



VICTORIA

October 2017/5778

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

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Message from your Executive –by Sharon Fitch, Past President

As you read this we are in the midst of the High Holy Days, the new year of 5778. We came together for our opening tea and enjoyed hearing from 2 Leahs: Leah Kinarthy and Leah Levi, who each spoke about a different aspect of life in Israel. We were educated about Israel's ecological challenges and successes and an urban kibbutz project. Thank you, ladies. I spoke about Hadassim Children and Youth Village, one of our projects in Israel. Imagine my surprise to learn that Elior Kinarthy had been a resident of Hadassim at the age of 14 when he was going through some hard times. I want to thank our wonderful hostess, Amber Cameron Johnson, for arranging for us to use her lovely residence lounge. I was so pleased to announce that CHW Victoria raised \$10,640.00 in this year's annual campaign. Kol Hachavod dear members. Next, mark Oct 8 on your calendars for our annual Sukkah gathering (see below for details).

Shanah Tova U'metukah, a good and sweet year to you and your families.

Sharon Fitch, past president



“We reaffirm our trust in His providence by dwelling in a sukkah”

**CHW Victoria
Invites You
To Tea in a Sukkah
At the home of Sharon Fitch**

**1147 Chapman Street, Victoria BC
On Sunday October 8, 2017
From 3 pm to 5 pm**

**This event is for members only
Suggested donation \$10**

Please RSVP to Celia Negin at 995-1414 or morcel@shaw.ca by October 1, 2017





Members' Corner

My experience with languages—by Esther Laredo

When I opened my eyes, the ones who surrounded me spoke Spanish. The language came to me, no grammar to learn, or professor to mark any home work.

My grandmother used some words that were funny to my ears. I was told much later, in Canada, these words were from an old Spanish, called Ladino, used by the Sephardic Jews (Jews from Spain). All along I thought that they were endearing words from my old little sweet Mama Soltana, who was missing a tooth or two.

Then, without my permission, I was placed in kindergarten, with a different language, French. I loved that all girl's school where I have the fond memory of my knitting class and my missed stitches.

Without much fanfare I was in high school, the French Lycée. I guess I spoke fluent French to be accepted, because I am not too sure how I learned it. It just came.

My credit choices were two languages; I chose English and Arabic (those were the only two available). I was at the top of the class sometimes and a few times last, not knowing exactly what made the swings. I guess my mother knew because when the time came to move to Canada she sent my sister and I to an English tutor. When my favourite cousin joined us, the party started. The lessons only made a kind teacher become a very frustrated human being. The Arabic was fast forgotten.

Then I took grade 13 in Canada. On my arrival, I did not know who Shakespeare was and I sure did not make any effort to write comprehensive essays to the teacher's satisfaction. So off I went to work and here I learned the Italian language on my own that I would call "Spanfrenengly". My Italian customers would swear that they had been helped by the "Italian girl".

Please, Betsi (my Hebrew teacher), help me now with my Hebrew verbs. Conjugation does not sink in even when I close and open my eyes!

Good and Welfare

We wish A Very Happy Birthday to Amber Cameron-Johnson, Linda Green, Damaris Notte and Ana Porzecanski!

Best wishes to Dina Wolfe for a speedy recovery!

A Reminder

This is a reminder to our members that we are on the National Website. Check it out by going to www.chw.ca and then going to CHW Centres. Next, scroll down to our Victoria chapter. You will see our current and previous newsletters, messages from our Executive, as well as some photos.

October Luncheon:

CHW Victoria

Invites Members to attend

Our Birthday Party Fundraiser

At the Fifth Street Bar and Grill

Hillside Avenue

Victoria, BC

Sunday October 29, 2017

At 12:30 pm

We will be honouring the September and October birthdays of the following members:

Rae Ann Brechner, Amber Cameron-Johnson, Linda Green, Damaris Notte and Ana Porzecanski

***A minimum \$5 donation is requested, which will be donated to CHW Hadassim Children and Youth Village Therapeutic Centre
"Please note that *donations under \$10 do not generate a tax receipt*"***

Please RSVP to Eleanor Mintz at eleanor.mintz@shaw.ca or 479-2425 by Sunday October 22, 2017

Shiva Meal Fund

The CHW Shiva Meal Fund was established by the CHW Victoria Executive 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. Thank you to Orli Kalfon for donating in September 2017. If you are able to contribute 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 Executive. Todah Rabah, Thank You.

