



CHW Children  
Healthcare  
Women

**VICTORIA**



*Launch of our Annual Campaign!*

*An Israeli Extravaganza with  
a presentation by Sharon Fitch on her trip to Israel.*

*We are delighted that Claudia Goldman,  
newly installed CHW National President,  
will join us to talk about the latest CHW news.*

*Delicious Israeli food will be served.*

**Sunday March 15, 2015 at 5:30 pm  
In the Party Room of Celia Negin's Condo  
225 Belleville Street, Victoria, BC**

**There will be a \$10 admission charge**

Please RSVP by March 1, 2015 to Marilyn Weisbart at [grillamine@gmail.com](mailto:grillamine@gmail.com) or (250) 479-4040



# VICTORIA

Check out our link on the National Website: Go to [www.chw.ca](http://www.chw.ca) at bottom of page click on Victoria

February 2015/5775

### 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](http://www.chw.ca)

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### Musings from your President

Our new National President, Claudia Goldman, recently returned from Israel. I am looking forward to hearing about her trip and having her share first hand about CHW daycare centers, schools and hospitals. You don't want to miss her talk to our chapter and a slide presentation by your Chapter President on Israel. RSVP now for our Israel and Annual Campaign evening March 15. Don't miss out on this lively event.

Speaking about our Annual Campaign, the National 2015 launch date is Monday, March 2. You will be receiving an envelope in the mail, asking you to contribute. I ask you to open your hearts and cheque books, and generously support CHW. I know I will.

See you March 15, if not before.

Shalom from 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](http://www.chw.ca) and then go to ecards.

You can contact Josie Davidson: 250-383-6478 (home) 250-889-7133 (cell), [nehamashira@gmail.com](mailto:nehamashira@gmail.com) or Lisa DeGall: 250-642-7238 or [ldegall@aol.com](mailto:ldegall@aol.com) and they will be very happy to help you! If you wish to order cards from National, you may contact Lisa DeGall, our new Card Co-ordinator.

## Good and Welfare



Here's wishing Genya Briker, Suzie Deston and Jan Wilson a Very Happy Birthday!



We wish Raya Sitwell A Very Speedy Recovery!

Our sincere condolences to Charlotte Sutker and her family, on the passing of her mother Earla Kerr-Smith and to Penny Tennenhouse and her family on the passing of her mother.

## Israeli Pilots Develop 3D Brain Simulator for Surgeons... By Betty Ilovici, NoCamels.com December 25, 2014

For decades, pilots have practiced for combat missions using flight simulators. Now, brain surgeons are adopting a similar ritual, using flight simulation technology during both rehearsal for and practice of complex microsurgical procedures. Surgical Theater, founded by former Israeli Air Force officers Alon Geri and Moty Avisar in 2010, developed a revolutionary brain surgery simulation method for doctors. Much like a flight simulator, Surgical Theater helps surgeons with pre-operative and intra-operative surgery preparation, making sure that doctors are fully briefed and prepared before embarking on complex surgical procedures.



### Non-Invasive Brain Navigation System Helps to Remove Tumors

Preparation is crucial; nearly 70,000 new cases of brain tumors will be diagnosed in the US next year, 4,600 of them in children, according to the American Brain Tumor Association. Previous simulators in the medical field were designed for training and teaching, but Surgical Theater takes simulation to a new level of planning and rehearsal. Geri and Avisar have come up with a simulator that enables brain surgeons to rehearse on 3D holograms (images) before actually performing complex procedures, such as removing cancerous tumors and treating aneurysms, on the patient.

In addition to rehearsal of complex surgeries, Surgical Theater provides an advanced feature called "fusion," which combines medical scans and data to create a single, personalized, 3D model. There are two separate simulation devices, individually called SRP and SNAP, both successfully cleared by the US Food and Drug Administration in 2012 and in 2014. Surgeons use the 3D Surgical Planner (SRP) device for case analysis before surgery and the SNAP device during operation. SRP itself is used before treatment to rehearse and prepare, allowing surgeons to manipulate the simulated tumor or aneurysm with tools reflective of those in the operating room. Doctors have the opportunity to practice each case, an extraordinary advance in comparison to previous methods, which were primarily based on 2D images.

