Professor Simon Trakhtenberg
(1926-2011)
SEVENTH YEAR PASSED, DEAR SIOMOCHKA, 92 YEARS
1300 mails to Siomochka +10 articles
TH YEAR PASSED, DEAR SIOMOCHKA, 92 YEARS
WE ALL LOVE YOU VERY MUCH AND MISS YOU
YOU WILL SEE SIOMOCHKA WHAT HAS HAPPENED WITH US DURING THE 7TH YEAR:

One year passed from the time when I prepared the previous report and when we visited you. I did not write in the previous report that I was invited to Lleida and Olechka took me to different places near Barcelona as long time ago she took us both to Zaragosa.

Siomas grave in November 2017 With Olechka in Lleida

In November-December I accepted visitors whom you partly know: Pawel Zagrodzki from Krakow on the exchange program from the Academy of Sciences and Gdansk group (Patrycja Szpinek, David Szpinek, Jacek Gebicki Tomasz Dymerski) on the basis of Erasmus+. I am very thankful to my colleagues Ron Kohen and Avi Domb, who supported and helped me in organizing lectures and their visits (Patrycja, Shela, Avi, Jacek; Patrycja, Shela, Roni, Jacek, Tomek)
Our dear friend Jehoshua Katzhendler passed away this year. I just have as a memory his card which he have written to me in Russian. Joshua studied to write Cyrilics in Saint Petersburg when he attended the Conference.
During nearly 2 months we were in 5 countries, changing only the suit cases and the subjects of lectures according to the interest of the invited Universities. For me it is just ridiculous to describe the places where we have visited because nowadays it is amazing but most of population is traveling and no need to show different cities. I will underline my meetings with kind people around the world.

The first stop was Lvov (Lviv), where is the grave of our parents. The grave of our parents has changed very much. About 3 years ago the sculptures were stolen from the grave and instead of such special memory I “inserted” pictures which even don’t look natural. But what to do, this is the reality of the present situation. Bronze became expensive then slowly, but surely the sculptures have disappeared from the grave (not kind people!!!!). See some photos at the Jewish cemetery in Lviv, where is the grave of my parents, Arkadi’s father and brother. With me was Doriti (her great grandparents).

We visited Danylo Halytsky Lviv National Medical University, where myDear late brother Simon Trakhtenberg studied medicine. See the photos with with Prof.Volodymyr Rohovyk, Dr. Наталія
Гудь, with Prof. Orest Abrahamovych.

My Dear girl-friend Valentina Starchak (still Prof. at the University) came from Chernigov to meet with me. Our friendship is nearly 63 years!!!!!!

We met with Valya our teacher from the University. She gave us a course in biotechnology. She is about 95 years old with good memory, asking about the subject of my lectures. It is amazing but the Chesed-Arieh in Lviv supports her, and every day she has a help of professional nurse for 4 hours. Any words would not describe such activity: good people who support such Jewish organizations around the world.
After explanation of the nutrition subject of my lectures we went with Doriti and had the best diet ice cream. Real ice cream is very tasty in Lviv. Many thanks to Doriti who accompanied me everywhere and made my visit enjoyable and useful. At the end of my visit at the airport I met very kind person, whom I nearly lost but found: Валентина Скаканди, who now is working in Israel.

The next stop as Thailand. I am invited for the Durian festival because we are one of the main groups investigating the health properties of durian. See the following photos where you will see my friends-cooperators Prapan, Ratiporn, Sumitra, Suchada, Pramoj and a group of young scientists who will be involved in this research.

The next photos are with Sumitra, at the Durian Factory.

