



VICTORIA

August 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

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Message from your Executive – by Sharon Fitch, Past President

As I write this message it is the middle of July and we are having a sublime summer on Vancouver Island. By the time you read this some of us will be thinking about our upcoming holidays and some about the upcoming High Holy Days. While this does signal the approaching autumn, it also signals the start of the new season for CHW. What will continue are our popular birthday lunches. Since we started this excellent idea from Eleanor Mintz, we have had 2 birthday lunches, raised \$402 and thoroughly enjoyed ourselves. Your executive is planning other programs for our chapter which I know you will appreciate and enjoy. We look forward to seeing you at our events. Stay tuned for the details.

This newsletter also has relevant information on chapter cards, annual membership fees, and an interesting event attended by Esther Laredo. Do you have something to share with our members? Email it to Eleanor Mintz, eleanor.mintz@shaw.ca, for inclusion in future newsletters.



VICTORIA

August Luncheon:

**CHW Victoria
Invites Members to attend**

**Our Birthday Party Fundraiser
At the Heron Rock Bistro
435 Simcoe Street
Victoria, BC**

**August 20, 2017
At 12:30 pm**

We will be honouring the July and August birthdays of the following members:

**Talia Bargero, Lisa DeGall, Sharon Fitch, Orli Kalfon, Leah Kinarthy, Eleanor Mintz,
and Edie Southward**

***A minimum \$5 donation is requested, which will be donated to
CHW Hadassim Children and Youth Village Therapeutic Centre
"Please note that donations under \$10 do not generate a tax receipt"***

Please RSVP to Eleanor Mintz at eleanor.mintz@shaw.ca or 479-2425 by Sunday August 13, 2017

Shiva Meal Fund

The CHW Shiva Meal Fund was established by the CHW Victoria Executive 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 \$15 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.

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 executive. *Todah Rabah, Thank You*

Please Note New & Improved Policy regarding Cards and Certificates:

CHW Cards

For all occasions (birthday, anniversary, get well, sympathy, Rosh Hashanah) for family and friends.

For a donation in someone's name the cost is \$10 minimum and you will receive a tax receipt.

Contact Esther Laredo: 250-658-6550 or estherlaredo@shaw.ca

CHW Certificates

Small certificate for a donation of \$50 to \$99.

Large certificate for a donation of \$100 or over.

Contact Eleanor Mintz: 250-479-2425 or eleanor.mintz@shaw.ca

For all cards and certificates send your cheque to Esther Laredo, 4767 Elliot Place, Victoria, BC V8Y 3E4.

Annual Campaign/Summer Campaign

We thank those who have donated to the CHW Annual Campaign.

For those of you who have not donated to the Annual Campaign, we ask that you give generously to the Summer Campaign.

Every gift helps Women and Children in need towards a better, healthier life. On their behalf we say *Todah Rabah*.

Good and Welfare

We wish a Very Happy Birthday to Talia Balagero, Lisa DeGall, Sharon Fitch, Orli Kalfon, Leah Kinarthy, Eleanor Mintz and Edie Southward!

A Very Happy Anniversary to Ruth and Fred Cooperstock, Josie and Greg Davidson and Daryl and David Levine!

We hope Janis Diner-Brinley is recovering well from her knee surgery!

Warm wishes to Jan and Stewart Wilson as they settle into their new home!

Much happiness to Marilyn Weisbart and her family as they reunite and establish themselves in Victoria!

Our thoughts and prayers are with Morris Negin.

Our sincere condolences to the family of Trixie Kramer, who passed away on July 14, 2017. May her memory be for a blessing.

Thank You

Dear Friends,

I want to thank each and every one of you for your kind wishes during my recovery from my fall. Thank you so much for your gifts, phone calls, emails, cards, donations and visits during this time. It has certainly helped my recovery period tenfold!

I am keeping my spirits up. I am taking one day at a time and I'm improving each day.

Todah Robah, Thank You

Eleanor Mintz

Changing the World, Israel 21c, July 2017



Want to know how much fat is in your vinaigrette, whether an avocado is ripe, or what's in that diamond? SCiO, the world's first affordable molecular sensor, will reveal all. The sensor, developed by Israeli company Consumer Physics, allows you to get instant information about the chemical makeup of just about everything around you – from foods to plants, medicines and gems – all sent directly to your smartphone.

