



# VICTORIA

April 2017/5777

## About CHW

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

Canadian Hadassah-WIZO (CHW) is Canada's leading Jewish women's philanthropic organization.

Founded in 1917, **CHW** is non-political, volunteer driven and funds a multitude of programs and projects for **Children, Healthcare and Women** in Israel and Canada.

For more information, please visit [www.chw.ca](http://www.chw.ca)

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## Message from your Executive—by Josie Davidson, Program Chairperson

Now that spring has finally sprung around us, (albeit, a month delayed), and Purim is behind I find my thoughts turning to the annual celebration of our liberation. Pesach is the time when we do more than just empty our houses of chametz. We look at the places where we are 'stuck'; we look within to see the Pharaoh, the Moshe, the Miriam aspects of our own personalities. I inwardly rejoice when I see the horseradish springing up- every year it seems to get a little bit hotter. When I bite into it during the Seder, the remembrance of where we came from, and where we are going to comes flooding back to me in vivid relief. We were all redeemed from slavery back in Egypt- but we do not always recognize the slave masters in our own lives today. I am all too guilty of buckling under the tyranny of time constraints. There is always one more task to complete, and freedom becomes that elusive carrot-on-the-stick at the end of a busy week. The Pharaoh inside of me is inexorable, intolerant, and inflexible- and frequently deaf to the Moshe who pleads "let my people go". It sometimes takes a few plagues to get my attention. Maybe some of you resonate with this? As Pesach approaches, may we all be more mindful of the areas in our life that are asking for renewal.

# happy birthday

**CHW Victoria**

**Invites Members to attend**

**Our First Birthday Party Fundraising Lunch**

**For members who have birthdays in**

**March and April**

**We will be honouring the birthdays of**

**Janis Diner Brinley, April Katz, Joyce Skolnick,**

**Sharon Shalinsky, Susan Watts and Dina Wolfe**

**Sunday April 23, 2017**

**At 12:30 pm**

**At the Lure Restaurant (Delta Hotel)—Free parking in the parkade**

**100 Harbour Street, Victoria BC**

**In lieu of a gift or card**

***A minimum \$5 donation is requested, which will***

***will be sent to the CHW Project in greatest need.***

***"Please note that donations under \$10 do not generate a tax receipt"***

**Please RSVP to Eleanor Mintz at [eleanor.mintz@shaw.ca](mailto:eleanor.mintz@shaw.ca) or (250) 479-2425 by Sunday April 16, 2017**

## Shiva Meal Fund

The CHW Shiva Meal Fund was established by the CHW Victoria Board to support our local CHW membership and immediate family members when sitting Shiva in Victoria. This fund was approved by National. The Shiva Meal Fund is small, being totally dependent on donations, but through the generosity of the CHW Victoria Community, we gratefully receive monetary donations (not receipted) so that we can arrange catering locally for a family to receive a meal. The average cost of a Shiva meal is \$35 per person, so it will have to be topped up at times. **If you are able to and have not already done so, please know that your donation will help to provide a family with much comfort during a difficult time.**

With funds we have collected thus far, we have now provided Shiva Meals to **11** families. Thank you to Eleanor Mintz for donating in March.

Please consider contributing to our Shiva Meal Fund. Cheques may be written to CHW Victoria, with a memo for the Shiva Meal Fund. As always, donations in any amount can be sent to our Treasurer, Esther Laredo, at 4767 Elliot Place, Victoria, BC V8Y 3E4.

If you have any questions or concerns don't hesitate to contact any member of our board. Todah Rabah, Thank You

## CHW Cards/Certificates for Sale



We have CHW cards for sale for all occasions. If you mail the card yourself, the cost is \$6.00 dollars per card. Lisa DeGall is our chapter card contact person as well as our National card co-ordinator. If you wish Lisa to mail it for you, then the cost is \$7.00 for cards within Canada, and \$8.50 for cards to the US or abroad. This covers cost of cards, envelopes and postage. Please remember to send your cheque to

Esther Laredo, 4767 Elliot Place, Victoria, BC V8Y 3E4. CHW also offers e-cards. All online orders receive an electronic tax receipt issued for donations of \$10.00 or more. If you are donating online, please make sure to mention CHW Victoria as the chapter, in order that we get the credit for the donation. Please go to [www.chw.ca](http://www.chw.ca) and then go to ecards. You can contact Lisa DeGall: 250-642-7238 or [ldegall@aol.com](mailto:ldegall@aol.com) and she will be very happy to help you!