Our meeting with Suchada and her son Kann

Lectures in Bangkok
MYANMAR

As I wrote previously the 4th country after Ukraine, Thailand and Myanmar was Poland. For me to visit Poland is as to return home, socially, scientifically and personal, because I work with Polish Academic Institutions for about 30 years. After visiting Poland we have changed suit cases and went to Sochi, Russia. I have not been in Sochi for 60 years. This place completely has changed. Impossible to recognize this previously village and to compare with very modern city. In addition to the beauty of this place I want to share with you my experience with wonderful people whom I met just on the street. After arrival I went to the University. On the way there I asked a woman the direction to the University. She went with us to the University building and left with me her telephone number. On return from the University I damaged my leg. To make the story short: she took me to the hospital, where her daughter is a medical doctor. The next day they both showed us the Olympic village and then during all our stay in Sochi Елена Борисова and her daughter Cristina took care of us. I can’t forget them!!! The first: Riviera park in Sochi, where I have not been for 60 years; Olympic village: with Arkadi, Elena and Cristina Borisova; In Moscow we met our relatives Elena Buzina, Julia Buzina, her husband Vladimir Opredelenov and we were together on Sunday, it was very enjoyable. On Monday 6 August I gave a lecture in Russian Academy of Sciences, which was organized by Alexander Gabibov and Sergey Zavriev. I wanted to give a lecture in this place because in 1976 in Dunedin I met a big delegation from previous USSR and the organizer of the delegation was Yuri Ovchinnikov. Now the Institute where I gave a lecture is called on his name, see the photo with Sasha near the Institute. The most important that everywhere I appear in jacket with The Order of Merit of the Republic of Poland which I have received in 2005. I am very proud of this event and of this photo which all Institutes have found in Google. The Polish Ambassador in 2006 during the decoration put on my jacket the Order at our University. In Sochi (see the photo) I received flowers from my dear daughter Eleanor with beautiful greetings and our new relatives Elena and Kristina Borisova; our photo with Elena the last evening in Sochi at the main street; Elena Buzina, Julia, Vladimir and us in Moscow; we are with Alenka -last evening at Red Square. Special thanks and love to all dear friends and relatives from us.
Your Ben Adam is 90!!
We have published 10 articles. This year we have published in the following journals:

For successful scientific cooperation with the Polish scientists his Excellency Andrzej Duda, President of the Republic of Poland, awarded me with the Officer's Cross of the Order of Merit (Krzyż Oficerski Orderu Zasługi Rzeczypospolitej Polskiej). You would be very happy for this award. You are a part of this. And I dedicated it to you.
IT IS MY SPEECH

Your Excellency Mr. Marek Magierowski, Ambassador of Poland to Israel and Mrs. Anna Magierowska, Mr. Naftali Bennett, Minister of Education in Israel, Ladies and Gentlemen, my colleagues around the world, friends and family:

Good evening to you all.

It is a great pleasure and honor for me to receive such an award. And the timing is perfect to get the highest civil award issued by the government of Poland in the day of celebration of Polish armed Forces. Our scientific cooperation with six Polish Institutions nearly covers all Poland, starting from Silesia through the capital and finishing at Baltic Sea. The results of our cooperation are published in 150 articles based on health properties of plants and their influence in prevention of celiac, diabetes and coronary artery diseases. We introduced to the Polish community Israeli fruits such as persimmon and sweetsie, as all Polls know as green grapefruit, on the basis of health properties. I am a real Ambassador of the Hebrew University in 6 Polish Institutions. This is an expression of special recognition for our hard work and strong efforts to activate cooperation between our countries and nations, between the Polish scientific community and Polish-Israeli scientific contacts. Such success could not be the results of one person’s efforts. Numerous people contributed to this award. I am grateful to the Polish Government and Polish Embassy for this honor.

