# Over 100 Canadians join Courage in Motion bike ride

The fundraising ride, now in its 11th year, has grown steadily in popularity over its first decade and this year, like many before, was sold-out. This initiative of Beit Halochem Canada, Aid to Disabled Veterans of Israel welcomed cyclists from across Canada, joined by some Americans and Israelis. From October 22-26, international cyclists rode alongside Israel's disabled veterans on four fully supported routes taking them through southern Israel's remarkable archaeological landmarks and breath-taking landscapes.

With fundraising open until December 31, 2018, it is expected that Courage in Motion 2018 will raise approximately C$850,000. Cyclists' efforts enabled members of Zahal Disabled Veterans Organization/ Beit Halochem to participate in the ride and will also fund programming at Beit Halochem Centres in Beer She'eva, Haifa, Jerusalem, and Tel Aviv.

A lone cyclist on a grueling uphill in the Negev.

Lisa Levy, an avid cyclist and National Executive Director of Beit Halochem Canada, is the founder of Courage in Motion. "I'm pleased that the ride was, once again, sold out. It's evident that our cyclists embrace the aspect of riding alongside those who are directly helped by their efforts. This year, we're incredibly proud that more than 120 wounded Israeli veterans participated due to the fundraising by our 110 Canadian riders. We are also gratified that many of our Canadian participants feel that they get more out of the experience than the disabled veterans."

While many cyclists return year after year, several others were new to Courage in Motion 2018. Two of these first-time participants are internationally renowned sports figures and we were pleased they joined the ride. Among them Toronto-born Keith Primeau was a National Hockey League star.

Also participating was cycling champion Eon D'Ornellas. Born in Guyana, D'Ornellas cycled competitively from the age of 14 before immigrating to Canada with his family.

All Courage in Motion's participants enjoyed group activities following each day's ride including a night walking tour of Jerusalem and an extraordinary evening with Israel's Heroes, members of Beit Halochem, who shared their remarkable personal stories of tragedy and triumph.

Next year's Courage in Motion takes place in Israel from October 27 – 31, 2019. Registration is expected to open in March 2019.

# Rocky Mountain Chai, The Pomegranate Guild of Judaic Needlework Convention Calgary May 2019

Excitement is building. Planning is underway. Rimon Calgary, the only Canadian chapter of the Pomegranate Guild of Judaic Needlework, is hosting the Biennial Convention, Rocky Mountain Chai, May 26 thru 28.

Consider the chance to participate. From November 9, 2018 to January 4, 2019, the Early Bird registration at the member only rate is open. Join Rimon Calgary to become a Pomegranate Guild member and you can then take your choice of the one or two-day workshop program options at the best rate possible. The registration continues after January 6, 2019 at the full convention rate.

(l. tor.) Susan Rose and Esther Silberg of Rimon Calgary will be among the many local enthusiasts who will be welcoming those attending the Judaic needlework convention in Calgary.

The Sunday optional field trip is a visit to Heritage Park Historical Village during the annual Festival of Quilts. Sandra Sawatzky, the award winning filmmaker and Alberta artist, is the Sunday evening opening plenary dinner keynote speaker. Her topic is "Embroidering History." She recently celebrated a major triumph with 'The Black Gold Tapestry,' a hand stitched depiction of the saga of oil over 220 million years. The 220 feet tapestry demonstrates the power of embroidery to tell important stories.

Workshop classes include an array of choices from inktense pencils on fabric, bead weaving, fabric origami, Bruges crochet lace, projects inspired by Zentangle, paper piecing, papercutting, and Blackwork. All workshops are taught by teachers who are experts in their fields.

A highlight of the Convention is the Exhibition Display of works created by the members. They can bring their work to showcase either individual or chapter needlework projects or enter the "Chai-Light Challenge" to make a creation showing some personal life highlight in their chosen needleworking medium. The Convention finale is a fashion show of wearable custom items. Talents abound with participation from a wide variety of members.

The Convention venue is the Carriage House Inn, known for its hospitality, conference facilities and kosher catering.

In the spirit of the Guild mission, Rimon Calgary is delighted to host the opportunity for 'sharing knowledge and techniques needed to create handcrafted items intended for both Jewish ritual and cultural use. This is done in an atmosphere of camaraderie; in our joy in being Jewish.'

For more details and registration go to the website: www.promegranteguild.com

Local Calgary information contact: Susanspodlog@shaw.ca

BETH HALOCHEM CANADA
AID TO DISABLED VETERANS OF ISRAEL (CANADA)

On behalf of more than 51,000 injured Israeli veterans

REBUILDING LIVES, REPAYING COURAGE, REHABILITATING ISRAEL'S HEROES

Thanks to you, we are able to fund Beit Halochem's **unparalleled rehabilitative services and programs** at five leading-edge Centres across Israel.

As we long for peace, the need to defend Israel and assist her injured veterans continues. **Beit Halochem takes care of Israel's wounded veterans from the time they are injured and for the rest of their lives**, acknowledging the enormous sacrifices made by these men, women, and their families.

While Beit Halochem hopes for no more new members, **we stand ready to rehabilitate, rebuild, and enhance the lives of those who give so much for Israel**. We thank you for your support in this commitment. It is much needed.

BEIT HALOCHEM CANADA
Beit Halochem Canada, Aid to Disabled Veterans of Israel
905.695.0611 toll free 1.800.355.1648
www.beithalochem.ca
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