Please Note New & Improved Policy regarding Cards and Certificates:

CHW Cards

For all occasions (birthday, anniversary, get well, sympathy, Rosh Hashanah) for family and friends.

For a donation in someone's name the cost is \$10 minimum and you will receive a tax receipt.

Contact Esther Laredo: 250-658-6550 or estherlaredo@shaw.ca

CHW Certificates

Small certificate for a donation of \$50 to \$99.

Large certificate for a donation of \$100 or over.

Contact Eleanor Mintz: 250-479-2425 or eleanor.mintz@shaw.ca

For all cards and certificates send your cheque to Esther Laredo, 4767 Elliot Place, Victoria, BC V8Y 3E4.

Did You Know?

Leah Kinarthy is learning how to fly a small plane and she is working on both the written and practical part of the training. She hopes to get her private pilot's license by the spring of this year.

A Peek in Our Members' Kitchens

Pasta Puttanesca—Thank you to Jocelyn Abrams for sharing this recipe



Ingredients:

- 1 pound dried spaghetti, spaghetti, or linguine fini
- 3 garlic cloves, forced through a garlic press
- 2 teaspoons anchovy paste
- 1/2 teaspoon hot red-pepper flakes
- 1/3 cup extra-virgin olive oil
- 1 (28-ounce) can whole tomatoes in juice (preferably Italian)
- 1/2 cup pitted Kalamata olives
- 2 tablespoons drained capers
- Pinch of sugar (optional)
- 3/4 cup coarsely chopped basil

Preparation

1. Cook spaghetti in a pasta pot of boiling salted water (2 1/2 Tbsp salt for 6 qt water) until barely al dente.
2. While pasta boils, cook garlic, anchovy paste, red-pepper flakes, 1 tsp salt, and 1/2 tsp pepper in oil in a 12-inch heavy skillet over medium-high heat, stirring occasionally, until fragrant and pale golden, about 2 minutes.
3. Meanwhile, purée tomatoes with juice in a blender.
4. Add tomato purée to garlic oil along with olives and capers and simmer, stirring occasionally, until pasta is ready. Stir in sugar if desired.
5. Drain pasta and add to sauce. Simmer, turning pasta with tongs, until pasta is al dente, about 2 minutes. Sprinkle with basil.

Makes 6 servings

Measuring a patient's vital signs without any contact *by Brian Blum July 12, 2017, Israel 21c*

Our bodies are in constant motion – not only on the outside but within. Our hearts beat, our chests rise and fall with each breath, the composition of our blood changes as we take in alcohol or sugar. Each motion, great and small, generates vibrations on the molecular level. Two scientists – Zeev Zalevsky, professor of electro-optics at Bar-Ilan University, and Javier Garcia-Monreal, professor of physics and optics at the University of Valencia in Spain – have been collaborating for a dozen years on developing ways to measure the tiny, “nanometric” vibrations the body emits. The result of their decade-long research is a revolutionary way to monitor patients’ vital signs without any physical contact – no more intrusive cables, wires, tubes or IVs. In 2015, Zalevsky and Garcia-Monreal formed a company, ContinUse Biometrics, to commercialize their work and bring it to consumers and medical professionals. Asher Polani, who previously headed up Israeli software developer Finjan, came on board as CEO. The company has since raised money from computer manufacturer Lenovo, security specialist Tyco and Israeli venture capital firm Olive Tree Ventures.

ContinUse Biometrics’ product consists of a laser and an extremely precise camera that can “read” the reflected light in a room and extract from the changing patterns the specific nano-vibrations coming from the patient. The camera-laser sensor combination can monitor heartbeat and blood pressure, respiration rate and lung sounds, muscle activity and even blood glucose levels. Proprietary software algorithms analyze the data. While the hardware needs to be in the same room as the patient, the monitoring device can be anywhere, making the ContinUse Biometrics sensor ideal for telemedicine.

Indeed, the company’s main commercialization goal is to set up a monitoring system for a patient at home with a feed going directly to the doctor, clinic or HMO. ContinUse Biometrics’ sensor can be used with bed-bound seniors at home as well as infants who need close monitoring. Of course, the same kind of monitoring is valuable in a hospital as well. ContinUse Biometrics is addressing what Lydia Katz, the company’s marketing manager, calls the biggest challenge in digital health. “It’s not the

amount of information generated,” she tells ISRAEL21c. “It’s the need to analyze that information quickly and provide some alerting so that care providers can act – and act fast.” ContinUse Biometrics can save the healthcare system money, too.

