



VICTORIA

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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

Message from your Executive—by Sharon Fitch, Past President

The homeless of Victoria have had their challenges this exceptionally cold winter, as have the centres that provide places to sleep and eat, offering shelter from the elements. Congregation Emanu-El is part of the Out of the Rain program, giving homeless youth a warm place to sleep every Saturday night from November to March. Avodah, Emanu-El's social action committee, continues to bring comfort and joy to people at Our Place.

Israel has faced new challenges, with devastating fires, Jews fleeing anti semitism in France, the UN questioning Israel's connection to Jerusalem. Yet again we are asked to contribute to an extra ordinary set of circumstances that needs our help. The need never goes away. And that is why we here in Victoria carry on the vision of CHW, to continue making our day cares, schools, hospitals, help lines, and more, the welcoming, life changing institutions they are. Only with our ongoing financial support can these lifelines for women, children and families do the vital work they do.

We have some exciting and interesting programs coming up, both social and educational. Read the details in your newsletter. We also have 2 major fundraisers, in March, our National Annual Campaign, and in May, A Walk in the Park. More information will be coming.

May 2017 be a year of success for us all.

Shalom from Sharon, Past President



**CHW Victoria invites you
To join us for dinner**

**Glo Restaurant
140-2940 Jutland Road, Victoria**

Tuesday January 17, 2017

At 5:30 pm

Please RSVP to Celia Negin at (250) 995-1414 or morcel@shaw.ca by January 10, 2017



CHW Victoria
Invites You To Hear
Betsi Boeno
Speak on the Jewish Community in Turkey

Sunday February 19, 2017

2 pm to 4 pm

918 Collinson Street, Victoria, BC

Betsi is a relative newcomer to Victoria who hails from Istanbul, Turkey. She has already become known in our community, as she works part time at the Congregation Emanu-El office, as well as teaching Hebrew to some of our adults here.

Betsi will be speaking to us about the Jewish Community in Turkey. I feel certain that Betsi's talk will be engaging, interesting, stimulating and enable us to achieve a better understanding of our fellow Jews who live in other corners of this earth. This is a "must come to" event and we look forward to seeing you all there.

Please RSVP to Celia Negin at (250) 995-1414 or morcel@shaw.ca by February 12, 2017

Reminder to Annual Members

We want to remind our Annual Members that our fiscal year runs from July 1, 2016 to June 30, 2017. People who have not paid their dues since September 2015 are no longer members of CHW. Please pay your annual dues so that you can be a full fledged member of CHW. If you have not already done so you can mail your cheque to Esther Laredo, at 4767 Elliot Place, Victoria BC, V8Y 3E4. Please indicate on your cheque that it is a membership fee.

Thank You, Todah Robah

CHW Victoria Board

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.

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 and then go to ecards. You can contact Lisa DeGall: 250-642-7238 or 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 or (250) 479-2425 and she will be happy to help you.

Good and Welfare

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

We wish You and Your Family a Very Happy and Healthy New Year! Since 2017 is the CHW 100th birthday and the 150th birthday of Canada, may we all celebrate, have peace and much naches!

Smart compression stocking goes on easy and feels comfy

ElastiMed is developing an energy-efficient stocking hoped to increase compliance and prevent swelling, blood clots and leg ulcers from returning. Israel 21c by [Abigail Klein Leichman](#), September 15, 2016

Seeing a huge unmet need in the area of medical compression stockings, Israeli electrical engineer and self-described tech junkie Omer Zelka jumped in to fill it.



Zelka's startup, [ElastiMed](#), has developed a "smart" medical compression stocking made from a low-cost polymer that stretches and contracts to stimulate blood flow via an electric pulse generated by a 3V battery. About 40 percent of all adults suffer chronic venous insufficiency (CVI), causing pain, swelling, ulcers, varicose veins and spider veins as blood pools in their legs. A common reason for CVI is deep vein thrombosis (DVT), which puts 600,000 Americans in the hospital each year and is considered the leading causes of preventable death.

In addition, 3 million Americans suffer leg swelling from chronic lymphedema caused by surgery and cancer treatment. Compression stockings are usually prescribed to improve circulation, reduce swelling and prevent blood pooling and clotting in the legs.

