events in a while, come on out. We always have such a pleasant time, learning something, talking with friends. Don’t be shy. Want to help out? Give one of your executive a call. We are your chapter. Come join us.

Shalom to all, Sharon



February Birthday Luncheon

CHW Victoria
Invites You to attend

Our Birthday Lunch
At the Taverna Village Restaurant
1075 Pendergast Street,
Victoria, BC

Sunday February 24, 2019
At 12:30 pm

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

Jenny Briker, Selma Linzer, Noemi Masson,
Celia Negin, Raya Sitwell & Jan Wilson

*minimum \$5 donation is requested, which will be donated to the
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 or (250) 995-1414 by Sunday February 17, 2019



Launch of CHW Victoria Annual Campaign

**CHW Victoria
Invites You to attend**

Our Annual Campaign Launch

Thursday March 7, 2019 from 1:30 pm to 4:00 pm

At the party room of Amber Cameron-Johnson

918 Collinson Street, Victoria BC

Guest Speaker

Lynn Greenhough

Lay Leader, Kolot Mayim Synagogue, Victoria

Her topic will be:

“My Journey: Choosing the Pathway of Judaism”

Please bring sweets and treats for 8 to 10 people

Please RSVP to Celia Negin at morcel@shaw.ca or (250) 995-1414 Thursday February 28, 2019

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.

Good and Welfare

We wish Jenny Briker, Raya Sitwell, Selma Linzer, Noemi Masson and Celia Negin A Very Happy January Birthday.

Continuing get well wishes to Raya Sitwell and Marilyn Weisbart.

A warm welcome to our newest member, Gillian Levy.

All the best to Jean and Graham Dragushan on their move to a condo.

Welcome home to Dave Kurier from his first ever trip to Israel.

Get well to Mark Notte, Damaris' husband, from his recent surgery.

Get well to Susan Halpert, after her recent surgery.

It is with sadness we announce the passing of Suzie Deston on December 31, 2018.

May her memory be for a blessing.

Shiva Fund:

Thank you to Orli Kalfon for donating to the Shiva Fund in December, 2018.



Your smile for the day

A Rabbi recounted this story:

With all the instant messaging and texting lingo going around - with abbreviations like "LOL" and "OMG" and "BTW" - I asked a young lady named Kaila if she would be going to shul this Shabbat, and she replied to me "JFK."

"JFK? What does that mean?", I asked.
Kaila answered politely, "Just for Kiddush."

“Due to an inaccuracy in the December newsletter, following is a translation of the article Sharon Fitch read to us at our Chanukah lunch. Thanks to Joelle Lake for translating the article.”

Hanukkah article from the book LA TABLE JUIVE (The Jewish Table)

Hanukkah: A festival organized by women, for women

During the eight-day duration of the Festival, it has become the custom for Jewish women not to perform any occupational or domestic work while the Hanukkah candles burn. In some Sephardic communities, women do not work on the first and eighth days of Hanukkah.

The sixth day of Hanukkah, which also falls on the first day of Tevet, is a special day. In many communities, over time, this day came to be dedicated to women.

The story of Hannah who, according to tradition, participated in the Maccabean Revolt, no doubt played a role in the custom of dedicating one of the days of Hanukkah to celebrating Jewish women.

This date was selected because it commemorates the heroic deed of Judith. According to tradition, Judith was a descendant of the Maccabees, from whom she inherited her courage and temerity .

Women, especially in the Sephardic world, celebrate the sixth day of Hanukkah as a special day to gather, all ages together, to celebrate through singing and dancing, and to eat foods prepared with cheese.

In some Sephardic communities, women even begin their gathering by resolving matters between them, and only once a reconciliation has been reached, whether enemies or rivals are involved, do the festivities start.

In Salonica, it was traditional for women to honour Judith, on one day of the festival, by preparing sweets and gathering in the evening, without men, to settle domestic disputes that may have arisen between them during the year.

The story of Judith and her cunning thus influenced the foods used to prepare the dishes eaten on the anniversary date of her heroic action—in particular, cheese or dairy products have been the staple ingredients used since that time.

In North Africa, and especially in Tunisia, this day is dedicated to women and is called the Women’s or Girls’ Holiday, or “*Rosh Hodesh*” (head of the month, or new month).

The foods eaten include semolina ma’amouls (cookies stuffed with dates), harissa almond cake and pastries, such as yoyos, honey cigars, makroudhs and manicottis. Girls receive presents, and suitors offer gifts to their future brides.

In Hebron, Israel, until 1929 (date of the total extermination of the community), the seventh night of Hanukkah was also the occasion of special festivities for women.

In Morocco, it was customary to prepare couscous made with milk.

As we see, these customs celebrate women, in a beautiful way.

Israelis discover promising treatment for aggressive brain tumors By [ISRAEL21c Staff](#) November 19, 2018

Hebrew University researchers share results of a new glioblastoma treatment with the potential to improve and extend patients' lives

A new treatment for aggressive brain tumors (glioblastoma) shows great promise, according to a report by Israeli scientists that was published recently in the journal *Nucleic Acids Research*.

Glioblastoma is a serious and incurable brain cancer. Patients receiving this diagnosis typically have 11 to 20 months to live. One of the main difficulties in treating this cancer is that its cells quickly build up a resistance to chemotherapy.