“Someone suffering from congestive heart failure or diabetes needs to be monitored regularly,” Katz explains. “There’s no good solution today to do that from home – it’s either very intrusive, which doesn’t encourage the patient to be compliant, or it’s not convenient or comfortable. The result is the patient goes to the physician to be monitored, which is costly and time-consuming for everyone. We make it effortless to be monitored.” Thanks to the sensor’s low manufacturing costs, and through the use of a mobile phone – widely available across the globe – ContinUse could enable developing countries to deliver basic healthcare to residents and give patients living in rural areas better access to health services. The technology is sophisticated enough to distinguish between patients if there is more than one person in a room. “The same way that a fingerprint is unique, a heart signature is also unique,” Katz says.

Coming to market end of 2017

Perhaps the most powerful example of ContinUse Biometrics’ non-intrusive nature is that it can check your blood without any need for an actual sample. Katz envisions at some point in the future the technology being built into a car to assess a driver’s “bio-competence, whether he or she is in a fit state to drive, or to handle sensitive operations.” If your blood alcohol level is above a certain level, the car won’t start up. Sleep labs are another area where contact-less monitoring is an advantage. No longer will patients be forced to snooze wired up to a machine. “Our goal is to piggyback popular consumer electronic devices in all environments – homes, offices or cars – to enable continuous information stream to our health cloud for AI analytics & trend analysis, making remote medical care available and affordable to all,” says Katz. ContinUse Biometrics has contact-less competition, but Katz says other companies “can’t authenticate users, measure blood pressure or look at glucose and alcohol levels. That’s specific to us.”

The company now has 40 people on staff, mostly in Tel Aviv. You can’t buy a ContinUse product yet – that’s not coming until the end of 2017. And it won’t cover every possible kind of monitoring from the get-go; Katz says the company will be announcing in which areas it will be focusing initially in the next month or two. Certain specializations will also require FDA and EU approval. In the coming years, Katz expects that ContinUse Biometrics will partner with major players in the consumer electronics field – laptop and smartphone makers as well as manufacturers of devices used for birth and baby monitoring, for example. Baby monitors seemed state-of-the-art when they first came out. Contact-less remote monitoring is now about to take its first tentative steps into the future.

CITY OF DAVID Hadassah Magazine, September 2017, The Jewish Traveller, by Esther Hecht



Both the Gihon Spring, a source of water, and Jerusalem’s ancient sanctity were among the reasons that King David made the city his royal abode. Since the 19th century, archaeologists have sought support for the biblical accounts of the king’s residence in Jerusalem, most recently at the City of David, just south of the Old City walls, in the Palestinian village of Silwan.

The official tour of the [City of David](#), a national park, includes a 3D presentation of the site’s history; walks through tunnels that once enabled the ancient inhabitants to safely reach the spring, which was outside the city walls; and a wall that may have been part of King David’s palace. Most recently, a Roman-era stepped road ascribed to Herod is being excavated. The road leads from King Hezekiah’s pool up to the Temple Mount and is being touted as a “pilgrimage road.” Part of it is already open to the public.

The City of David digs have aroused criticism by leading Israeli archaeologists, who argue that the work is being conducted under the homes of Silwan residents without their permission; that a new visitors’ center larger than the current one is to be built above finds that will then be relegated to a basement; and that the strictly Jewish-Zionist narrative ignores the finds of other cultures.

For an alternative tour that explores the area’s history in the context of the Israeli-Palestinian conflict, check out the offerings from NGO [Emek Shaveh](#).

Famous Jewish Quotation:

“A person who takes a walk of 100 feet and a person who walks 2,000 miles have one major thing in common. They both need to take a first step before they take a second step.” *Rabbi Zelig Pliskin*

Upcoming Events for 2017

Sunday October 8, 2017: Sukkah tea, 3-5 pm, 1147 Chapman St. Victoria BC, at the home of Sharon Fitch.

Sunday October 29, Birthday Lunch 12:30 pm, Fifth Street Bar and Grill, 1028 Hillside, Victoria, BC

Sunday December 3, 2017, Birthday Lunch—12:30 pm. Vista 18, 18th Floor, Chateau Victoria Hotel & Suites 740 Burdett Avenue, Victoria, BC

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 2017/2018

Past President:

Sharon Fitch (250) 381-1166

Treasurer/Programming Assistant:

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Secretary:

Damaris Notte (250) 656-0752

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