However, up to 60% of patients — especially people who are elderly, obese or have arthritis — find compression stockings too hard to put on and off, and too uncomfortable to wear for long periods of time. Another form of treatment, pneumatic compression devices, use an inflatable sleeve to mimic rhythmic calf muscle contractions, but they are expensive, cumbersome, noisy, and limit mobility. ElastiMed's energy-efficient stocking wraps around the leg without any tugging or pulling to put it on and take it off. It stays flat after activation, so it's comfortable and not bulky.

Edging closer to the market, ElastiMed recently produced a prototype with an injection of \$1 million from Trendlines Medical Incubator, Singapore-based Pix Vine Capital and a private Israeli investor. Noting that the global medical compression market is valued at \$1.1 billion, Zelka says there is "a clear need to increase compliance to improve treatment and prevent symptoms such as swelling, blood clots and leg ulcers from returning."

Biggest pain point

A few years ago, Zelka learned about electroactive polymers, a smart material that can be manipulated by electric pulses. Tinkering with it in a home lab he built in 2012, eventually he invented an elastic band that expands and contracts according to an electric pulse. Then he thought about the best application to take it to market. "We went through a bunch of ideas, and compression stockings fitted like a glove," Zelka tells ISRAEL21c.

At first, he had intended to offer a pump-free alternative to pneumatic compression garments. But conversations with doctors and patients revealed that the main problem isn't pneumatic devices but rather medical compression stockings. "That was where we felt the biggest pain point from patients, and the market is significantly larger," he says. ElastiMed was accepted in mid-2014 as a portfolio company of Trendlines Medical, (trendlines.com/medical/) part of the Trendlines Group of incubators in northern Israel. Zelka and his R&D lab manager, Dr. Vered Shuster Ben-Yosef, will be working there until June 2017 under the guidance of advisers in and out of the incubator.

"We've reached the point where our band can apply the required pressure and can achieve required activation cycles," says Zelka. "Now we're working on a second round of funding to bring us to clinical feasibility and regulatory approvals." "We're hoping to file for the CE Mark next year, and later we'll file for regulatory approvals in the US," says Zelka. The prototype was made with materials that theoretically could be produced in Israel. Zelka hopes that assembly of the finished product also could be done in Israel.

ElastiMed participated in the Trendlines Asia Roadshow from July 4 to 8, where portfolio companies were introduced to potential partners and investors in Singapore, Hong Kong and China. (Other participating startups are Escala Medical, Fidmi Medical, Gordian Surgical, Leviticus Cardio, OrthoSpin and ProArc Medical.) "The biggest market in Asia for us is Japan, and the Asian market in general is growing at a faster pace than in the West," says Zelka.

App trains your brain to dispense with reading glasses

Israel's GlassesOff, whose exercises aim to lower 'vision-age,' has just reached 1 million global users
Times of Israel, by Shoshanna Solomon September 8, 2016,

If you are over 40, squint while reading your paper in the morning or scramble for your reading glasses while checking out the menu at a dimly lit restaurant, then you may want to try out a mobile app that promises you will do away with your reading glasses within three months.



Tel Aviv-based GlassesOff's patented technology, when tested by the University of Berkeley in California, was proved to have a success rate of over 90 percent in users who qualified and were dependent on reading glasses, the company said.

After using the app, "vision-age" is reduced on average by 8.6 years, a study showed. A recent placebo study also proved the app's efficacy, and it was also tested on Israeli air force pilots in 2014. An English version of the app was launched in 2014 and a French version followed last year. The app has just reached 1 million users globally.

After a quick test to assess your vision — in which users are asked to identify the direction of an E-looking letter a number of times and quickly click on the right answer — the app assesses your suitability to the program. If you are deemed suitable, the app sets out your training program, which aims to retrain your brain, whose image processing capacity diminishes with age. Whereas traditional vision improvement strategies have focused on the eye and involve glasses or invasive procedures, GlassesOff focuses on the brain, where image processing occurs.



By doing 10-minute sessions three days a week for a period of two to three months, you are likely to do away with your dependency on reading glasses, said Nastassja Kern, head of business development at the startup. "We will tell you from the start what your expectations should be from the program," she said.

