



VICTORIA

June 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 Celia Negin, Membership Chair

After much planning, the Walk in the Park event scheduled for May 21, 2017, finally dawned. We were blessed with wonderful Spring weather and the location in Beacon Hill Park was ideal.

Groups were formed to do the 1km, 2km or 4km walk and all taking part embarked on their chosen route with enthusiasm. Daughters, husbands and a pet dog joined in. Enviously only the pet dog got an ice cream along the way. It was fun and gave us all a chance to socialize while walking. Anyone unable to or not wishing to walk guarded our belongings, which, of course, included the very important ingredients for our picnic lunch provided by our always helpful members. Tea and coffee was available before and after the walk.

Everyone enjoyed the camaraderie this gathering inspired and at the end the consensus was that a Walk in the Park should be an annual event.

On a more sombre note we remembered our dear friend Raisa Balagur, who passed away on April 26, 2017, and in whose memory this event was dedicated.

'1917-2017 100th anniversary of CHW'



VICTORIA

June Luncheon

CHW Victoria

Invites Members to attend

Our Final Brunch and Birthday Party Fundraiser

At the Beach House Restaurant

5109 Cordova Bay Road, Victoria

We will be honouring the May and June

birthdays of the following members:

Eve Battan, Ruth Cooperstock, Chen Dror, Susan Halpert,

Susan Kendal, Daryl Levine, Bev Merson,

Fiona Prince, Lindy Shortt and Marilyn Weisbart

Sunday June 11, 2017

At 12:30 pm

Please note change of time

***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 June 4, 2017
or earlier as this restaurant fills up quickly.**

'1917-2017 100th anniversary of CHW'

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 \$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. Esther Laredo is our chapter card contact person as well as our National card co-ordinator. If you wish Esther 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 Esther Laredo: 250-658-6550 or estherlaredo@shaw.ca 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

We wish a Very Happy Birthday to Ruth Cooperstock, Chen Dror, Susan Kendal and Lindy Shortt!

Our thoughts and prayers are with Raya Sitwell and Morris Negin.

Mazal tov to Lindy and Stan Shortt on the birth of their second grandson, Bar Tzion, to their son Ari and daughter-in-law Eva, in Guelph Ontario!

Our sincere condolences to the family of Rachel Katz.

May her memory be for a blessing.

'1917-2017 100th anniversary of CHW'

August Luncheon

**CHW Victoria
Invites Members to attend**

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

**We will be honouring the July and August birthdays of the following members:
Talia Barger, Sharon Fitch, Leah Kinary, Eleanor Mintz and Edie Southward**

Sunday August 20, 2017

At 12:30 pm

***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

To our Annual Members

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

Your annual membership dues for 2017/2018 are payable July 1, 2017. Please take a moment to renew your commitment to CHW for the coming year. Please send your \$36 membership renewal by July 15, 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

BAVARIAN APPLE TORTE—Thank you to Esther Laredo for sharing this recipe.

CRUST

½ cup	margarine, softened
1/3 cup	sugar
½ tsp.	vanilla
1 cup	all purpose flour

BATTER

1(8-oz.) pkg.	cream cheese, softened
¼ cup	sugar
1	egg
½ tsp.	vanilla

APPLE

1/3 cup	sugar
½ tsp.	cinnamon
4 cups	apple, peeled, cored and sliced
½ cups	almonds

Preheat oven to 450 degrees F

CRUST: In a large mixing bowl, using an electric or hand-held mixer, cream margarine and sugar. Add vanilla. Blend in flour. Mix well. Spread on bottom of 9 inch spring-form pan.

BATTER: In another large bowl, blend cream cheese and sugar. Add egg and vanilla. Mix well. Pour mixture onto crust.

APPLE: In a third mixing bowl, combine sugar and cinnamon. Add apples. Spoon apple-sugar mixture over cream cheese layer. Bake for 10 minutes. Reduce heat to 400 degrees F and bake for additional 25 minutes. Cool. Garnish with almonds right before serving so that they do not get soggy.

Surgeons Perform World's First-Ever Dual Robotic Surgery at Jerusalem's Hadassah Hospital *HNews May 2017, NEW YORK, April 28, 2017 /PRNewswire-USNewswire/*

The revolutionary dual robotic surgery assisted in the repair of a severe spinal fracture suffered by Aharon Schwartz, 42, a factory worker in Jerusalem who was injured when a steel object pinned him to the ground, fracturing his leg in two places and breaking six of his spinal vertebrae. The 3-hour surgery took place in the state-of-the-art \$30M underground hybrid operating theater at Hadassah's Sarah Wetsman Davidson Hospital Tower.



