



CHW Children  
Healthcare  
Women

**VICTORIA**



*Opening Meeting With A Makeover Flair*

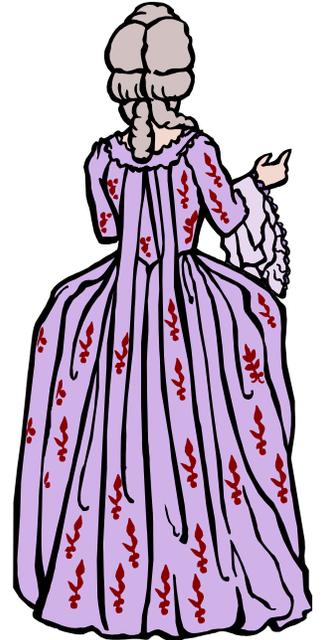
*Featuring Paulette Zetler*

*At the Jewish Community Centre*

*3636 Shelbourne Street, Victoria*

*Sunday September 14, 2014*

*2:00 pm to 5:00 pm*



*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](mailto:cemor79@gmail.com) or Jan Wilson at [janetlouise@shaw.ca](mailto:janetlouise@shaw.ca) by September 7, 2014 and let them what you will be bringing.



# 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

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

- Cover Page.....1
- About CHW.....2
- President's Message .....2
- CHW Cards for Sale .....3
- Good and Welfare.....3
- Shiva Meal Fund .....3
- Correction to August article .....3
- A Peek in our Members' Kitchens .....4
- A new CT Scanner .....4
- Salt Spring Island Outing .....4
- Magnetic Levitation .....5
- National Website .....5
- Famous Jewish Quote .....6
- Upcoming Events .....6
- Important .....6
- Toiletries .....6
- Knitting Reminder.....6
- Board Members.....6

## President's Message

As soon as I received my Summer Orah magazine in the mail, I opened it from the back to read our chapter news. Alphabetically, Victoria is last, so it is easy to find. I reminisced about our luncheon in June as I looked at the photos. Then I turned to the Events Calendar page and there we were again! Board members are keeping our chapter on the CHW map. There is lots of news that tugs at our hearts in this edition. Our continuing support is crucial. Check out our link on the National website [www.chw.ca](http://www.chw.ca) , click on Victoria at the bottom of the page.

Life Member Lyla LeBane is leaving Victoria after 12 years, for her new home in Calgary, back to family and friends. We wish Lyla the best in her new surroundings. I welcome Jill Swartz and Lee Adler as new Life Members, and Helen Linkletter as new Sustainer. Mazal tov to Janis Diner Brinley on her recent successful art showing in Winnipeg. Best wishes from Eve Peraya from Miami, Florida. She misses us. Greetings from Adele Vernon from San Luis Obispo, California.

Come and join us as we launch our 2014-2015 season, at our Membership Tea with a Flair. Reserve now and mark the date Sept 14 on your calendar. See the full announcement for further details.

I wish you and your families a very happy and sweet New Year, Shanah Tova. May you be inscribed and sealed for a good year.

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](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



We wish all our Members and their families best wishes for a Very Happy, Healthy and Peaceful New Year!



Very Best Wishes to Susan Kendal for A Speedy Recovery on receiving a recent Kidney Transplant!



Mazel Tov to April and David katz on the birth of their new grandson Wesley, on August 3, 2014 and to Lindy and Stan Shortt on becoming first time grandparents to Gilad, born June 2, 2014 in Guelph, Ontario!

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

---

## 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.

### Correction to August newsletter article on Dr Reuven Feuerstein

Suzie Deston gave a personal reflection. As a 17 year old in Switzerland, in 1948, Suzie met Dr Feuerstein when he came to recover from TB. He stayed in Switzerland until 1955 when he returned to Israel.

My apologies for my inaccurate information.

