



CHW Children
Healthcare
Women

VICTORIA



WHAT: A SUMMER OUTING

**WHERE: LUNCH AT “TREE HOUSE RESTAURANT”
IN GANGES, SALT SPRING ISLAND**

WHEN: MONDAY, AUGUST 11, 2014

**WE MEET AT THE SWARTZ BAY TERMINAL AT 10:15
AM FOR THE 10:50 AM FERRY. WE WILL LEAVE
OUR CARS AT THE TERMINAL. WE LEAVE SALT
SPRING ISLAND ON THE 3:50 PM FERRY**

***For more information or to RSVP please contact Esther Laredo at 658-6550 or estherlaredo@shaw.ca
by August 4, 2014***



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Opening Meeting With A Makeover Flair

Featuring Paulette Zetler

At the Jewish Community Centre

3636 Shelbourne Street, Victoria

Sunday September 14, 2014

2:00 pm to 5:00 pm

Hats and gloves optional

Please bring one of the following to share

Dessert, Party Sandwiches (Dairy) or Hors D'oeuvres (Dairy)

A small donation would be appreciated



Please RSVP to Celia Negin at 995-1414 or cemor79@gmail.com or Jan Wilson at janetlouise@shaw.ca by September 7, 2014 and let them what you will be bringing.



VICTORIA

August 2014/5774

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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President's Message

We have collectively been glued to every kind of news media the past few weeks, as events in Israel have unfolded. We know that the current situation has impacted each and every one of our project recipients, from the children in our daycares to the staff in our hospitals.

CHW needs our help. Israel needs our help.

The daily necessities of food, clothing and shelter, as well as programs and counseling needed by so many require an enormous amount of funding that goes beyond the necessities.

We can all play an active role today, ensuring that whatever may come in the future, those at our projects have the support and resources they need. I urge you to give what you can to the Emergency Campaign.

Our hearts, thoughts and prayers are with our Israeli family.

Ana Porzecanski has left Victoria, and we wish Ana & Alex well in their new home in London Ontario. Please see the attachment for the full text of Ana's letter.

The program committee and your Board have come together to plan an interesting series of programs and events for 2014-2015. Now is the time to mark your calendars so you won't miss out. Our membership tea, Sunday Sept 14, is always a popular and pleasant event. This event will take place at the JCC. Please see the write up for more details. As we enjoy our blessed Vancouver Island summer, please send your prayers to our beloved Israel and all those who yearn for peace.

Shalom, 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!

Good and Welfare



Very Happy Birthday wishes to Sharon Fitch and Edie Southward!



Here's wishing Frances Aknai A Very Speedy Recovery!



Here's wishing Josie and Greg Davidson and Daryl and David Levine A Very Happy Anniversary!



Mazel Tov to Susan and Les Halpert on the birth of their new grandson, Jonah Quinn!

Our sincere condolences to the family of Ella Lapidus, on her passing

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

CHW's Emergency Campaign

Especially today, because of the current crisis in Israel, "CHW's projects have been affected. We continue a call of support for our projects through CHW's Emergency Campaign. "CHW needs your help. Israel needs your help".

If you wish to donate, please go to www.chw.ca and then to CHW Emergency Campaign

Applications to keep You Healthy—Israel 21c Abigail Klein Leichman, July 2014

The [GeneG](#) mobile app and associated website, created at Tel Aviv University, allows individuals to access and analyze their genetic data after undergoing whole genome sequencing. Mobile access to one's genomic information furthers the global goal of personalized medicine, and makes it easy to order repeat or new genetic tests. GeneG could one day predict the safest and most effective medications for an individual.

Shiva Meal Fund

Our CHW Victoria Chapter has decided to implement a Shiva Meal Fund, which has been approved by National. This will be an open ended fund, which will be non tax deductible and therefore no tax receipts will be issued. This is a local endeavour and will be used to help members of our Chapter during a difficult time. We suggest that perhaps an initial donation of \$18 would be appreciated. Please write your cheques to CHW Victoria, with a memo for the Shiva Meal Fund. As always, these donations can be sent to Esther Laredo. If you have any questions or concerns don't hesitate to contact any member of our board.

