



FEBRUARY 2025 NEWSLETTER



MESSAGE from Linda Steinberg, President

The women of NCJWC make a difference, touching the lives of others in many ways. In this newsletter, I would like ~~wish~~ to highlight the remarkable Mitzvah deeds performed by our Sections, honouring their ongoing commitment to service and the meaningful impact made by thousands of volunteers and partnered organizations to support vulnerable communities across Canada.

On behalf of our Sections, National has submitted one consolidated document to Mitzvah Day-UK showcasing the impactful initiatives undertaken by women who are involved in Mitzvah Day projects, worldwide.

During the past year, National has collaborated with other Canadian Jewish Women's organizations to deliver programming addressing important issues. This collaboration has led to the creation of The Canadian Jewish Women's Collective. I encourage you to join us for our upcoming webinar on March 5th, entitled "Resilience: Rising to our Challenges" featuring Jeanne Beker in conversation with Talia Schlanger.

Linda

INTERNATIONAL WOMEN'S DAY 2025

Celebrating International Women's Day 2025


THE CANADIAN JEWISH WOMEN'S
COLLECTIVE PRESENTS

Resilience: Rising to Our Challenges


Featuring: Jeanne Beker in
Conversation with Talia
Schlanger




Jeanne Beker: Canadian
TV personality, author,
and fashion editor

 Wednesday, March 5, 2025

 12:00 PM – 1:00 PM EST

 Zoom (link will be sent
upon registration)

 Link below to register



Talia Schlanger: Canadian
musician and radio
broadcaster



These organizations have come together to collaborate on programs addressing important issues and to create a collective voice for Jewish women and their allies in Canada.

LINK TO REGISTER: <https://www.canadahelps.org/en/charities/national-council-of-jewish-women-of-canada-toronto-section/events/international-womens-day-2025-resilience-rising-to-our-challenges>

MITZVAH DAY Across the Country

Key Highlights of Mitzvah Day 2024



EDMONTON

On Sunday, September 22nd, NCJWC-Edmonton provided over 200 lunches for individuals at the Bissell Centre. These meals included essential items to keep people warm during the winter months. This effort highlighted the generosity of our volunteers and the lasting impact of Mitzvah Day's community engagement.

Edmonton Jewish Community
Bissell Centre Lunch *Thank You*
Sunday, September 22, 2024

Thank you to our very generous volunteers, sponsors, and partners for making this happen!

With your support, we distributed 250 lunch packages, over 500 pairs of socks, ~260 pairs of mitts, toques, underwear, and toiletries.



Our residents are warmer and cozier on the streets.
As always, people are so appreciative of the blankets, gloves, toiletries etc. that you gave us to share.
One young woman came to our Tuesday morning table that week with no coat, just shivering in a thin t-shirt, and our coat supply was already gone, so I whipped out a blanket, draped it around her, and said, "Will you model this blanket for us?" A woman near her turned and said, "Oh, that colour is YOU!" The blanket one just beamed, pulled it tighter around herself, and went on her way, still smiling.
I wish ... your ... (Jewish) community could see how much of a difference their help makes for the people who receive it!





Tim Hortons Smile Campaign:

Members in Simcoe County participated in the Tim Hortons Smile Campaign to raise money for the Barrie Food Bank in support of Mitzvah Day. A small but enthusiastic group volunteered at local Tim Hortons locations, engaging patrons to support the food bank while decorating cookies with smiles. This initiative added a personal and joyful touch to the campaign.

Spring Support for the Barrie Food Bank:

Our commitment to the Barrie Food Bank continues beyond Mitzvah Day. In the spring, we will be hosting a comprehensive tour of the food bank, followed by a volunteer-driven food sorting session, ensuring ongoing support for those in need.





Mitzvah Day 2024 was a huge success, and it's all thanks to YOU! This year, we reached nearly 1,700 people in the GTA, marking a more than 40% increase over last year's efforts.

- The support from volunteers helped make a direct impact in local communities. Notably, Mitzvah Day 2024 supported incredible organizations, including Ve'ahavta, Chai Lifeline, Fill a Purse for a Sister, and JIAS.
- A special visit from Michael Kerzner, MPP, who expressed his gratitude for the volunteers' contributions, underscored the positive influence of this initiative.
- Volunteers organized the second Annual Mitzvah Day Family Bingo event for the residents of the NCJWC Toronto Foundation building, which brought joy to many, especially the children in attendance.
- The newly introduced teen committee hosted a vibrant carnival day at DANI, creating an afternoon that energized both the volunteers and attendees. This initiative fostered connections and enthusiasm among the youth, inspiring future community involvement.





NCJWC COMMITTEES

AGEISM COMMITTEE

Did You Know?

The beginning of a new year provides the best opportunity to make changes — do it slowly and make it simple!

- 1) Did you know that identifying dementia risk factors can help you to point at factors you can tackle in your life? Listen to the Defy Dementia podcast #9 <https://www.baycrest.org/podcast/episode-9> and get started!
- 2) Have you noticed that you, a family member or friends are becoming forgetful? Are you afraid to talk about it for fear of being stigmatized or feeling awkward? Do something about it by listening to the Defy Dementia podcast <https://www.baycrest.org/podcast/episode-14>



Dear NCJWC Members:

Please forward this e-mail to any friends and family members in Montreal and help us promote the memories of a woman who influenced all our lives:

As the president of the National Council of Jewish Women, Montreal Section, I am delighted to share that we are collaborating with the Jewish Public Library (JPL) to celebrate the life and accomplishments of Simone Veil. She was a well-known French trailblazer who survived the Holocaust and went on to become a leading politician, human rights advocate, and feminist. The flyer and link to register for the February 25 event can be found at [Simone Veil : Héroïne du XXe siècle | Jlive](#).