Let me begin by first acknowledging the support I received and continue to receive from my Polish and Israeli colleagues (some presenting here). This award is for all of us: for my dear cooperators in Israel, Poland and around the world. This award belongs to the School of Pharmacy, where I am working for 45 years. I could always count on love and support of my husband, of only one excellent daughter, who does for me everything to keep me going, my son in law, my grandchildren and great grandchildren. I dedicate this award to my late brother Prof. Simon Trakhtenberg, who was a big lower of Polish culture, encouraging and supporting Shelas group during our cooperation, and all his family is here. The Order of Merit is awarded in five classes. I have achieved 2 classes, I still hope that in the near future I will reach the top of the award till 120. Once more thank you for your honesty, encouragement, truth. We are a big team, then it can’t be a word I, only WE. I wish to thank each one of you for taking time to be here tonight. I thank you for your time, and I thank you for your attention.
2005
Dear Shela,

You did a lot for the Polish scientific community and for Polish-Israeli scientific contacts. This would be an expression of special recognition for your and Siom's hard work and tireless efforts to activate cooperation between our countries and nations.

Best wishes.

Zenon

Prof. Zenon Jastrzebski

Department of Pharmacology, National Medicines Institute, 00-725 Warsaw, Poland

Jacek Namieśnik

Apr 18 (3 days ago)

Dear Shela,

Thank you very much for your letter and information.

You really merit to be distinguished with OFFICER'S CROSS OF MERIT.

In reality it is a small recompense for your great effort and successes in cooperation and collaboration with so many Polish teams!

You have contributed significantly to develop of science in many Polish research centers. I state it with conviction.

Please inform me about the date of this ceremony.

With my best regards for you and Arkadij

Jacek

prof. Jacek Namieśnik
Politechnika Gdańska
Dear Shela, Dear Arkadi,

Thank you very much for the Easter wishes. In return, please accept our wishes for the middle of Pesah. Pesah could be celebrated in its direct meaning, as commemoration of liberation from Egypt. However, it might have even broader sense for all human beings as the eternal dream of freedom. For me both are important.

I am so happy learning that you was awarded with the Officer's Cross of the Order of Merit. For what you did for Poland you already deserved it a long time ago. Congratulations Shela, we are very proud of your achievements. Once again. all the best.

Sincerely yours
Stan and Grazyna

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Some events which were in 2018:

Yashenka, your friend, was ill, but thanks to God he is now MOLODEZ!! See his photo at the celebration of Paichka’s husband 50- th birthday. Marinochka has 2 grandsons. Yura has one daughter.
Ronik, your grandson (Krasavchik) celebrated his Bar Mizva. They went after this to Eilat. Swetochka never was outside of the Center of Israel with the children. We are always support each other. Tamichka (SVETLAYA LICHNOST) and Ronik are wonderful children. You would be proud of them.

My greatgrandchildren (Lia, Leam, Kaily, grandsons Danichka and Mishenka and Nofar)
We went to your to the cemetery and I here are your and Gena’s graves and then we went to your home
Many thanks to our International cooperators from me and my Dear late brother from Poland (Jacek N; Stan, Hanna L, Maria L, Zenon, Kasia, Iwona, Pawel P, Pawel Z, Maria F, Jerzy, Zofia Z, Tomek, Aniya, Martyna, Jadwiga, Teresa, Patrycja), Mexico (Octavio, Nuria, Alberto, Yoav Bashan, Maribel, Gustavo, Efren), Chile (Patricia, Fernando), Spain (Olechka, Robert, Pedro), Czech Rep (Antonin), Bulgaria (Snejana, Ivan G (late), Peter N), Turkey (Resat, MUSTAFA), Germany (Elke), Kasakhstan (Bakhyt, Bulat), Tajikistan (Firuza, Akram, Zainiddin), Uzbekistan (Tatyana H), Slovakia (Milan, Martin P), Korea (Park YS, Kang SG, Park YK, Ham KS, Heo, Ahn YG, Ku YG ), Thailand [Ratiporn, Suchada (Sushana as you called her), Sumitra], Ukraine (Andriy, Natalia), India (Beema), Malaysia (Faridah), Azerbaijan (Mehraj, Javid, Ayaz), Our local cooperators (Avi, Jossi, Ada, Ahuva, Aviva, Dinorah, Alina, Elena, Moshe W, Marina Z, Lumir and many others). SPEACIAL THANKS TO MY DEAR FAMILY!!!!