The exercises are like a game: they require users to search for Gabor Patches, black-gray and white stripes shown at different speeds and different levels of sharpness and sizes within small circles. You click on yes or no according to what you see.

Training with Gabor Patches has been scientifically recognized as the best way to stimulate the cells of the visual cortex in the brain, Kern said. The exercises get harder as you progress, with the app automatically adjusting the exercises to your ongoing performance.

The app, which is available for iOS and Android devices, costs 10 euros for a one-month training plan, and 25 euros for the three-month plan, which is the most recommended, Kern said.

InnoVision Labs Inc., a visual neuroscience technology company whose shares are traded over the counter in the US, is the holding company that owns the patents behind the app. Prof. Uri Polat, a professor of Clinical and Visual Neuroscience and head of Optometry and Vision Science at Bar-Ilan University, is InnoVision's co-founder and chief scientific officer.

GlassesOff is looking for additional funding and partners to expand its activities, Kern said. More languages will be added in the longer term, and new applications of the technology could be developed, she said, including perhaps reducing attention deficit disorders as well as eye diseases like glaucoma and amblyopia, or lazy eye.

"The logic is the same, but the algorithm and the app would be different," Kern said.

A Peek In Our Members' Kitchens—Thank you to Celia Negin for sharing these recipes



RICH SCONES

2 cups flour
4 teaspoons baking powder
Pinch of salt
1 beaten egg

3 oz butter
1 tablespoon sugar
1 cup sour cream

Sift dry ingredients. Cut in the butter with a knife or grate in. Add beaten egg and cream. Drop spoonfuls into patty tins and bake at 200 degrees C (400 degrees F) for 15 - 20 minutes.

SCONES

1/3 cup oil
2/3 cup milk
3 teaspoons sugar
1 egg

2 cups flour
4 teaspoons baking powder
Pinch of salt

Sift flour, salt and baking powder. Mix the egg with the oil and milk and add to the dry ingredients. Lastly stir in sugar. Drop into greased and floured patty tins and bake in a hot oven 200 C (400 F) for 10 - 15 minutes.

You can use paper cups to line your patty tins instead of greasing the tins.

Swan Lake: Elegant Ladle 'Swanky' Floats Atop Your Soup, Punch Bowl

By Rotem Landesman, NoCamels December 08, 2016

If you're hosting a dinner party during the winter – you're probably preparing a sizzling soup for your family and friends. If you're going to go all out, you'll use your best tablecloth, your neatest looking utensils – and don't forget your ladle.



Your ladle? Seems a bit trivial – but a deeper look into the matter reminds us of the horror of sinking, moist ladles in hot soups, punch bowls, and all the inelegant fishing in the liquid to find it, that follows.

Now, Swanky, a new and improved ladle by Israeli design firm [Ototo](#), can save the day. With an elegant design and an unprecedented balancing act – this swan-looking ladle actually floats atop the soup or punch bowl – Swanky ensures a less messy dinner table.



The CARTOON KRONICLES

Famous Jewish Quote:

“In spirituality, the searching is the finding and the pursuit is the achievement.” *Dr. Abraham J. Twerski*

Upcoming Events for 2016-2017

January 17, 2017-5:30 pm-Dinner at Glo restaurant, 140-2940 Jutland Road.

Sunday February 19, 2017—2 pm to 4 pm, Betsi Boeno to speak on the Jewish Community in Turkey, 918 Collinson Street, Victoria

Sunday March 26, 2017, 2 pm—Program on Israel-Presentation by Sharon Fitch, 918 Collinson Street, Victoria

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

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:

Esther Laredo (250) 658-6550

Secretary:

Damaris Notte (250) 656-0752

Newsletter/Website:

Eleanor Mintz (250) 479-2425

Advisors:

Marilyn Weisbart (250) 479-4040

Susan Kendal (520) 339-6568

Member-At-Large:

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

Chairpersons

Publicity:

Frances Aknai (250) 360-0356

Cards:

Lisa De Gall (250) 642-7238

Telephone:

Sherry Sheffman (250) 598-7683

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.