A team headed by Prof. Rotem Karni and PhD student Maxim Mogilevsky at Hebrew University's Institute for Medical Research-Israel Canada (IMRIC) designed a molecule that inhibits glioblastoma tumor growth by regulating the proteins it produces.

Karni explained that the MKNK2 gene produces two different protein products through a process called "RNA alternative splicing." These proteins have two opposing functions: MNK2a inhibits cancer growth, whereas MNK2b supports cancer growth.

Karni's new molecule shifts the splicing of MKNK2 so that production of the tumor-stimulating protein decreases, while production of the tumor-suppressing protein increases. As a result, cancerous tumors decrease or die.

"Not only can this breakthrough molecule kill tumor cells on its own, it has the power to help former chemotherapy-resistant cells become chemotherapy-sensitive once again," said Karni.

Novel approach

In the study, lab mice were injected with human glioblastoma tumor cells and developed tumors.

In those mice that were treated with the new molecule, tumors shrank or died off completely, as opposed to the control mice treated with an inactive molecule.

"Our research presents a novel approach for glioblastoma treatment. In the future, we'll be able to tailor treatments for patients based on the amount of cancer-inhibiting proteins that their tumors produce," said Karni.

A patent for this technology has been registered and granted in the United States and Europe through Yissum, Hebrew University's technology-transfer company.

Also participating in the "Modulation of MKNK2 alternative splicing by splice-switching oligonucleotides as a novel approach for glioblastoma treatment" research were Adi Mogilevsky of IMRIC; Odelia Shimshon and Eylon Yavin of the Hebrew University Pharmacy School's Institute for Drug Research; Saran Kumar and Eli Keshet of the university's Department of Developmental Biology and Cancer Research; and Florian Heyd of the Institute of Chemistry and Biochemistry's Laboratory of RNA Biochemistry at Freie Universität Berlin.

Funding came from the German-Israel Foundation, Israel Innovation Authority, Israel Science Foundation, Israel Cancer Research Fund, Israel Cancer Association, Henry & Marilyn Taub Foundation and the Carol Epstein Foundation.



A peek in our members' kitchens

Boerekas—Thank you to Joelle Lake for sharing this recipe.

Pastry

1/4 cup corn oil
1/4 cup cold water
2 cups flour
1/4 teaspoon salt

Filling

1/4 pound farmer cheese, mashed
1/4 pound feta cheese, mashed
1/4 teaspoon pepper
1 egg, beaten

Turnover

1 egg, beaten
2 tablespoons grated kashkaval cheese (you can replace it with a dry cheese such as old cheddar)
oil for baking sheet

1. Mix the pastry ingredients together with enough water to make a soft, pliable dough. Knead for several minutes to produce this consistency, dusting with flour, when necessary. Cover and set aside.
2. Mix filling ingredients together until smooth. Set aside.
3. Divide the pastry into walnut-size pieces, rolled in a ball. Roll out each ball into a disc about 4 inches in diameter. Put 1 tablespoon of the cheese filling onto the end nearest you, fold it over, moisten the rim with water, and press down the edges all around.
Using an empty can with a diameter of 3 - inches, press down over the folded turnover to cut off the excess dough and seal the edges. This is a home-style method and you can, of course, use a round metal cookie cutter.
4. Brush the top of each boereka with the beaten egg. Dip the moist brush in the grated cheese and rub this over the top. Bake on an oiled baking sheet in a 350 degrees F oven for 35 to 40 minutes, or until both the top and bottom of the boerekas are light brown. remove and cool.

Serve as snack or appetizer at room temperature. Makes 22.



Members Corner: In this New Year, a positive message. Miracles have occurred in my life thru listening to that "Still Small Voice." Thank you to Daryl Levine for sharing her beautiful poem.

Silent Whispers:

Listen to that Still Small Voice that guides your every move....
the voice that allows you to live your best life; the inner guide that dictates the what, where ,when and why of your existence.

Some say it is conscience combined with knowledge and intuition. It is powerful.

Listen, interpret and heed, as it may, in its most profound form, mean the difference between life and death.

Being in the right place at the right time; is it coincidence or is it the Still Small Voice of our Creator leading us to the best possible outcome.

Be still, be in the moment and lend an ear, to that silent but all knowing whisper.

Famous Jewish quotation:

“Our lives are fashioned by our choices. First we make our choices. Then our choices make us.” – Anne Frank

Upcoming Events for 2019

Birthday Lunch—Sunday February 24 at 12:30 pm. Taverna Village Restaurant.

Annual Campaign Launch—Thursday March 7. At the party room of Amber Cameron-Johnson, 918 Collinson Street. Lynn Greenhough is our guest speaker

Birthday Lunch—Sunday April 7 at 12:30 pm. Moxies Restaurant

Walk in the park—May or June. Details TBA

Birthday Lunch—Monday June 17 at the Lure Restaurant. 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 2018/2019

Past President:

Sharon Fitch (250) 381-1166

Treasurer

Esther Laredo (250) 658-6550

Secretary:

Damaris Notte (250) 656-0752

Membership:

Celia Negin (250) 995-1414

Newsletter/Website/Publicity:

Eleanor Mintz (250) 479-2425

Member-At-Large:

Selma Linzer (250) 381-9423

Josie Davidson (250) 889-7133

Advisor:

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Chairpersons

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