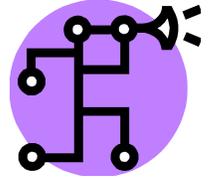




VICTORIA



CHW VICTORIA WISHES

A VERY HAPPY NEW YEAR

TO

OUR MEMBERS AND THEIR FAMILIES.

MAY YOU HAVE

A YEAR Filled With HEALTH, HAPPINESS

AND PROSPERITY.





CHW Children
Healthcare
Women

VICTORIA



"Live Life, Pass it on"

An Enlightening presentation on Organ Donation

By Sam Duke

On Thursday January 15, 2015 at 7:30 pm

At the Home of Josie Davidson

2841 Graham street, Victoria, BC

Please RSVP to Celia Negin at morcel@shaw.ca or 995-1414 by January 11, 2015



VICTORIA

Check out our link on the National Website: Go to www.chw.ca at bottom of page click on Victoria

January 2015/5775

About CHW

Supporting Children, Healthcare, and Women in Israel and Canada for almost 100 years.

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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Musings from your President

In November 2014, I attended the Annual General Meeting of our National Advisory Board, held in Toronto. One of the highlights of the weekend was the tribute gala in honour of Marla Dan, CHW National President, who was ending her 5 ½ years in office. This event was a class act, every detail beautifully planned. Two guest speakers came from Israel; Prof. Rivka Lazovsky, Ph.D. Chairperson of World WIZO, and Dr B. Davidson, M.D. Director and CEO, Assaf Harofeh Medical Center. From both these esteemed speakers, it was obvious in what high regard Marla was held. Marla has been an able and inspirational leader in raising funds for Assaf Harofeh, and CHW's projects throughout Israel. The surprise announcement was that the CHW Stroke and Invasive Neuroradiology Institute at Assaf Harofeh would be named The CHW Marla Dan Stroke and Invasive Neuroradiology Institute.

At the AGM, I was honoured to present a certificate to Marla from CHW Victoria, for monies donated from our members in her honour. Ours was the only chapter gift, other than from her home chapter and Toronto Centre.

At the AGM, I learned many interesting facts. Here are just a few:

- Our National administration is 'lean and mean'; some smaller centre offices have been closed, expenses have been trimmed.

- Following Canadian Revenue Agency regulations, upgrades have been made to our governance structure. New financial rules have been put in place, which has improved our financial position.
- We have an enhanced identity. Have you noticed our anime character in Orah and press releases?
- We now have 3 campaigns: annual, summer, and end of year.
- There has been an increase in Major Giving; recently a Canadian donor committed \$500,000 for melanoma research.
- The new programs of leadership, mentorship, e fundraising and e communication through social media, continue to be successful.

There are several new programs and initiatives coming from National. Keep your eyes and ears open for news.

To end this AGM, we saw the installation of our new National President, Claudia Goldman, our neighbour and friend from Vancouver. Many of you have met Claudia, and know her deep commitment to Israel and the Jewish people. Claudia looks forward to visiting CHW Victoria and giving us her support.

Mazal Tov and deep thanks to Marla Dan, and welcome to Claudia Goldman. CHW is blessed to have such high quality leaders. Kol Hachavod.

Shalom from Sharon

CHW Cards 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. If you wish Josie or 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 and then go to ecards.

You can contact Josie Davidson: 250-383-6478 (home) 250-889-7133 (cell), nehamashira@gmail.com or Lisa DeGall: 250-642-7238 or ldegall@aol.com and they will be very happy to help you! If you wish to order cards from National, you may contact Lisa DeGall, our new Card Co-ordinator.

Good and Welfare



Here's wishing Noemi Masson, Celia Negin and Raya Sitwell a Very Happy Birthday!



Best Wishes for a Speedy Recovery to Marilyn Weisbart, Ada Cotton and Adele Vernon!

If you would like us to announce your Birthday, Anniversary or another event in the Newsletter, please let us know!

Our Summer Picnic

It's never too early to think about the good old days of summer. This year our CHW Victoria board has decided to have a family oriented picnic at the farm of Jill Swartz and Michael Goldstein. The primary aim behind our picnic is "to bring young members to our chapter and to promote CHW." Our secondary aim is to "provide a fun afternoon for people of all ages." This is a 'multi generational fun event for the child in all of us.' Hope you will plan to join us on July 19, 2015!

Save Our Sabras by [Esther Hecht](#) Hadassah Magazine August/September 2014

The sabra—the prickly pear that is the quintessential symbol of the Israeli—is under threat of extinction. Over the past year, farmers in Israel's north have found that a scale insect, or aphid, used in other countries to control prickly pear growth is attacking their bushes and could wipe out the species here. The attacker, the first of its kind in Israel, is believed to have come from Lebanon, said David Brand, chief forester of Keren Kayemeth Lelsrael—Jewish National Fund.