**Grandma Mary's Grand Marnier Orange Cake**, by [Adeena Sussman](#), *Hadassah Magazine*, December 2014

1/2 pound (2 sticks) unsalted butter, softened, plus more for greasing  
 3 tablespoons blanched sliced almonds, lightly toasted  
 2 cups all-purpose flour  
 1 teaspoon baking soda  
 1 teaspoon baking powder  
 1 1/2 cups sugar  
 3 eggs, separated  
 1 cup plain 2% Greek yogurt  
 1 tablespoon finely grated orange zest  
 1 cup raw chopped walnuts  
 1/3 cup Grand Marnier or other orange liqueur  
 1/4 cup freshly squeezed orange juice

1. Set a rack in the middle of the oven and preheat to 350°F. Butter a 10-inch tube or Bundt pan.
2. In a medium mixing bowl, sift the flour, baking soda and baking powder; reserve. In a large mixing bowl, cream the butter and 1 cup of the sugar until light and fluffy. Add the egg yolks and beat until blended. Alternate adding thirds of the flour mixture and the yogurt and mix until smooth. Stir in the orange zest and walnuts.
3. Using an electric hand mixer or stand mixer, whisk the egg whites until stiff but not dry, 2 minutes. Gently fold the egg whites into the batter until incorporated.
4. Pour the batter into the pan, smoothing the top. Bake, rotating halfway through, until golden brown and a cake tester inserted into the center comes out clean, 45 to 50 minutes. Cool in pan for 10 minutes.
5. While cake is cooling, combine the Grand Marnier and orange juice in a small saucepan over medium heat and bring to a simmer. Add the remaining 1/2 cup sugar and stir until well blended, 2 minutes. Remove from heat
6. Line a rimmed baking sheet with parchment paper and set a wire cooling rack on top.
7. Invert cake onto rack and spoon half the glaze over the top. Sprinkle on the almonds and spoon on the remaining glaze. Transfer to a serving plate.

**Trouble Sleeping? Watch your back**—*Israel 21c* by [Abigail Leichman](#), January 11, 2015



If you suffer from insomnia, you are nearly one-and-a-half times more likely to experience back pain, according to a study published recently in the journal *PLOS One* by researchers at the University of Haifa. It is already known that people with a chronic inability to get a good night's sleep have increased sensitivity to pain and greater odds of suffering from spontaneous pain more often and with more intensity compared with those who sleep well.

This study, carried out on 2,131 subjects in Tel Aviv, is the first to show a direct connection between insomnia and back pain. “We examined healthy, employed adults over three periods of time. After controlling for a range of variables, including socioeconomic status and lifestyle issues, we came to the conclusion that insomnia is a marker for the increased risk of back pain, though the reverse is not the case,” reported Maayan Agmon of the university’s department of nursing and Galit Armon of its department of psychology.

Working in cooperation with physicians Shlomo Berliner and Itzhak Shapira of the Tel Aviv Sourasky Medical Center, Agmon and Armon chose study subjects from a population of working adults, average age 46, who came to the medical center at three different junctures for routine checkups between January 2003 and December 2011.

### Stress may be the common link

Study participants who reported suffering from insomnia — defined as difficulty falling and/or staying asleep, prolonged awakening during the night, or waking up too early for more than a one-month period — were found to be 150 percent more likely to suffer as well from consistent back pain than were those who reported no trouble sleeping. Among women, the correlation between insomnia and back pain was even more pronounced. “It’s possible that the link between the two conditions stems from a third biological factor that we haven’t yet succeeded in identifying,” the researchers said.

