



VICTORIA

May 2016/5776

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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

CHW Victoria Board Message—CHW Victoria 2016 Purim Tea Social, by Damaris Notte, Secretary



Ruth Cooperstock

On March 20th, CHW celebrated Purim with a Tea Social at the lovely home of Octav Brandon. A delightful collection of Persians, a cute Mexican, a famous French painter, and a Mad Hatter from Alice in Wonderland arrived at Octav’s door.

For our afternoon entertainment, Josie Davidson had us laughing and singing to an Esther Shpiel (a new version of Fiddler on the Roof) that we all thoroughly enjoyed. Our narrator Raisa Balagur kept us on track with the story while Esther Laredo gave us several rousing renditions of a very unique Moroccan shout. There is no doubt in my mind that any deer (or Haman) passing by Octav’s house will have been scared away for a good long time.

If the entertainment and good company weren’t enough, we were also well fed with a delicious array of finger food treats and different Hamentashen pastries. It was a delightful afternoon and we must do it again next year! Todah rabah to Octav for his kindness and all those that helped with the organizing and clean up.



CHW Victoria invites you to a:

**Mother's Day "Downton Abbey Tea"
For Noble Women**

Tuesday May 10, 2016

From 2 until 4 pm

At the home of Josie Davidson

2841 Graham Street, Victoria

Please bring cold finger foods; Wear your hats and dresses ladies

"Donations gratefully received for CHW projects in Israel"

Please RSVP to Celia Negin at (250) 995-1414 or morcel@shaw.ca by May 1, 2016





You are invited

To join CHW Victoria

For our closing lunch

At "The Village Taverna"

101 - 1075 Pendergast, Victoria

Sunday June 5, 2016 at 12 noon

Please RSVP to Celia Negin at (250) 995-1414 or morcel@shaw.ca by May 29, 2016



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.

With funds we have collected thus far, we have now provided 7 Shiva Meals. Thank you to Susan Halpert for donating in April.

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—Please note change



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 now our only card contact person, as well as our National 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 would also like to remind you that certificates can be purchased from CHW as well. 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 belated birthday to Dina Wolfe. Hope your celebration was wonderful!

Here's wishing Very Happy Birthdays to Susan Halpert, Daryl Levine, Bev Merson, Fiona Prince and Marilyn Weisbart! May is a special and busy month for the special people you are and we hope you each have a wonderful celebration in your own unique and special way!

Sincere condolences to the family of Clare Waldman. May her memory be for a blessing.

Taste of Jerusalem at New York's Waldorf Astoria by [Amy Klein](#) Hadassah Magazine, March 2016



Waldorf Astoria, the famous hotel chain noted for creating the Waldorf Salad, Eggs Benedict and Red Velvet cupcakes, hosted its second-annual [Taste of Waldorf](#)—at the flagship property along New York's Park Avenue—on February 23. Five Waldorf hotel chefs from around the world were paired with James Beard Rising Star Semi-Finalists to create an iconic dish. The winning dish will go on the menu of the dozens of Waldorf properties around the world. "I wanted to represent Israel, which is today one of the leading culinary traditions in the world," said Chef Itzik Mizrachi Barak, who has been with the Jerusalem Waldorf nearly since its opening two years ago. He was paired with rising restaurant star Joseph "JJ" Johnson, executive chef at The Cecil and Minton's, both in Harlem, New York. The cooking team met up in Barak's Jerusalem kitchen in early December last year to brainstorm possible entrées for the competition.

Their dish, "The Seven Species"—Dorade filets with bulgur wheat salad, pomegranate seeds, pears, dates, parsley, mint and tahini—was the most substantial dish of the five, competing against New Orleans (Shrimp Segnette), Amsterdam (Beech Anemone), Orlando (Sable Fish with Florida Truffle) and Beijing (Jing Roll). And Mizrahi, of course, is the only one tasked with making his meals kosher. "It's a challenge," said the Mevasseret Zion native. He uses olive oil instead of butter and coconut oil instead of heavy cream ("it's healthier, anyway.") "Out of lemons, I make lemonade," he explained.