Sharon Fitch

## A Peek in Our Members' Kitchens

**Sticky Toffee Apple Pudding for Rosh Hashanah Serves 8-10. Thank you to Susan Kendal for sharing this recipe with us**



This sticky toffee honey dessert is enriched with the tartness of cooking apples for the perfect Yom Tov dessert.

1  $\frac{3}{4}$  cups all-purpose flour  
 $\frac{3}{4}$  teaspoon baking soda  
 $\frac{1}{2}$  teaspoon ground cinnamon  
 1 cup non-dairy margarine or butter  
 $\frac{1}{2}$  cup packed dark brown sugar

$\frac{3}{5}$  cup honey (or corn syrup)

2 eggs

4 tablespoons soy milk or whole milk

1 cooking apple

Juice and grated zest of  $\frac{1}{2}$  lemon

8 dates, pitted and finely chopped

4 tablespoons crystallized ginger, finely chopped (optional)

1. Preheat the oven to 325 and line an 8-inch round, loose-bottomed cake pan with parchment paper.
2. Sift the flour with the baking soda and cinnamon into a bowl. Melt the margarine with the brown sugar and honey (or corn syrup) in a small pan. Set aside to cool slightly. Beat the eggs with the milk in a large mixing bowl. Peel and grate the apple and mix with the lemon zest and juice. Combine with the egg mixture and stir in the dates and ginger (if using). Pour in the melted honey mixture and combine thoroughly. Quickly fold in the flour and spices and spoon into the prepared pan.
3. Bake in the oven for about 1 hour until the cake is gloriously golden brown and risen. Insert a toothpick—it should come out clean if cooked. Serve hot or cold with ice cream and enjoy for a sweet, good year. This dessert keeps for days and is sticky and delicious.

## New CT Scanner

A revolutionary new CT scanner—the first of its kind in Israel—has been installed at Hadassah University Hospital on Mount Scopus. It emits only half the radiation of a traditional scanner, and is capable of taking an impressive 128 pictures per round. Importantly, it provides a fast and definitive diagnosis, so that patients remain calm and comfortable without anesthesia. This is an essential consideration when treating children, trauma victims, and patients with neurological problems. *hNews, Summer 2014*

**Saltspring Island Outing, August 11<sup>th</sup> 2014**—Thank you to Damaris Notte for her article

A couple weeks ago, four intrepid travelers set off to explore Saltspring Island. Alas, we wished we'd had more! Esther Laredo organized everything: the drive to and from the ferry, catching the ferry, catching the bus into Ganges, and having lunch at the Treehouse restaurant. We enjoyed a very lovely lunch and great discussion as we sat inside beneath a large tree located in the middle of the restaurant, taking care we didn't bump our heads as we ate! It was an eclectic day of beautiful art and crafts, harbour sights, Thai salads with kiffer lime leaves, a wonderful used book store with volumes of the Talmud, a lady with a bike covered in knitting, and Esther's exuberance as she made us laugh on the bus with her travel stories. And last but not least, at the day's end, after disembarking from the Skeena Queen, our eyes beheld yet another sight: a whole gaggle of ladies uniquely dressed in purple and wearing an amazing assortment of red hats. What a great day. Thank you Esther!

## Get around Tel Aviv by Magnetic Levitation, By [Abigail Klein Leichman](#) June 25, 2014, Israel 21c



Order a skyTran two-person transport pod, punch in your destination and soar above traffic on a magnetized guideway. A demo system is going up at Israel Aircraft Industries, and soon in Tel Aviv and beyond. Space-age public transport is coming to Israel by the end of next year. NASA Space Act company [skyTran](#) signed a deal earlier this month with Israel Aerospace Industries (IAI) to construct a 400- to 500-meter loop demonstration system of its proprietary magnetic levitation-powered high-speed, low-cost, elevated personal rapid transit at IAI's corporate campus. The skyTran system will soar above cars stuck in traffic. If it's successful, the next installation will be in Tel Aviv. After that, the sky's the limit. "As soon as the first system is built, we intend to replicate it in Israel and around the world," CEO Jerry Sanders tells ISRAEL21c.

skyTran is a patented system of computer-controlled, two-person "jet-like" vehicles developed at the NASA Ames Research Center in California. The system is meant to revolutionize urban and suburban commuting in a fast, safe, green and economical manner. Passengers will be able to tap a smartphone icon to order a vehicle to meet them at a specific station. Inside the pod, passengers choose a destination from an on-board console. About 12,000 commuters can be transported on each guideway per hour. The demo system will travel at up to 70 kilometers (43 miles) per hour, while the commercial system is expected to move as quickly as 240km (149 miles) per hour.