“One possible link is stress; people suffering from insomnia generally describe their lives as stressful, so it’s almost certain that they would suffer from chronic restlessness that will increase muscle tension and reduce the number of micro-pauses in muscle activity, which leads to back pain.” Back pain is a very common complaint, affecting an estimated 60% to 80% of adults at some point in their lives – often from no identifiable cause. Moreover, back pain is the single most costly condition in terms of total workers’ compensation costs. About half of all back-pain sufferers also complain of insomnia, which is what prompted the Israeli researchers to look for a link between these two common medical phenomena.

### Talk on Organ Donations --written by Susan Halpert

On Thursday January 15, 2015 at the home of Josie Davidson (we thank you for your warm hospitality) we listened to a very enlightening talk by Sam Duke. The title of Sam’s presentation was “Live Life, Pass It On”.

It is not an easy issue for most of us to think about but I think for those of us who were there we learned a great deal about this very important topic of Organ donation. Sam enlightened us on the current situation in B.C. on Organ donation. How do you become an Organ donor? Well, you can do it on line by going to the web site which is [www.transplantbc.ca](http://www.transplantbc.ca) or you can do it when you renew your driver’s license. If you have offered to be an organ donor in another province it will not be valid in B.C. That means we do not have a national system in place as yet. The good news is that since B.C. has developed this system 19% of the B.C. population has signed up. The other interesting issue is, there is no age restriction.

Many of us of the Jewish faith believe that it is against Halacha to be an organ donor and our speaker spoke to us on that issue as well. In 2008 the Knesset passed laws which effectively increased transplants in Israel by 68% by 2011. This occurred, even within consideration of Halacha and the rabbinic definition of death. Many of us have moved here in recent years and some of us may have signed driver’s license or health care card and we must remember that we need to do this again in the province of B.C. The other thing that I feel is important is to let your family know of your decision.

On a final note, if you are part of another group and would like to have Sam speak to your group she is more than happy to do so. You can reach her by phone at [250-384 2068](tel:250-384-2068) or by email at [samduke@telus.net](mailto:samduke@telus.net).

### Our Upcoming Summer Picnic



It’s never too early to think about the good old days of summer. This year our CHW Victoria board has decided to have a family oriented picnic at the farm of Jill Swartz and Michael Goldstein. The primary aim behind our picnic is “to bring young members to our chapter and to promote CHW. Our secondary aim is to “provide a fun afternoon for people of all ages.” This is a ‘multi generational fun event for the child in all of us.’ Hope you will plan to join us on July 19, 2015!

## Famous Jewish Quotation

**“All that is thought should not be said, all that is said should not be written, all that is written should not be published, all that is published should not be read.”- Rabbi Menachem Mendel Morgenstern of Tomashov (the Kotzker Rebbe)**

### Upcoming Events for 2014

March 15, 2015—Launch of the Annual Campaign. Israeli Night Extravaganza with delicious Israeli food and a PowerPoint presentation by Sharon Fitch on her trip to Israel. Claudia Goldman will be joining us to speak about CHW projects. This will be held in the party room of Celia Negin's Condo, 225 Belleville, Victoria BC at 5:30 pm.

May 17, 2015—A fun Scrabble and Tea afternoon in the party room of Celia Negin, 225 Belleville, Victoria BC. at 2:00 pm.

July 19, 2015—CHW Victoria Family Picnic, at the farm of Jill Swartz, 6105 Castlerock Road, Saanich BC from 12:00 hours to 16:00 hours.

### 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.

### Board Members for 2014/2015

#### President:

Sharon Fitch 381-1166

#### Vice President:

Marilyn Weisbart 479-4040

#### 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

#### Members-At-Large:

Zelda Dean 544-1322

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

Joyanne Plewes 360-1439

#### Advisor:

Susan Kendal (520) 339-6568

#### Chairpersons

#### Publicity:

Frances Aknai 360-0356

#### Cards:

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