We offer attractive certificates and they are a wonderful way to honour a special occasion or person. With a donation of \$50 to \$99 you can purchase a small certificate, and with a donation of \$100 or over you can purchase a large certificate. You can contact Eleanor Mintz at [eleanor.mintz@shaw.ca](mailto:eleanor.mintz@shaw.ca) or (250) 479-2425 and she will be happy to help you.

## Good and Welfare

**We wish you and your family A Very Happy Pesach!**

**Happy Special Birthday to Dina Wolfe!**

**Happy Birthday to April Katz and Joyce Skolnick!**

**Get well quickly to Simone Benloulou who had knee surgery March 17!**

**We wish Susan and Alan Kendal and Celia and Morris Negin a belated Happy Anniversary!**

**We wish Chen and David a long and happy life together! They are getting married on April 9!**

**A Peek In Our Members' Kitchens**—Thank you to Sharon Fitch for sharing this recipe



## MATZAH KUGEL

1 lb matzah, broken into bits  
 2 large onions  
 1 green pepper  
 4 stalks celery

Chicken soup or pareve broth  
 Salt, pepper, garlic to taste  
 4 eggs

Dice vegetables and sauté until clear.

Add soup/broth to matzah to moisten.

Add vegetables and seasonings and beaten eggs.

Place into greased casserole. Bake at 350 degrees approximately 45 minutes.

This has been a family favourite ever since we ate it at Aunt Lorna's seder in Vancouver in 1979.



**The Mifletzet** – This nightmarish children's plaything was left grotesque to help kids conquer their fear

*When Franco-American artist Niki de Saint Phalle first presented the grotesque sculpture originally known as “The Golem” to the Jerusalem Parks Commission, it was flatly rejected. The commission believed that the warped, vaguely bovine installation would be too scary for children.*



Teddy Kollek, the popular mayor of Jerusalem who had commissioned the piece, asked the commission to vote again, and for de Saint Phalle to make a case for fear. In a 1988 interview with *The Los Angeles Times*, she explained that she argued for the foundational value of something frightening in a place that is safe. When presented appropriately, the avant-garde artist insisted, “[s]cary things are good because they help children conquer their fears.”

The commission greenlit the sculpture and soon realized their trepidation was misplaced. Since its 1972 installation in the Kiryat HaYovel neighborhood's Rabinovich Park, the distorted colossus has been wholeheartedly embraced by local children, who climb a twisting staircase along the sculpture's back in order to slide down one of its three red tongues.

Although the metal and concrete creature may be monstrous-looking (its adopted name HaMifletzet literally means “The Monster”), it's certainly friendly.

## Hip-Hope cushions falls to prevent fractures in elderly

The belt-like wearable device is a high-tech Israeli response to a serious and costly health problem faced by the world's older population. By [Abigail Klein Leichman](#) March 6, 2017, 8:00 am

When his elderly mother fell and broke a hip for the second time, former Israeli Air Force pilot and industrial and management engineer Amatsia Raanan searched for a product to prevent this most common serious injury in older people. "Through her suffering I learned about the epidemic of hip fractures," Raanan tells ISRAEL21c.



Each year, nearly 3 million seniors worldwide are hospitalized due to hip fractures. Many of them experience a drastic deterioration in quality of life. And the direct annual cost of treating hip fractures exceeds \$15 billion in the US healthcare system alone. Rather than focus on better ways to treat the broken bone, Raanan decided to leverage cutting-edge technology to protect the pelvis upon impact and avoid injury in the first place. He and three cofounders developed [Hip-Hope](#), a smart wearable device designed as a belt.

Once Hip-Hope's multi-sensor detection system senses an impending collision with a ground surface, two large airbags are deployed instantly from each side of the belt to cushion the hips, and a connected smartphone app sends an automatic alert message to predetermined recipients. The 1-kilo (2.2-pound) device even has a built-in emergency call button that the user can activate in any situation of distress.