A Visit to Hadassah Hospital – Place of Healing and Hope

In May this year I visited Hadassah Hospital in Ein Kerem Jerusalem with 33 people from Victoria and Vancouver Island.

When you arrive at the Hospital you are immediately aware that you are entering a large complex that includes an amazing range of facilities. There is a buzz of activity everywhere. There are many towers and buildings that house nursing, medical and dental schools, the hospital itself, many research centers as well as a large mall with many shops and a food court.

Our guide Nicole Surkes planned an exceptional tour for us that included the Chagall Windows in the Hadassah Synagogue and a visit to the Women and Children's Tower.

In all areas of the hospital one can see that the medical needs of all the people groups represented in Israel are being served without discrimination.

The highlight of the tour was a talk by Dr. Ariel Revel of the Department of Obstetrics and Gynecology. He explained that women and young girls who undergo chemotherapy for various cancers become infertile because of the effect this has on the eggs in their ovaries.

Hadassah is pioneering a procedure for girls and young women aged five to 20 to preserve their fertility. Dr. Revel said that they are now able to remove one ovary from a woman before chemotherapy, freeze it and then following the chemotherapy, re-implant the ovary. For very young girls, a slice of ovarian cortex is removed and the eggs are preserved in vitro before being re-implanted.

He was excited to say that a woman who had this procedure when she was 19 and undergoing chemotherapy, had recently come to visit him at the hospital with a healthy baby. Their work is enabling hopes to be fulfilled!

You can visit this link for further details on this work at Hadassah Hospital:

<http://www.jpost.com/Health-and-Sci-Tech/Health/Hadassah-first-to-preserve-hope-of-fertility-for-young-girls-with-cancer>

With many thanks to Bobbi Bidochka at CHW in Montreal and Haley Burkes, the Israel liason who arranged this visit for us.

Thank you to Jan Wilson for sharing her experience with us

A Peek in Our Members' Kitchens



Broccoli Soup thank you to Damaris Notte for sharing this recipe with us

3 cloves garlic, crushed
 1/2 cup chopped onion
 1 cup sliced fresh mushrooms
 1 tsp. curry power
 1 bay leaf

Saute ingredients in a little oil.
 Then add:
 6 cups water or stock
 4 to 6 cups fresh chopped broccoli (it is okay to include stalks!)

Bring to a boil; cook until broccoli is done.
 Remove bay leaf.
 Take 2 cups of the soup and puree in a blender.
 Return to the soup.
 Season with a dash of soy sauce and/or pepper. (I don't do this but you can serve with a dollop of sour cream and a sprinkling of grated cheddar cheese.)

A Two Inch Computer for \$55 By [Abigail Klein Leichman](#) , Israel 21 c, June 18, 2014,



The 2x2x2-inch [CuBox-i](#) is the smallest computer in the world. It sells for just \$55 and is made in Israel by [SolidRun](#), a 10-person company cofounded by two Arab-Israeli electrical engineers with a background in the high-tech industry. CuBox-i is the newest model from SolidRun, which launched its first CuBox low-power, miniature micro-PC and media center at the end of 2011, just a year after going into business. The tiny, yet powerful computer is not designed for tasks like word processing or photo manipulation. It's mainly meant for the Internet of Things (IoT), among other uses.

Weighing only about three ounces (91 grams) with a built-in operating system and WiFi, CuBox can be your Android TV box, multimedia streamer, networked storage solution and pocket-size personal computer, running Lite Desktop and infinite open-source applications. If you need more juice, you can scale up to the CuBox-i2 (\$80) or CuBox-i4 Pro (\$140) without scaling up in size. "As of today, we are the smallest computer in the world," CEO Kossay Omary tells ISRAEL21c. "You do see computers getting smaller, but no competitor has achieved this extreme size and efficiency. It's good news that the market is moving in this direction, though, because it validates that we chose the correct path."

Cofounder and CTO Rabeeh Khoury adds, "Given the open-source SDK [software development kit] and tons of available software packages, our computers can be used in a huge range of scenarios limited only by your imagination; ranging from embedded, multimedia, education, cloud client, HMI and many other fields, as well as all the fun projects you always dreamed of."