Scientists at Israel's Volcani Center recommended a first-line biological counterattack using ladybugs—a method that is greener but more costly than spraying pesticides—and 150,000 of them have been set to work. But ladybugs are not specific predators of scale insects, and it is not certain they will survive the winter, Brand said. So, while scientists study the ladybugs' life cycle, "we are already working on importing specific predators," Brand said, "but that could take two to three years."

Diabetes on the Go By [Wendy Elliman](#) June/July 2014 Hadassah Magazine



A new smartphone application will soon join some 25,000 already out there, and it just may save your life. Called Dario, this new generation in diabetes monitoring will check blood glucose levels on your smartphone.

"Living with diabetes is a daily struggle with confusing blood sugar changes, requiring management of the impact of every meal, physical activity and emotional stress," says Erez Raphael, CEO of Dario's creator, Caesarea-based LabStyle Innovations, whose scientific advisory board is headed by Hadassah's Diabetes Prevention Center director, Dr. Itamar Raz.

Comprising a tiny blood glucose meter with lancet and 25 disposable test strips, Dario (<http://mydario.com>) plugs directly into any mobile device where the companion app records not only the new blood sugar levels, but also tracks past readings, predicts blood glucose control and monitors responses to different meals, medications and activities. The data appear both on the phone and on a webpage that can be accessed by physician and caretaker. Dario is set to launch in New Zealand, Australia, Italy and the United Kingdom later this year, with accelerated American Food and Drug Administration regulation now being sought.

A Peek In Our Members' Kitchens



Chocolate Chip Squares—Thank you to Sharon Fitch for sharing this recipe with us

This is a long standing family recipe from my childhood. My mother would have to hide some for my father as we children had a habit of eating them before he got home from work.

- | | |
|------------------------------|--------------------------------|
| ½ c. butter (100gm.) | 1 c. flour (150 gm) |
| ½ c. brown sugar | 1 tsp baking powder |
| 2 eggs | 1 tsp. salt |
| 2 tsp. vanilla | 1c. Quick rolled oats (100 gm) |
| ½ c. chocolate chips (100gm) | |

Combine butter, brown sugar, mix. Add eggs and vanilla and beat until well blended and fluffy. Sift flour, baking powder and salt into mixture. Add rolled oats, chocolate chips and mix. Spread evenly in a greased 9 ½" x 9 ½" glass baking dish. Bake @ 375 degrees for 15-20 min.

Our CHW Victoria Chanukah Party—by Sharon Fitch

On Thursday December 18, some 75 people gathered at the beautiful home of Helene Kadziora, for our annual Chanukah party. We had a long standing tradition of 15 years of making latkes and partying at Ana and Alex Porzecanski's home and I think they would have been delighted with this year's celebration.

A sumptuous feast greeted us in the dining room, including latkes courtesy of our hostess Helene. We welcomed the third night of Chanukah by lighting menorahs and singing the blessings and traditional Chanukah songs. In between eating and socializing, people participated in the great dreidle spin off competition. A fun raffle was held for 4 items. Bracha Green, Eleanor Mintz, Shelley Polkinghorne and Chen Dror were the lucky winners.

You always know when you have a successful event when people linger, and when they are still talking about it one week later.

Thanks are extended to the following who made the evening the great success it was:

Our hostess, Helene Kadziora, for offering her home, providing latkes, a raffle item, and running her five floor home elevator service.

Josie Davidson, for coming early for set up, then having to leave before the party started for another event.

Esther Laredo, for donating 3 raffle items, setting up the kitchen and washing stacks of dishes after.

Beverley & Lionel Merson for running their dreidle competition and Celia Negin as their able assistant plus setting up before.

Damaris Notte, Jan and Stewart Wilson for cleanup afterwards.

Ken Mintz, Stewart Wilson and David Levine for their excellent car parking skills.

Esther Laredo informed me we took in \$378.00 in donations, raffle and dreidle spin off fees.

If I have forgotten to thank someone, I do apologize.

Kol Hachavod/well done everyone. We could not have done it without you.

The garden that climbs walls and feeds you

By [Karin Kloosterman](#) *December 15, 2014, Israel 21C*



Israeli gardening prophet Guy Barness sees two ways that people will grow food in the not-so-distant future: "Outside the cities at big farms like they do today, and the other way, which is not so common right now, will be urban agriculture, in cities. "There won't be a lot of places in the city to grow food, so people will do it on walls everywhere to save space," Barness, the founder and director of [GreenWall](#), tells ISRAEL21c. GreenWall, founded in 2009 in Ramot Hashovim, builds gravity-defying vertical gardens that climb walls in or outside the home or office. GreenWall can do ornamental as well as edible gardens.

High-profile clients including Apple, Google, Intel and Facebook already work with GreenWall, says Barness, and the company has installed about a hundred living walls in Israel. Homeowners can also buy wall gardens of only a few square yards in size; the price starts at \$800. Visitors to the World Expo 2015 in Milan ([Expo Milano](#)) next May will see a 1,200-square-foot GreenWall outside Israel's pavilion growing wheat, rice and corn in keeping with the expo's theme, "Feeding the world." The pavilion will show off the inventions of several Israeli agro-tech companies.

