



VICTORIA

March 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

About CHW	1
Message from Your Executive	1
Annual Campaign Launch.....	2
Shiva Meal Fund	3
CHW Cards/Certificates	3
Good and Welfare.....	3
Remember	3
A Peek in our Members' Kitchens	4
Cartoon.....	4
IDF Medics	4
Israeli Medical Start-Up	5
Baby Doll with built in Blue Tooth.....	6
Carmelit in Haifa	6
Members' Corner.....	7
Famous Quote	8
Upcoming Events	8
Important	8
Toiletries	8
Board Members	8

Message from your Executive—by Eleanor Mintz, Newsletter Editor

As winter leaves us and the trees are finally beginning to bud, we look forward to leaving our winter gear at home and celebrating spring and Purim. We wish you and your family a Happy Purim! Purim commemorates the time when Persian Jews were saved from extermination; Jewish people all over the world come together for celebration.

We would like to thank Betsi Boeno, who on February 19, spoke to us on the Jewish Community in Turkey. As well, she gave us a wonderful overview of the history of Turkey, and brought us up to date on the current situation there. Betsi showed us a beautiful slide presentation and a glimpse into her personal life. She explained to us why she and her husband Yossi and their 2 children left a year and a half ago, and how she does miss her friends and family back home. Slides of her wedding were an extra added touch! A big Thank You to Amber Cameron-Johnson for hosting this event!

Our launch of the Annual Campaign will be on Sunday March 26, 2017 when Sharon Fitch will be speaking to us about her recent trip to Israel. Spouses and Partners are also invited to hear what promises to be a very informative talk. Please give generously to our CHW projects in Israel.

Our new initiative of hosting CHW Victoria members' birthdays in various restaurants will begin on April 23, 2017, with more details to follow.

Another first time initiative this year, will be our "Walk in the Park" on Sunday May 21, 2017. This is currently being arranged, so watch out for more details.

Todah Robah, Eleanor Mintz



CHW Victoria

Invites Members/Spouses/Partners

To the Launch of Our Annual Campaign

Sharon Fitch

Will speak to us

On her recent trip to Israel

Sunday March 26, 2017

2 pm to 4 pm

918 Collinson Street, (Party Room) Victoria, BC

Sharon has many good memories and stories to share, so please don't miss this most interesting event.

Please bring appies or dessert for 5 to 10 people

Please RSVP to Celia Negin at (250) 995-1414 or morcel@shaw.ca by March 19, 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.

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

Happy Purim to you and your family!

Here's wishing a Very Happy Birthday to Janis Diner-Brinley, Sharon Shalinsky, and Susan Watt!

Wishing Mazel Tov to Damaris and Mark Notte on the engagement of their daughter, Chelsea!

Remember

If you have not yet shared your birth date with us, please let us know. Month and day or just the month is fine, as we want to include you in our birthday celebrations. You can email me at eleanor.mintz@shaw.ca or call at (250) 479-2425

A Peek In Our Members' Kitchens—Thank you to Raisa Balagur for sharing this recipe



STEW

2 lbs. Of beef stew, cut in cubes
 1 package dry onion soup mix, mixed
 with 3 cups of boiling water
 1 ½ cups tomato juice
 2 Tbsp. instant tapioca
 3 Tbsp. soya sauce

1 tsp. sugar
 1 tsp garlic powder
 ½ tsp. pepper
 3 to 4 sliced carrots
 3 cubed potatoes

Put all ingredients in roaster. Stir well. Cover and cook in the oven at 350 degrees for 3 hours. Do not stir while cooking.



IDF Medics the Best in the World *Hadassah Magazine, by [Esther Hecht](#) January 2017*



The World Health Organization recently awarded its highest rank to the Israel Defense Forces' emergency response team, which provides medical aid in disaster areas around the world. Of the 17 teams worldwide recognized by the WHO, only Israel's has achieved a Type 3 ranking, awarded because it provides complex surgical care, including intensive care, and can treat 15 major or 30 minor surgical cases a day.

"When we were given the recognition, the director-general of the WHO [Margaret Chan] said, 'The world should learn from Israel how to operate in disaster areas with the right ethics,'" Col. (res.) Dr. Ofer Merin, commander of the IDF field hospital, shared on [idfblog.com](#). "For me, representing the medical corps, it was a great privilege to hear them saying that other countries should learn from Israel."