The Seven Species

Serves 4-6

Fish:

4 Dorade filets
2 eggplants
1 sourdough baguette
4 thyme leaves
1 lemon
2 tps fennel seeds
Pinch of salt
Pinch of pepper
1 cup olive oil

Pinch of salt
Pinch of pepper
1 cup olive oil
Water

Tahini sauce:
2 1/2 TBs tahini
Juice of 1 lemon
Pinch of salt
Pinch of pepper
1 cup olive oil
1 cup ice water

Bulgur salad:

2 1/2 TBs bulgur wheat
1 pomegranate
4 whole dates
1/3 cup cubed pumpkin or other squash, diced
4 pears
Small piece of ginger
1 1/2 TBs fresh parsley, chopped
1 1/2 TBs fresh mint, chopped
1 tsp yuzu juice (yuzu is an Asian citrus fruit; if you can't find fresh, try bottled yuzu juice or use more lemon or lime juice)
1 lemon
1 small red chili, fresh

Garnish:
1 radish
1 yellow zucchini
1 carrot
1 cucumber
1 fennel
1 lemon
Drizzle of yuzu juice
Pinch of salt
Pinch of pepper
1 TB olive oil

1. Soak bulgur wheat in room-temperature water for 30 minutes; strain and move bulgur to a mixing bowl.

2. Grill eggplant over high flame for 5 minutes per side until soft and charcoal forms. Remove both stems. Peel one eggplant; leave the other with the charred skin. Cut both eggplants into cubes and put cubes into blender. Add half cup of olive oil and the juice of one lemon. Add salt and pepper to taste. Mix in blender on high until smooth.
 3. Sprinkle diced pumpkin or squash with thyme leaves, salt, pepper and oil. Sauté pumpkin in medium-sized pan for 3 minutes, until golden brown.
 4. In a separate bowl, mix 5 teaspoons yuzu, salt, pepper, olive oil, chili. Add to the mix the bulgur wheat, pumpkin or squash, dates, pomegranate seeds, pears, parsley, mint and ginger. Toss to combine.
 5. Season Dorade filets with thyme, salt, pepper and olive oil. Spread eggplant paste on one side of each filet. Add one piece of sliced sourdough bread to the same side as the eggplant paste. Cut the bread to align with each filet.
 6. Over medium heat, sauté the filets for 2 minutes, bottom side first, then flip.
 7. Prepare the tahini sauce: Add tahini, lemon, salt, pepper, olive oil and ice water to a medium-size mixing bowl; stir until smooth.
 8. Shred the garnish vegetables into long ribbons, then soak in lemon, olive oil, yuzu, salt and pepper.
 9. To plate: Spread tahini in a line of the bottom of a plate. Place bulgur salad directly on top. Add the four pieces of cooked dorade, stacked in a shingle pattern.
 10. Roll each vegetable ribbon and place throughout the plate, on top of the fish and in the bulgur salad.
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[Ancient Wine Route](#) An Off-The-Beaten-Path Place to visit in Israel

Nine Israeli vineyards established along the path of the old wine and spice routes in the Negev Desert highlands have brought back to life the grape-growing terraces from 2,000 years ago. Visit and sample the wines at Carmey Avdat, Kadesh Barnea, Ashba, Rota, Sde Boker, Sdema, Rujum, Derech Eretz and the Wine Cellar at Boker Valley Vineyards Farm.

Diagnosing Dementia, Via App – By [Randi O'Connor](#) December 2015, Hadassah Magazine, April 2016

Diagnosing dementia may someday be only a few clicks and a seven-minute test away. IBM Research in Haifa, as part of the European Union-backed [Dem@Care Project](#), is creating an app to detect signs of cognitive impairment, from the comfort of patients' homes.