Foresight is 20-20

Omary, 41, and Khoury, 38, met as students at the Technion-Israel Institute of Technology. Omary was raised in Nazareth, while Khoury grew up in Tarshiha, just east of the northern coastal city of Nahariya. They did not start SolidRun until they had gained solid design and business management experience at the Israeli branches of top-flight computing and consumer electronics companies including Intel and Galileo Technology (acquired by Marvell in 2001).

In late 2010, the men joined forces to bootstrap their startup, today based in the Tefen Industrial Park near Tarshiha.

Gathering to commemorate Dr Reuven Feuerstein, 1921-2014.

On the 30th day after his death, 16 people gathered at the James Bay home of Dr Lorna Williams for a pot luck supper and evening devoted to Dr Reuven Feuerstein. His specialty was psychology and education, particularly on the effects when people are disconnected from their language and culture. He had worked with child survivors from concentration camps after WW11. He found that when you focus and build on children's strengths you can reach them.

He lived in Jerusalem and became renowned for his innovative methods. CHW was supportive of his centre and work and fundraised for him.

Read the testimonials from those present:

Dr Lorna Williams wanted to start a first nations school in her home at Mt Currie. As she researched teaching methods she discovered Dr Feuerstein. As she said, "he was an amazing human being who brought so much hope into this world".

Dr Robert Oppenheimer, child psychologist, said: "Reuven had a huge impact on my life. He challenged and supported my belief in not making assumptions about a child."

Lynn Joseph shared that the Vancouver school board had huge interest in his work. Teachers were sent to Israel for teacher training in his methods. Dr Feuerstein's philosophy was "you don't give up on anyone".

Dr Louis Sutker told how Dr Feuerstein influenced his work. He tried to bring Dr Feuerstein's work into his practice as a psychologist in the juvenile justice system. Dr Feuerstein's basic premise has stayed with him to this day.

Ruth Cooperstock spoke on behalf of CHW. Ruth was most impressed with Dr Feuerstein's work with Downs Syndrome children. These children were able to enter the IDF. "Victoria raised a lot of money for his projects."

Suzie Deston gave a personal reflection. As a 19 year old in Switzerland, in 1946, Suzie met Dr Feuerstein when he came to recover from TB. While there he gave a presentation at a seminar of the Mizrahi Youth Movement. It was there that they struck up a friendship.

Enid Kool, an Early Childhood educator, had the pleasure of attending Dr Feuerstein's 90th birthday party, in Jerusalem, in 2011. Enid said "the love and caring for him were so moving."

A former educator from McGill University, Ruth d'Hollander, learned about Dr Feuerstein's work while working there. She found out his system was being used in France in the Employment Ministry to help people having trouble finding work.

Dr Feuerstein taught that you look at a child from the perspective of what they can do, not what they cannot do. He challenged the prevailing myths of children and focused on maximizing their potential. He addressed the whole person.

He had a great and far reaching impact on both teachers and students.

The evening ended with everyone standing in a circle singing Oseh Shalom. May his memory continue to be a blessing and his soul live on forever. Thank you to Sharon Fitch for sharing this with us

Famous Jewish Quote

“There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.” —Albert Einstein

Upcoming Events for 2014/2015

Monday August 11, 2014—Lunch at Ganges Salt Spring Island. Meet at Swartz Bay terminal for 10:15 am

Sunday September 14, 2014—Opening meeting at the J.C.C., with a Makeover focus. Time 2 pm. to 5 pm.

Saturday November 15 , 2014—At the J.C.C. A Film Presentation of “The Lady in # 6”: How music saved my life. Time: 7:00 pm

December 18. 2014—Chanukah Party at the home of Helene Kadziora. Time 6:00 pm to 9:30 pm

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.

Knitting Reminder

When you are finished your knitting project for the Hadassah Hospital in Israel, please call Dina Wolfe at 778-265-1234 and make arrangements to deliver them to her. She will be delighted to receive them. This is an ongoing project.

Board Members for 2013/2014

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