"Each disaster is unique and presents its own challenges," an IDF spokesperson said. In April 2015, for example, Israel sent 122 medical workers and 45 physicians to set up and operate a field hospital in Nepal following a magnitude 7.8 earthquake.

Israel's team was first sent abroad in 1985, when a magnitude 8.0 earthquake struck Mexico City. Since then, 21 delegations have traveled to 15 countries.

Israeli medical startup raises NIS 2m for life-saving trachea device

Guide In Medical's intubation technology promises to make respiratory procedures in hospitals and the battle field safer, by *Shoshanna Solomon January 29, 2017, Start-Up-Israel*

The device was developed to help medical professionals with the complex procedure of intubation, during which a tube is inserted into the trachea to facilitate patient ventilation. Intubation is a crucial and common medical procedure performed under general anesthesia in operating rooms and often in the field. It is the third most performed medical procedure in the United States; 50 million intubations are performed worldwide annually.



The process of inserting a tube into a patient's trachea requires a high degree of skill and precision for quick insertion, as the patient cannot breathe while it is being performed. If done improperly, the result could be fatal.

Guide In Medical, however, has developed a non-invasive device, which is placed on the patient's neck and transmits light into the tissues, lighting the inside of the throat. This makes it easier for the medical team to locate the trachea, using a video laryngoscope — a device with a video camera — and can more easily navigate the insertion of the tube during the intubation procedure. The device is for single use, and its estimated cost is \$35 per unit.

"The advantages of the device are in the simplicity of use and the ability to quickly and safely identify the trachea even in complicated situations," said Ariel Shrem, the co-founder and CEO of Guide In Medical. "In the coming years, this device will be in use in every ambulance, operating room, and battalion aid station."

The device is currently in the process of meeting European Union approval, which is scheduled to be completed by March 2017. The company expects that by the end of the year it will also have approval by the US Food and Drug Administration.

The target audience for the device is doctors in medical centers, paramedics in mobile intensive care units, and organizations that operate a military or civilian intensive care unit.

The technology was developed within the framework of Hebrew University's bio-design entrepreneurship program, with the cooperation of the Hadassah Medical Center.

Since its establishment in 2015, some NIS 3 million have been invested in Guide In Medical by NGT3 and the office of the Chief Scientist at Israel's Ministry of Economy and Industry.

NGT3 is a venture capital fund, with a franchise from the Office of the Chief Scientist, to operate as a technology incubator in the field of life sciences. The fund invests and supports early-stage technology start-ups, and has a social agenda of increasing collaboration in the technology sphere between Israel's Arab and Jewish populations and encourage Arab and Jewish entrepreneurs.

In an [interview with The Times of Israel](#) earlier this month, NGT3 managing partner Zohar Gendler said he would be seeking a sale or merger of Guide In Medical during the first half of 2018.

Baby Doll with Built-in Bluetooth By Libby Barnea December 2016, Hadassah Magazine, January 2017

Prelude—When I happened on this article about the Cabbage Patch Doll, I couldn't resist putting it in the newsletter. I clearly remember how almost every child in the school yard had one; including the boys, but how my children clearly did not want one. I felt so guilty, but eventually passed it off as being "just too silly, anyway"—Eleanor



The must-have Hanukkah toy from the 1980s is back and more technologically sophisticated than ever, thanks to Israeli innovation.

When Cabbage Patch Kids were first mass-produced, their popularity was nothing short of phenomenal. Fast-forward 30-plus years and the brand doesn't hold the same cachet.

Wicked Cool Toys, which owns the license to market Cabbage Patch Kid dolls, hopes to reinvigorate their appeal with a sensor-driven doll linked via Bluetooth to an app on your phone or tablet that simulates a baby monitor. This "smart" toy was developed using IoT technology—the Internet of things—which in everyday parlance means incorporating smart technology into a physical product.

Seebo, a leading IoT company headquartered in Israel, oversaw much of the development of the "Baby So Real" infants. The dolls come with LCD eyes that open, close and form 20 distinct expressions; a built-in response to peek-a-boo and other play; the ability to feed from a special bottle and burp; and cheeks that burn red when baby comes down with a fever.

"Israel is a hotbed of cutting-edge technology and the application of those innovations," said Jeremy Padawer, co-president and partner of Wicked Cool Toys. "We were excited to work with an Israeli company and experience their hands-on, team-oriented approach to development."

The Carmelit in Haifa

This subterranean funicular is one of the world's smallest subways.