Current tests are subjective, said Aharon Satt, an IBM researcher specializing in detecting voice pathologies. They consist of long, expensive psychological interviews with the patient and caregiver and are often performed too late.

The app aims to diagnose then offer guidance to doctors for managing the patient's condition and adjusting treatment. The technology analyzes voice responses to a series of tasks—from counting backward to telling a sad story—that test different brain capabilities.

Development of the app began in 2012, with cooperation from technical and medical partners in France, Greece, Sweden and Ireland. Early trials yielded an 85-percent accuracy rate.

Early detection using tools like this app can make a big difference for patients and their loved ones by improving memory and functional capabilities. "Although the disease is progressive, in terms of quality of life of patient and family, the patient can gain three or four years," Satt said. "In the third world, most dementia patients die without being diagnosed. In developing countries, this would make a huge difference."

Members' Corner –Jenny Briker sang this lovely Russian birthday tune in Russian, at her special birthday celebration. This is the translation. Thank you Jenny for sharing this with us.

An Autumn Dew
On the Leaves Gone Yellow
Those Our Spring Days
Are Left Behind in Time
But I Love You So
I Love You More Than Ever
And Like Before
My Heart Beats More With Every Touch

No, We Did not Age With You At All
Just Our Hair Look More and More Like Snow
But Snow and Wind Will Tire Down
And Our Spring Will Come Again to Sing Our
Song

I See in Your Beloved Eyes
Some Tiredness and Sadness
And on Your Temples
Trace of Autumn Dew
Don't Think Of Age Invading Our Happiness
Trust me, There is a Brighter Part To Life

No, We Did not Age With You At All
Just Our Hair Look More and More Like Snow
But Snow and Wind Will Tire Down
And Our Spring Will Come Again to Sing Our
Song

A Reminder

We want to remind our Annual Members that our fiscal year runs from July 1, 2016 to June 30, 2017. Please remember to pay your annual dues so that you can be a full fledged member of CHW Victoria. Remember that you can send a cheque to our Treasurer, Esther Laredo.

Thank You, Todah Robah

CHW Victoria Board

ReWalk

ReWalk is a commercial [bionic](#) walking assistance system that uses [powered leg attachments](#) to enable [paraplegics](#) to stand upright, walk and climb stairs. The system is powered by a backpack battery, and is controlled by a simple wrist-mounted remote which detects and enhances the user's movements. Designed in [Yokneam, Israel](#), by Amit Goffer, the ReWalk is marketed by ReWalk Robotics (originally Argo Medical Technologies), and is priced at approximately US \$85,000 per unit.

The device underwent [clinical trials](#) at MossRehab in suburban [Philadelphia](#). In July 2014, ReWalk Robotics filed for an American [initial public offering](#) that could raise up to US\$58 million. The company is listed on the [NASDAQ stock exchange](#) under the symbol "RWLK".

Famous Jewish Quote:

“Everything must be made as simple as possible. But not simpler.” --- [Albert Einstein](#)

Upcoming Events for 2015/2016

April 2016--No program because of Pesach

Tuesday May 10, 2016—Mother’s Day Tea from 2 pm to 4 pm, at the home of Josie Davidson, 2841 Graham Street, Victoria. The theme will be “Downtown Abbey”, so ladies wear your hats.

Sunday June 5, 2016—Closing lunch at the Village Taverna., 101-1075 Pendergast, Victoria at 12 noon.

Tuesday August 9, 2016—Tuesday August 9, 2016—Barbeque at the home of Marilyn Weisbart, to honour the 5 year Presidency of Sharon Fitch. Details TBA

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.

Board Members for 2015/2016

Past President:

Sharon Fitch 381-1166

Programming Coordinator:

Josie Davidson 383-6478

Membership:

Celia Negin 995-1414

Treasurer/Programming Assistant:

Esther Laredo 658-6550

Secretary:

Damaris Notte 656-0752

Newsletter/Website:

Eleanor Mintz 479-2425

Newsletter Reviewer:

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