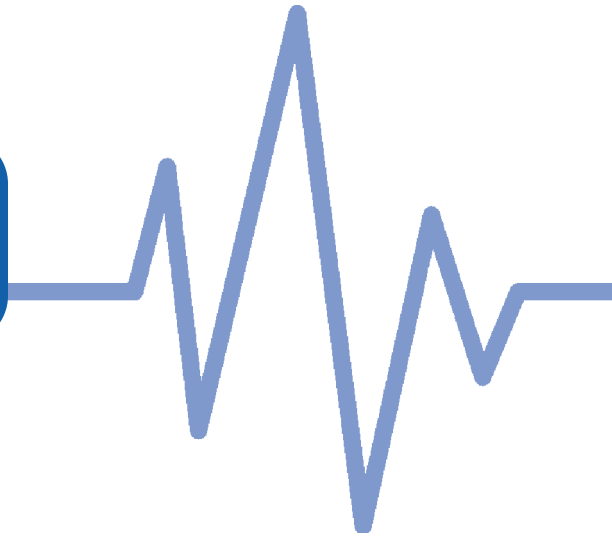




The Canadian
SHAARE ZEDEK Hospital Foundation
a hospital with a heart

fall 2008 heartbeat



Rabbi David Monson: **The People's Rabbi**

By CYNTHIA GASNER



If there is one word

that best describes Rabbi David Monson, it is "humanitarian."

Known as "the people's rabbi" for more than seven decades, Rabbi Monson dedicated his life to helping his fellow human beings in Canada and Israel

and supporting charitable organizations for both Jews and non-Jews throughout the world.

With his overwhelming love and dedication to the State of Israel, he championed the Shaare Zedek Medical Centre in Jerusalem. His lifelong devotion to the hospital was infectious as he brought many others to both work for and support the hospital.

Rabbi Monson passed away this July at the age of 91. The large number of people who attended his funeral was a testament to the number and extent of diverse individuals and groups whose lives he touched and enhanced with his ongoing commitment to helping others.

Born in Ottawa, he was ordained in 1939 and served as Chaplain with the Canadian Army in Canada and overseas during World War II. He served as Rabbi at Toronto's Shaarei Shomayim Congregation and he founded and served as Rabbi and Rabbi Emeritus of Beth Sholom Synagogue.

Many who sought his help and wanted to reward or thank him were directed by Rabbi Monson to donate tzedakah to various charities. Often The Canadian Shaare Zedek Foundation was the recipient of many of his good deeds.

**“His lifelong devotion to
the hospital
was infectious...”**

His phenomenal memory for people's faces, names and their accomplishments and his overall boundless energy became legendary. Rabbi Monson fostered donations to many charitable institutions and during his many trips to Israel, he made an abundance of personal relationships with the hospital's staff and volunteers.

Shaare Zedek extends condolences to his family.

16,900 operations performed each year

Stem Cell Research: Looking Towards a Potential-Filled Future

By HEATHER BRODIE

Launched in December 2007,

the Stem Cell Research Program at Shaare Zedek Medical Center is positioning the to be on the leading edge of this fast-developing and increasingly relevant area of genetics research. The program at Shaare Zedek is being directed by Dr. Rachael Eiges, PhD, in close coordination with Professor Ephrat Levy-Lahad, Director of Medical Genetics at the hospital. Both Dr. Eiges and Professor Lahad are viewed among Israel's most prominent and experienced geneticists. Stem Cells are cells that distinguish themselves in their ability to divide without limit to replenish other cells, while either remaining stem cells or becoming a more specialized type of cell, such as red blood cells, muscle cells or brain cells.

The most common types of stem cells used for research purposes (and the subject of research at Shaare Zedek) are embryonic stem cells, extracted from very early embryos called blastocysts. Through the successful Pre-implantation Genetic Diagnosis (PGD) Program at Shaare Zedek, the hospital has developed a healthy resource of "excess" embryos that are available for stem cell studies, making the hospital uniquely prepared to forge ahead. According to Dr. Avraham Steinberg, Shaare Zedek's world-renowned Jewish Medical Ethicist, in Israel there are more than 30,000

"unclaimed" blastocysts. By comparison, in the US there are more than 1 million, although stem cell research is not universally permitted in the US.

Through this research, many advancements viewed as science fiction today will become the medical reality of tomorrow. Within stem cell research is the potential to study and treat degenerative and genetic diseases (such as Parkinson's, Alzheimer's, diabetes and strokes), grow organs for transplants, perform basic cell research (malignancy, congenital defects), and applied research (testing new drugs). Controversy surrounding the ethical ramifications of stem cell research is largely based upon religious beliefs that the sanctity of life begins at the point of fertilization. In contrast, Jewish law dictates that the sanctity of life begins after the fertilized embryo has been in the womb for forty days. Thus both from the Jewish halachic perspective as well as from that of Israeli law, stem cell research is deemed proper and prudent and is already in place in several medical research facilities in other parts of the country.