Please note that the panel discussion will take place in French with English translation prior to the screening of the film. The film, also in French, will have English subtitles.

Book your tickets early since the Cinéma de Musée has limited seating!

Best regards,

Monika Simon

NCJWC Vice President and Montreal President

Honouring Helen Marr

At this year's AGM, NCJWC members gathered to honour Helen Marr for her exceptional leadership, dedication, and unwavering commitment to the organization. Throughout her distinguished service as Toronto President, National President, and President of ICJW, Helen has made an indelible impact on NCJWC, both locally and internationally.

Through her extensive travels, she built strong connections with affiliates worldwide and shared inspiring stories that highlighted the global reach of NCJWC's work. Helen's guidance and mentorship have been invaluable at every level of the organization. She has offered wisdom at National meetings, presided over countless installations, and hosted many National AGMs in Toronto, always embodying the warmth and generosity that define NCJWC.

Helen was presented with a plaque in recognition of her extraordinary contributions. Her leadership and dedication continue to inspire us all as we build upon the legacy she has helped create.



ICJW REPORT

In 1995, the United Nations, commission on the status of Women, held the 4th of its world conferences in Beijing, China. 12 critical areas of concern were identified in the Beijing Platform for Action and adopted action-oriented recommendations to facilitate increased implementation at all levels.

It has been 30 years since that conference and led by ICJW North American vice chair, Judy Lear, it was decided to find out how the 5 regions of ICJW and the counties in each region are doing. It should be noted that NCJW Canada past president Dorothy Reitman attended this conference and is on the Beijing plus 30 committee.

NCJWC and NCJW USA participated in the first of these regional meetings in early January. We are taking up the call to have input across the world with and within the 34 ICJW affiliates worldwide.

We have decided to focus on 5 of the 12 topics.

Leah Aharonov, past ICJW president who resides in Israel, suggested the 5 topics which briefly are:

1. Have Human rights in your country improved in the last 30 years? Have they improved in your Jewish community and how are women rights ensured?
2. What programs/projects have been implemented in your country and/or community to deal with violence against women and most importantly domestic violence against women. Also, have the leadership roles of women in government, workplace, nonprofit organizations improved?
3. Have Poverty issues increased or decreased in your country and are there statistics to back up this information? Are more women employed and do women still have "traditional" roles in the workplace or has that changed?
4. Does your country emphasize a gender perspective in health and environmental programs/projects?
5. Is there equal access to education for both boys and girls? Do school curriculums in any way train girls for leadership roles? Are girls encouraged by the community to take equal part in pertinent roles

After all the regional meetings have been completed, a report will be generated and presented at the ICJW meeting in May in Paris.

Submitted by

Sharon Allentuck

ICJW North American Regional Chair

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ALUMA

Letter from Gadi Lifshitz, **Director of Aluma**, Israel Family Counselling Association,

Thank you for your continuous effort to support us. The ongoing war confronts us in the therapy room with increasing intensity. Reserve soldiers face relentless extreme situations, while couples and families grapple with the challenges of extended reserve service, requiring significant adjustments. They struggle with growing emotional distance and the difficulty of finding the energy to cope. Survivors of the massacre have returned home but, unfortunately, continue to experience severe post-traumatic symptoms. Even patients from the general population, who are not directly affected by the fighting, are reporting heightened anxiety and depression, which often manifest as crises in their relationships.

In response to the increasing demand for support, we have significantly increased our team. To keep costs low for our clients, we recruit interns, but this comes with the need for heavy investment in their training and supervision to ensure they meet the high standards required in such delicate work.

To further enhance our capacity, we delivered a focused and comprehensive training program in trauma-focused therapy. Our team remains dedicated to supporting our patients, and we, as the association's management, are doing everything in our power to support our staff, ensuring they do not succumb to the emotional strain.

Gadi Lifshitz

Tahel Organizational Practices

www.tahel-op.co.il

NOMINATION for NCJWC BOARD POSITION PROTOCOL

Being on the National Board is a challenging and exciting opportunity. It is not too early to think about enhancing our board with new faces. We welcome new people to submit Nominations for Positions on the NCJWC Board commencing November 2025

On Sunday October 26, 2025, NCJWC will be holding its Triennial Convention in Winnipeg. At this time, we will be installing a new board for the next 3 years. The present board will have completed its first 3-year term, and each member can continue for a second term of office.

According to the NCJWC bylaws, notice of positions available on the board must be advertised at least 6 months prior to the convention. Please reach out to me anytime if you're interested or know someone who might be interested in joining our Board. While nomination forms won't be available until April, we're collecting names of potential candidates before then. Any questions? Contact me for more information on positions.

Debbie Wasserman

Immediate Past President NCJWC and Chair of the Nominating Committee



Dedicated to furthering human welfare in the community.

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