Dr. Meir Liebergall, Chairman of the Hadassah Medical Organization's (HMO) Orthopedic Department and head of HMO's Musculo-Skeletal Medicine Division, explained the pioneering surgery. "Two robots, Siemens' Artis Zeego and the Mazor Robotics' Renaissance[®] Guidance System, were involved in the surgery. Artis Zeego, overseen by Dr. Amal Khouri, Director of HMO's Orthopedic Hospitalization Center, provided real-time 3-dimensional imaging during the surgical procedure, which eliminated the need for pre-surgery CT scans and post-surgery X-rays. Renaissance[®] Guidance System, a screw placement system which allows spinal implant placement with maximum safety and accuracy, was controlled by HMO Sr. Orthopedic Surgeon Dr. Josh Schroeder. Renaissance communicated with Artis Zeego during the minimally-invasive surgery while Dr. Schroeder led the Hadassah orthopedic team in the insertion of eleven pedicle screws into the patient's spine with clinical exactitude."

Dr. Liebergall predicted that patient Schwartz will completely recover from the surgery and will be walking again very shortly.

Hershkin states, "Once again, HMO achieves another world-first – a dual robot-assisted spinal surgery, solidifying its reputation for world class medical innovation and treatment. Our congratulations go to Dr. Liebergall and his brilliant surgical team for continuing Hadassah's mission of bringing ground-breaking medical care to the people of Israel."

The Mazor Robotics Renaissance[®] Guidance System transforms spine surgery from freehand procedures to highly-accurate, state-of-the-art procedures that may reduce fluoroscopy—even for minimally-invasive surgery (MIS), scoliosis, and other complex spinal deformity cases.

The Siemens Artis Zeego[®] Robotic Technology enables smoother, swifter and trouble-free patient positioning and execution procedures.

Annual Campaign

We thank those who have donated to the CHW Annual Campaign. To date, CHW Victoria has raised \$1585.00, donated by 13 members.

Please be reminded that our fiscal year ends on June 30, 2017. For those of you who have not yet donated to the Campaign, we ask that you give generously.

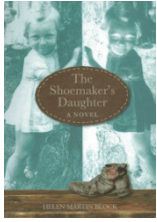
Every gift helps Women and Children in need towards a better, healthier life. On their behalf we say *Todah Rabah*.

Todah Rabah—Sherry Sheffman and Simone Benloulou

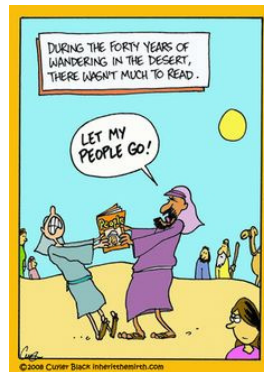
Thank you to Sherry Sheffman for being our Telephone Chair and to Simone Benloulou for being a caller. Both ladies have been doing this for many years and we appreciate their commitment. As these ladies have stepped down, we thank Helene Kadziora for continuing to be our caller. Todah Rabah Helene!

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The Shoemaker's Daughter, A Novel Author: Helen Martin Block



The Shoemaker's Daughter brings to life a vanished world, vividly created, where gentiles and Jews lived together in uneasy proximity, and yet occasionally found themselves collaborating for practical purposes. "Block illustrates not only the selfish calamity of the war, but also the hard, unsentimental love that takes root in such a setting....An engaging story of love in the worst of circumstances".



The prehistoric caves on Mount Carmel

Cavemen? In Israel? Truly one of the most off-the-beaten-track adventures in the Holy Land is a visit to the prehistoric caves on Mount Carmel, 15 minutes south of Haifa.



There are three caves in the Nahal Me'arot ("Valley of the Caves") Nature Reserve, a national park where remains indicate that both Homo sapiens and Neanderthals lived here at one time, dating back almost 500,000 years.

You won't find bones lying around anymore — the archeologists long ago snapped these up — but the guidebook will tell you about the 14 human-looking skeletons found in the Skhul cave, the second of the three.

There's a circular trail through the valley and up the ridge that takes about two hours. To get into the caves requires climbing up a fairly steep ladder.

Todah Rabah—Lisa DeGall

Todah Rabah to Lisa DeGall on her commitment to CHW Victoria. Lisa is stepping down after many years of being our card chair. Thank you Lisa for a job well done.

Please contact Esther Laredo at estherlaredo@shaw.ca or (250) 658-6550 if you want a CHW card sent.

Famous Jewish Quotation:

“Within each of us, there lies a tzaddik [righteous person] and inner guide. In the absence of an outer spiritual master or teacher, the neshama [soul, or our core or essence] has the power to awaken and guide us.” - *Estelle Frankel*

Upcoming Events for 2017

Sunday June 11, 2017—Brunch at Beach House Restaurant at 12:30. Birthday Lunch and final meeting.

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

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:

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:

Esther Laredo (250) 658-6550