With a skyline dominated by the slopes of Mount Carmel, Haifa ranks as Israel's third-largest city and can trace its history back more than 3,000 years. It also boasts Israel's only underground metro, which makes up in elevation change what it lacks in other metrics.



When it was opened in 1959, the Carmelit climbs from the Mediterranean shore to the top of Mount Carmel. It was intended to provide quick and easy transit between the commercial districts along Haifa's waterfront and the modern residential center of the city, which was situated atop the heights of the mountain for which the line is named.

Serving six stations, from Paris Square at sea level to Gan Ha'em at the mountain's peak, the Carmelit ascends 274 meters (899 feet) over the course of its 1.8 kilometer (1.1 mile) run.

Since the time of its completion, much of Haifa's population has shifted to other parts of the city, leaving the Carmelit lightly used in the present day. It was closed for extensive renovation from 1986 to 1992, and again to repair a faulty cable from March to July of 2015. Nevertheless, its two two-car trains continue to make the eight-minute journey up and down the mountain every day, sharing a single track with only a brief parallel section to allow the counterbalanced trams to pass by one another.

Members' Corner:

"A Taste of Costa Rica" Part 1—*Thank you to Susan Kendal for sharing this with us*

In January, Alan and I visited Costa Rica for the first time. We flew into San Jose, traveled west, and returned via Liberia airport in the NW. Here are some notes we took during the journey.....

We enjoyed our very full day in San Jose, having learned at least a little about the country's history. The gold museum is incredible. Prices are very similar to those in the States - Mexico this is not - and very little to "tempt" the tourist. Our feeling is that many visitors arrive in San Jose airport, then start their journey to the mountains at once without seeing the capital. Our boutique hotel is a huge, converted Victorian mansion outside the center of town. It is a delight and the food exceptional, but we are happy to leave the traffic and noise of the city behind us as we go northwest towards our next stop - Arenal.

About 30 minutes outside San Jose, we start climbing towards the hills, leaving the messy suburbs of San Jose behind us. We see the Turrialba volcano in the distance; it is still active, and periodically spews huge amounts of ash.... last September the airport had to be closed because of the amount of ash in the air.

We drive past fields of sugar cane, and the start of coffee plantations, plantains, and an occasional honey stand. I am tempted, but..... resist! A Poro tree gives a wonderful splash of orange color to the surrounding greens of the hills.

We cross the Rio Grande, which is quite small here but still has some water. Our guide tells us that even though Costa Rica is north of the equator, it is considered summer here as it is the "dry" season. Afternoon showers are expected daily, especially in the rainforests of the mountains, but generally in small amounts.

Arenal: Oh my, this is an incredible spot; our upper level bedroom overlooks the rainforest. Unpacked, and took the hotel shuttle to the hot springs - only about 2 minutes away.

If you are looking for decadent, this is it! Water is heated by the volcano and cools as it descends, so the higher you go, the warmer the water. The area we chose was just over 103 degrees. The landscaping is truly a wonder, with waterfalls tumbling down into a huge pool, and then over the next waterfall to the next pool and so on. All surrounded by lush vegetation. Designed by a Jewish architect, the hotel and hot springs were the result of 20 years planning and building.

The next morning we are up for an early breakfast and collected at 8am for a drive to our 'eco tour'. This area had been stripped bare for agriculture, but 17 years ago several acres were purchased by the Ecocentro Danaus, and left alone for mother nature to reclaim. The uninitiated would not know it had been anything else but a rainforest area.

If you are interested in reading a little more, here is their website: <http://www.ecocentrodanaus.com/en/about-us>

We saw many species of brightly colored birds; most names disappeared from the brain within a minute or two but we did see both species of local toucans, two and three toed sloths - both with babies - and agouti. Our guide was a delight; he has been a naturalist for 35 years, and really knows his stuff. A chocolate tour in the afternoon (wish I had space to describe that!) and another visit to the hot springs completed our day.

(to be continued.....)

Famous Jewish Quote:

"I truly believe that the security of our future, as a People and as a country, relies on the strength we possess when united."- Former IDF Chief of Staff, Beni Gantz.

Upcoming Events for 2017

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

Sunday April 23, 2017—Birthday Lunch out, for March and April Birthdays. Details to follow

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

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

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:

Lisa De Gall (250) 642-7238

Telephone:

Sherry Sheffman (250) 598-7683