'1917-2017 100th anniversary of CHW'

WELCOME TO OUR ANNUAL OPENING MEETING:

**CHW Victoria
Invites you to attend**

**Our opening meeting
“Potluck Tea”**

**Please bring an item to share with 10 People
“Chapter Members will speak on current events in Israel”**

**At the party room of Amber Cameron-Johnson
918 Collinson Rd.
Victoria, BC**

**Sunday September 24, 2017
2pm. to 4 pm.**

Please reply by September 17, 2017 to Celia Negin at morcel@shaw.ca or (250) 995-1414

To our Annual Members

A reminder that our fiscal year ended June 30, 2017.

Your annual membership dues for 2017/2018 are payable now. Please take a moment to renew your commitment to CHW for the coming year. Please send your \$36 membership renewal by September 1, 2017 to Esther Laredo. National rules state that if you have not paid your dues for two years, you are no longer a member of CHW.

A Peek in Our Members' Kitchens



Chilled Rhubarb Soup—Thank you to Frances Aknai for sharing this recipe

Ingredients:

- 1 pint fresh strawberries, sliced
- 3 cups sliced fresh or frozen rhubarb (cut into ½ inch pieces)
- 1 ¼ cups orange juice

½ cup sugar

Method:

In a 3 quart saucepan bring strawberries, rhubarb and orange juice to a boil. Reduce heat and simmer for 10 minutes. Remove from heat. Stir in sugar.

In a blender or food processor blend fruit until smooth. Chill.

To serve, spoon into bowls; garnish with kiwi, strawberries, oranges if desired.

Yield: about 1 quart



The CARTOON KRONICLES

Henna Night

Henna Night –Thank you to Esther Laredo for sharing this interesting explanation of Henna Night. Esther recently attended Henna Night festivities in Toronto and on each table the organizers placed this description of the event. Esther took the beautiful photo of the bride to be.

Sephardic Jews, particularly those from Morocco begin the wedding festivities several days before with an elaborate ceremony and party called “ Noche de Novia” literally meaning” Night of the Bride” or “Henna night”. In the Sephardic tradition, this ceremony represents a very important stage in the married life of a Jewish woman.



On this night, the bride wears a velvet dress embroidered with gold thread, and adorned with pearls and other jewels. An ornate crown is worn under a white veil.

Often this dress is a family heirloom or is borrowed from relatives or friends. This garment symbolizes a new stage in a young woman’s evolution and is meant to reflect her internal and external beauty.

The bride is brought into the main room by her parents and future in-laws. All the guests congregate around the bride and sing a traditional song in her honour. Lit candles are carried by a close friend or relative who walks at the head of procession. The bride is welcomed by the groom’s mother who offers her a glass of sweetened water as a symbol of her wish for the couple to have a married life as pure as water and as sweet as sugar.

Henna dye is placed on the bride’s palm as well as on those of unmarried women symbolizing fertility and protection

Henna: Het, Noon, Hey.

The letter “Het” is the first letter of the word Hallah: refers to food therefore the dietary laws – Kashrut

The letter “Noon” starts the word Niddah; periodical impurity, invoking the laws that rule the intimate life of a couple and promotes balance within the couple

The letter “Hey is the first letter of Hadlakat Nerot” the lighting of Shabbat candles. By accomplishing this act, a woman allows her home to become a residence for HaKasdosh Baruch Hu, thereby bringing peace in her home.

Famous Jewish Quotation:

"Forgiveness is the key to action and freedom." —Hannah Arendt

Upcoming Events for 2017

Sunday August 20, 2017 Birthday Lunch—
12:30 pm. at the Heron Rock Bistro, 435
Simcoe Street, Victoria

Sunday September 24, 2017, Opening
Meeting CHW Victoria—2 pm to 4 pm.
At the party room of Amber Cameron-
Johnson, 918 Collinson St.

Sunday October 8: Sukkah tea, 3-5 pm. ,
1147 Chapman St at the home of Sharon
Fitch.

Sunday October 29, Birthday Lunch --
12:30 pm. Fifth Street Bistro

Sunday December 3, 2017, Birthday
Lunch—12:30 pm. Vista 18

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 2017/2018

Past President:

Sharon Fitch (250) 381-1166

Programming Coordinator:

Josie Davidson (250) 383-6478

Membership:

Celia Negin (250) 995-1414

Treasurer/Programming Assistant:

Esther Laredo (250) 658-6550

Secretary:

Damaris Notte (250) 656-0752

Newsletter/Website:

Eleanor Mintz (250) 479-2425

Advisor:

Susan Kendal (520) 339-6568

Member-At-Large:

Selma Linzer (250) 381-9423

Publicity:

Frances Aknai (250) 360-0356

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