Hip-Hope will be available for lease or purchase. The patent-pending Hip-Hope has earned medical-device certification from the CE (Europe), FDA (United States), Health-Canada and AMAR (Israel). In studies carried out at a major Canadian lab, the Israeli device was proven to reduce impact by 90 percent. Now, 150 Hip-Hope units for beta testing are being manufactured at [Medimor](#) in Tiberias. Distributors in Europe already have placed orders for Hip-Hope, intended to be the first active hip protector device in the market. The device will be available in a range of colors and styles after entering mass production by the end of 2017, says Raanan.

The target users — seniors at high risk for falls and fractures, both at home and in a wide variety of care facilities — will be able to purchase Hip-Hope or lease it on a monthly basis.

"Over the years, I've been exposed to several ideas for developing active hip protectors that will prevent hip fractures in the event of a fall. I find the technology of Hip-Hope to be especially innovative and promising in this regard," said Prof. Stephen Robinovitch of Simon Fraser University in Canada, a renowned researcher on the prevention of falls and fall-related injuries in older adults. He joined the company's scientific advisory board to help develop the technology.

Established in May 2011 in Hod Hasharon, Hip-Hope Technologies was cofounded by Raanan with two friends, Amos Shattner and Yoram Romem. They later recruited Ran Manor as vice president for R&D. Funded by private investors, angel groups and Israel's Innovation Authority, Hip-Hope Technologies now has 10 employees.

Raanan isn't a typical 30-something Israeli startup entrepreneur. "I served for many years as a pilot in the Israeli Air Force, in the development of airborne and information systems," he tells ISRAEL21c. Raanan earned a degree at the Technion-Israel Institute of Technology and worked first as a business consultant, then for Amdocs. A father of two and grandfather of five, [Raanan also is a photographer](#). One of his exhibitions, sponsored by Israel's Ministry Of Foreign Affairs, has been shown in Israel, the United States and Canada.

Though his mother was still alive when development of Hip-Hope began in March 2012, her second hip fracture had led to slow, steady decline and she passed away before seeing Hip Hope win the Innovation Award at the March 2015 MEDinISRAEL international conference and exhibition.

**Members' Corner: "A Taste of Costa Rica" Part 2, (continued from last month's newsletter)** Thank you to Susan Kendal for sharing this with us.



A highly coloured  
Resplendent Quetzal seen  
on a walk

Did you know.....white chocolate actually contains no chocolate at all, just the extracted cocoa butter (i.e. fat) from the cacao bean. Indigenous peoples used to mix raw ground cacao beans with hot water, which was a very bitter drink. When Cortez invaded in the 1700's he thought it tasted so bad that he called it "caca water" (poop water.) So, always pronounce the 'o' at the end of the word!

Leaving the volcano and hot springs behind, we headed for Monteverde and the cloud forest. To save a 3 hour car trip, we took a small ferry across Lake Arenal - a huge manmade lake used for hydroelectricity; Costa Rica is almost 98% self sufficient in using renewable resources for power, mainly hydroelectric, with increasing amounts of wind turbine power.

One of our three walks in the cloud forest was an early morning one; the primal forest was eerily quiet at times. Part of this reserve - which is almost 3,000 hectares - was donated by a mining company on the understanding that an NGO manage it. 500 hectares of important water reserve areas were added by local Quaker families.

It's an interesting story. During the Korean War, a group of Quakers, mostly from Alabama, moved to Costa Rica because of its policy of non-violence (CR does not have an army, navy, or air force.) Since their arrival, they have helped to preserve and develop the rain forests. Locally they set up a dairy farm; starting with just 10 kg of cheese a day in the 1950's, they recently sold the business to a Mexican company which now produces 1500 kg cheese a day and sells cheese and ice cream all over the country.

Our last stop was Nosara - a small, unspoiled town on the Pacific coast. Our "eco hotel" was on a bluff; two rivers emptied into the Pacific right below us, and the rolling surf came right to the edge of the rainforest with mountains in the distance. We were blown away by the beauty of the place. We did go kayaking up the river one day, but most of the time was spent relaxing after a fairly strenuous schedule.