### Little airplanes

Sanders says it made sense to seek an aviation partner to help skyTran design and build the futuristic transport pods, "because our vehicles are in fact little airplanes flying on magnetic waves," he explains. "I had a feeling IAI would be our best partner because of its innovative outlook and great engineering depth. We hoped they would be receptive to paradigm-breaking concepts simply because they are Israelis. We were delighted to find they were receptive and spent a lot of resources checking the feasibility of the concept." As ISRAEL21c [reported](#) in November 2012, Sanders hoped to have the first skyTran system installed in Israel within two years. He is still optimistic that the first seven-kilometer installation near Tel Aviv University will happen fairly quickly, followed by a 125-mile network covering all of central Israel. The first phase is expected to cost \$50 million to \$80 million. Rendering of a skyTran station courtesy of [www.skytran.us](#).

"The systems are very profitable and can attract bond money and private investment, and are much cheaper to build than traditional public transportation," Sanders says. The cost of implementing skyTran is estimated at \$9 million per mile, as opposed to \$100 million per mile for a light-rail system and \$20 million per lane for buses – with the added benefits of energy conservation and low setup, installation and maintenance costs. "The only holdup is government bureaucratic approval," Sanders says. "This plan is supported by every government ministry in Israel. But it requires changing Israel's master plan to include skyTran because it now includes only rail, and there is no quick shortcut to changing regulations." The Ministry of Finance has already allocated funding, he adds.

### Simpler than LEGO

Other skyTran routes in advanced planning are in Toulouse, France; Kerala, India; and the San Francisco Bay Area, California. "Once the Israeli system is up and running, people from all over the world will come to see it," predicts Sanders. "Folks from India to Latin America are waiting to buy it but they want to see a system in action first." He says that future skyTran systems would take a short time to build, as opposed to the demo system at IAI that must be constructed by hand. "Once the first vehicle and guideways are up, you turn on a production line and it moves very quickly. All we do is a very simple construction process. When the land survey is done, we embed poles in cement and hang the guideways on the poles. It's simpler than LEGO," says Sanders.

---

## Did you know we're on the National Website?

We recently took the plunge to go on the National Website. We are pleased to announce that CHW Victoria is now on the map. Remember to go to [www.chw.ca](#) every month or so to check out the changes. Our latest President's message will be on, as well as recent and archived newsletters, fundraisers and events, and recent photos.

## Famous Jewish Quote

“There are no problems, only opportunities for growth.”—Rebetzin Dena Weinberg

### Upcoming Events for 2014

Sunday September 14, 2014—Opening meeting at the J.C.C., with a Makeover flair. 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 2014/2015

#### President:

Sharon Fitch 381-1166

#### Vice President:

Marilyn Weisbart 479-4040

#### Membership:

Celia Negin 995-1414

#### Treasurer:

Esther Laredo 658-6550

#### Secretary:

Damaris Notte  
656-0752

#### Newsletter/Website Manager:

Eleanor Mintz 479-2425

#### Members-At-Large:

Zelda Dean 544-1322  
Susan Halpert (780) 489-4773, (250) 519-4773

#### Advisor:

Susan Kendal 383-2944

#### Chairpersons

#### Publicity:

Frances Aknai 360-0356

#### Cards:

Josie Davidson 383-6478  
Lisa De Gall 642-7238

#### Telephone:

Sherry Sheffman 598-7683