11,449 babies are born each year

Calendar of Events:

September 21, 2008: On the Run

- New Leadership's Annual Family Fitness Day at Sunnybrook Park Sports Pavilion

October 16, 2008: Circus in the Sukkah

- Shaare Zedek Jerusalem's Annual Dinner

December 2, 2008: Annual Event

- Featuring U.S. political consultant James Carville
- Remarks from Dr. Jonathan Halevy, Director General of The Shaare Zedek Medical Center

February 25, 2009: On the Slopes

- New Leadership's Annual Ski Day in association with State of Israel Bonds at Alpine Ski Club

July 14, 2009: On the Green

- New Leadership's Annual Golf Tournament at Copper Creek

The Spirit of Shaare Zedek: Extends to More Than Just the Jewish People

By DARA NEWTON

This past Easter, 71 people from the Parkview Church in Guelph and the Portico Church in Mississauga embarked on a trip to Israel. Their purpose was to further explore their biblical roots and see with their own eyes the country that is the center of their faith. Fred Futer, Reverend of the Parkview Church, a six-time visitor to the country and one of the six trip leaders, felt it was necessary to visit the Shaare Zedek Medical Center to give visitors “a view of life from the eyes of those who live in Israel and to see first-hand the excellent medical facilities.”

That afternoon in March, after visiting Yad Vashem, the group was treated to a half-day tour of the soon to be completed Wilf Children’s Hospital Emergency Department and the neonatal unit. While there, the group experienced the joy felt by hospital staff and patrons alike after the birth of a baby girl. “It was truly a highlight of the trip to witness the excitement felt by all after this monumental moment. At Shaare Zedek friendly faces surround the hallways and there is an overall desire to help people,” says Futer.

Those on the mission felt that the combination of visiting Yad Vashem and visiting the hospital taught a valuable lesson: it is not about tragedy, but about life. As Reverend Futer says, “there is a joy in watching others experience things they have

“It was truly a highlight of the trip to witness the excitement felt by all...”

only read and dreamed about.” This spirit and passion exemplified at Shaare Zedek is the reason why the hospital visit was included as part of the mission. It has led those at the Parkview and Portico Churches to support the Medical Center through donations to the Canadian Foundation, and indeed has led others to become lifelong supporters of the hospital.

72,000 emergency room visits each year

The New Year is around the corner.

Remember to buy your holiday cards in support of the new Wilf Children's Hospital at the Shaare Zedek Medical Center.

Your contribution can change the lives of our children.

Visit www.hospitalwithaheart.ca or call 416-781-3584 to order.

Order deadline: September 18, 2008



Sweeten up the New Year

By NORENE GILLETZ



It is always difficult to resist the special dishes associated with the holidays but there's always room for dessert! Be sure to make these delicious,

heart-healthy cookies studded with dried cranberries and pumpkin seeds for your holiday table.



photo by Doug Gilletz

Cranberry Oatmeal Flax Cookies

- 1/2 cup less 1 Tbsp canola oil
- 1/3 cup packed brown sugar
- 1/3 cup granulated sugar
- 1 large egg (or 2 egg whites)
- 1 tsp pure vanilla extract
- 1/2 tsp ground cinnamon
- 1/4 cup all-purpose flour
- 1/4 cup whole wheat flour
- 1 cup rolled oats (preferably large flake)
- 1/2 cup ground flaxseed
- 1/2 tsp baking soda
- 1/2 cup dried cranberries
- 1/3 cup pumpkin seeds

Variations

- Substitute raisins for dried cranberries. Substitute chopped walnuts, pistachios, or pecans for pumpkin seeds. Add 1/2 to 3/4 cup semi-sweet chocolate chips.

Chef's Secret

- Be "Flax"-ible! Flaxseed increases in volume when ground, so you'll need 6 Tbsp of whole flaxseed to get 1/2 cup ground. Grind flaxseed in a clean coffee grinder or mini processor.

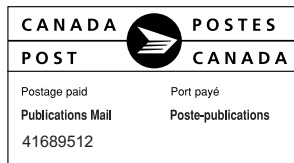
1. Preheat the oven to 350°F. Line a large baking sheet with parchment paper.
2. In a food processor fitted with the steel blade, combine the oil, sugars, egg, vanilla, and cinnamon. Process for 1 minute or until well-blended. Add the flours, rolled oats, flaxseed, and baking soda; process with quick on/off pulses, just until combined. Stir in the cranberries and pumpkin seeds with a rubber spatula.
3. Drop the batter by rounded teaspoonfuls onto the prepared baking sheet, leaving 2 inches between each cookie. Flatten each mound with the tines of a fork. Bake for 10 to 12 minutes or until golden.

Yield: About 36 cookies. Freezes well for up to 4 months.

79 calories per cookie, 8.5 g carbohydrate, 0.8 g fiber, 1 g protein, 4.5 g fat (0.4 g saturated), 6 mg cholesterol, 20 mg sodium, 15 mg potassium, 0 mg iron, 3 mg calcium

This recipe comes from "Norene's Healthy Kitchen: Eat YOUR Way to Good Health" by Norene Gilletz. For additional recipes and information, visit www.gourmania.com

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