Our last day. We awoke early and enjoyed watching dawn rise from the balcony over the mountains and rainforest. The sea turned pink for a few brief moments, and the river flowing beneath us to the sea was absolutely calm. The Pacific was almost flat, with just a few gentle waves rolling onto the shore. What a magical place ....

## World's Tallest Solar Tower Rising in the Negev *By Esther Hecht March 2017, Hadassah Magazine*

Tiny Israel now has the tallest solar thermal energy tower on the planet, 750 feet (80 stories) high. When the entire Ashalim B power plant in the Negev Desert is completed at the end of this year, it will supply enough renewable electric power for 120,000 households.



Computers control the system's 50,600 mirrors, which track the sun and concentrate its light on a boiler mounted on the tower. This generates high-temperature steam to power electricity-producing turbines. The plant is being erected by Megalim Solar Power Ltd., a consortium of three companies.

The world's largest such system—located in Ivanpah, in California's Mojave Desert—had a rocky start when it was unable to produce the amount of energy planned. "We are studying what happened in Ivanpah and trying to get better results," said Eran Gartner, Megalim's CEO.

Since the start of the Ashalim project, the cost of generating electricity by a competing solar technology, photovoltaic panels, has dropped, but it was "not feasible or logical" to replicate that technology in the new tower, Gartner said. Solar thermal systems, he explained, are better able to cope with changing weather conditions and can store the power longer.

Ashalim-produced electricity will cost nearly double that of conventionally produced power and will increase consumer costs slightly, Gartner noted. However, the project will help Israel meet its commitment of using renewable sources for 10 percent of its energy needs by 2020, and 17 percent by 2030.

### Annual Campaign Talk

On Sunday March 26, 2017, at the home of Amber Cameron-Johnson, we were treated to a very delightful talk and slide show by Sharon Fitch, who had visited Israel a year ago. We had close to 20 people join us. Although Sharon has been to Israel about 14 times, for Sharon and her husband Ed, each trip is like a first, as they always come home very enthusiastic and have new stories and memories to share. This time they stayed in Israel for 5 weeks and decided to live as an Israeli. They rented their own apartment in a funky neighbourhood, shopped in the local markets, walked the streets, went to Shul and spent Shabbos with friends old and new.

Sharon decided to focus her talk on the people whom she and her husband met; some old and some new. She spoke of Yossi, a part time tailor and part time Chassidic Rabbi, an interesting man with many stories to tell. She told us about visiting her great-grandmother's grave on Mount of Olives with her cousins and the story of how her great-grandmother came back to Israel after having emigrated to Montreal. Sharon visited and had an interesting experience in an embroidery factory, where her cousin was webmaster and constructed the designs for tallit, yarmulke and Torah covers. What was also exciting for Sharon and Ed was running into Victorians at the Western Wall. Sharon told us about going out for Shabbos dinner and how all the guests did was complain, about everything. The bottom line however, was they would not live elsewhere and they all wanted to live in peace.

As always, we were treated to a wide array of delicious desserts and appetizers.

Thank you to Sharon for her wonderful talk and to Amber Cameron- Johnson for being such a gracious hostess and sharing her facilities.

As it is that time of year again, we trust that you will give generously to the Annual Campaign and help Children, Health and Women both in Israel and locally.

## Famous Jewish Quotation:

**Don't let your idea remain a hazy notion in your imagination. Transmit it to others and make it a reality. by Rabbi Noah Weinberg**

### Upcoming Events for 2017

Sunday April 23, 2017—Birthday Lunch out.  
Lure Restaurant at 12:30 pm

Sunday May 21, 2017—Walk in the Park  
Fundraiser, at Beacon Hill Park. Details TBA

Sunday June 11, 2017—Brunch at Beach  
House Restaurant at 11 am. Birthday Lunch  
out.

### 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 2016/2017

#### Past President:

Sharon Fitch (250) 381-1166

#### Programming Coordinator:

Josie Davidson (250) 383-6478

#### Membership:

Celia Negin (250) 995-1414

#### Treasurer/Programming Assistant:

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