Incubating your live lunch

Vertical gardens, an idea that has already taken off in America, can enhance bare walls, built structures and fences, and can increase the overall beauty and interior design of homes and office buildings. Environmentalists say that vertical and city gardens are an answer to the global water, energy and food crises. Vertical gardens use up to 90 percent less water than do traditional gardens, and growing food in place saves on the enormous shipping costs in terms of fuel and greenhouse gases. The walls have an insulating effect, buffering indoor temperatures by as much as 50 degrees F. Plus, plants clean and circulate stale indoor air.

Barness says: "If you add plants to the walls of the buildings they will reduce noise, decrease carbon dioxide emissions and reduce your heating or cooling costs and the temperatures inside." The client doesn't need to have a green thumb, but if a section fails to thrive or if the owner wants to refresh or change the design, GreenWall will plant new components.

Vertical gardens are not unique to GreenWall. In fact, Barness says the world market for such products has grown rapidly to \$100 million. But while anyone can find online instructions for building vertical gardens using found materials like shipping pallets, GreenWall offers some innovations. First, the company incubates the "look and see" wall at its farm before installing it on the customer's location. The systems incorporate technical knowhow from Israeli drip-irrigation pioneer Netafim; and GreenWall has developed its monitors, sensors and controls in cooperation with Israeli water-monitoring company Galcon.

Even European companies that have built vertical gardens of their own are making serious inquiries to Barness. "Five years ago, when I came with this idea of saving water to the Europeans, well, they just laughed at me. They have those water fountains that run all day long outside in the villages and cities," he says. "Now things have shifted and they are talking about saving water. The Americans are, too." As an Israeli, this line of work is common sense for Barness, an agronomist. "Here, we don't have a lot of space and we certainly don't have a lot of water." In many ways Israel has been ahead of the curve since it was founded in 1948. At an early age, Israel developed water and seed technologies so it could grow food in the desert. What GreenWall does is just the next logical step as more and more people move to cities and want to grow their own food.

Barness sums up: "The future is edible landscaping. I mean landscaping you can eat."

The High Tech Dreidel Operator's Manual – *After our highly successful dreidel competition thought you'd enjoy this!*



You are now the proud owner of a high-quality, state of the art "Dreidel" which can make you a winner! A multi-faceted, interactive educational and entertainment micro-system, the versatile Dreidel utilizes maximum kinetic transfer technology, putting years of wondrous experience at your fingertips.

Rapidly rotating on its axis, the Dreidel is driven by centrifugal forces that defy gravitational pull. The Dreidel operates efficiently on renewable energy sources at high, medium and low speeds. Velocity and RPM levels are adjusted by the flick of a finger. Perfectly balanced and precision engineered, the Dreidel is virtually maintenance free. It has no moving parts, and no batteries or upgrades are required.

TO USE: Hold joystick-like handle in upright position, using thumb and forefinger to accelerate. Best when operated on smooth surfaces with low coefficient of friction. Device may appear stationary, but sound indicates Dreidel is in use.

After completing its spinning mode, the Dreidel reaches its turning point and begins to gyrate, displaying various conic sections as it decelerates. Dreidel will then shut down automatically. Quick turnaround time allows Dreidel to be used repeatedly. Follow instruction code indicated above and restart.

WARNING: Playing with children under the age of eight may cause loss of money!

Famous Jewish Quotation

"The Dignity is in the worker, not in the job" Howard Fast, *The Immigrants*

Upcoming Events for 2015

January 15, 2015—Speaker Sam Duke will speak on Organ Transplants. The title will be "Live Life, Pass It On". This will be held at the home of Josie Davidson, 2841 Graham Street, Victoria BC at 7:30 pm.

March 15, 2015—Launch of the Annual Campaign. Israeli Night Extravaganza with delicious Israeli food and a PowerPoint presentation by Sharon Fitch on her recent trip to Israel. This will be held in the party room of Celia Negin, 225 Belleville, Victoria BC at 5:30 pm.

May 17, 2015—A fun Scrabble and Tea afternoon in the party room of Celia Negin, 225 Belleville, Victoria BC. at 2:00 pm.

July 19, 2015—CHW Victoria Family Picnic, at the farm of Jill Swartz, 6105 Castlerock Road, Saanich BC from 12:00 hours to 16:00 hours.

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.

Board Members for 2014/2015

President:

Sharon Fitch 381-1166

Vice President:

Marilyn Weisbart 479-4040

Programming Coordinator:

Josie Davidson 383-6478

Membership:

Celia Negin 995-1414

Treasurer/Programming Coordinator:

Esther Laredo 658-6550

Secretary:

Damaris Notte 656-0752

Newsletter/Website Manager:

Eleanor Mintz 479-2425

Members-At-Large:

Zelda Dean 544-1322

Susan Halpert (780) 489-4773, (250) 519-4773

Joy Anne Plewes 360-1439

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Susan Kendal 383-2944

Chairpersons

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