



VICTORIA



**Members and Partners are invited
To our Annual Chanukah Party**

**On Tuesday December 27, 2016
From 6 pm to 9 pm**

**At the home of Marilyn Weisbart
799 Worthington Place, Victoria**

**Please bring a Vegetarian or Dairy Appetizer, Salad, or Dessert
enough for 10 people or a \$10 contribution**

There will be a 3 item Raffle (1 ticket for \$2 or 3 for \$5)

Please reply by December 20, 2016 to Celia Negin at morcel@shaw.ca or (250) 995-1414
and tell her what you are bringing





**CHW Victoria invites you
To join us for dinner**

**At the Glo Restaurant
140-2940 Jutland Road, Victoria**

**Tuesday January 17, 2017,
At 5:30 pm**

Please RSVP to Celia Negin at (250) 995-1414 or morcel@shaw.ca by January 10, 2017



VICTORIA

December 2016/5777

About CHW

CHW passionately supports program 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

On November 5th, I attended the Gala Tribute Dinner in Vancouver, for outgoing CHW National President Claudia Goldman. Some of you will remember Claudia from her visit to our Annual Campaign launch a couple of years ago, where she gave a moving and inspiring slide presentation on our projects in Israel. Claudia worked hard during her two-year term, visiting CHW chapters across Canada, and Israel numerous times, representing CHW at international gatherings, raising money, all the while showing us her leadership skills and her deep commitment to CHW. I was proud to represent Victoria chapter.

On November 6th, at the Annual General Meeting, we welcomed incoming National President Debbie Eisenberg, from Kitchener-Waterloo, who showed us in her inaugural address she will be a fitting successor.

The ladies who form your executive all have a deep love for Israel and CHW. We are constantly looking for new and innovative ways to raise money for our projects in Israel, and at the same time promote friendship and cultural experiences within our chapter. You will be receiving news of our new initiative, A Walk in the Park, coming to Victoria Sunday May 21, 2017. Save the date on your calendar. More news to follow.

I look forward to seeing you at our upcoming events.

Reminder to Annual Members

We want to remind our Annual Members that our fiscal year runs from July 1, 2016 to June 30, 2017. People who have not paid their dues since September 2015 are no longer members of CHW. Please pay your annual dues so that you can be a full fledged member of CHW. If you have not already done so you can mail your cheque to Esther Laredo, at 4767 Elliot Place, Victoria BC, V8Y 3E4. Please indicate on your cheque that it is a membership fee.

Thank You, Todah Robah

CHW Victoria Board

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. **If you are able to 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 board. Todah Rabah, Thank You

CHW Cards/Certificates 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. Lisa DeGall is our chapter card contact person as well as our National card 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 offer attractive certificates and they are a wonderful way to honour a special occasion or person. 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 Birthday to Zelda Dean!

Here's wishing A Very Happy Birthday to Lise Jobin!

Peek in our Members' Kitchens



Salmon Chowder—Thank you to Frances Aknai for sharing this recipe

3 TBSP butter

1 large onion, chopped

1 celery stalk, chopped

1 tsp. garlic powder

2 large potatoes, diced

3 carrots, diced

2 cups vegetable broth

1 tsp. salt

1 tsp. black pepper

1 tsp. dried dill weed

3 – 213 g tins Red Sockeye Salmon, drained with skin & bones removed

1 – 370 ml can evaporated milk

1 – 341 ml can creamed corn, drained

1 cup shredded cheddar cheese

Method:

Melt butter in a large pot over medium heat. Sauté onion, celery and garlic powder until onions are tender.

Stir in potatoes, carrots, broth, salt, pepper and dill. Bring to a boil and reduce heat. Cover and simmer 20 minutes.

Stir in salmon, evaporated milk, corn and cheddar cheese. Cook until heated through.

Makes 8 servings

Did You Know?—Fun Facts

Jews in NY City from 1654 to 2014

The first Jews to set foot in North America arrived in New York as a group of 23 in 1654.

A Reminder—Check it out

We have been on the National Website for a few years now. Remember to go to www.chw.ca and then click on Victoria, under the chapters section. You will see our old newsletters, pictures and descriptions of our many events and fundraisers, as well as messages from our President and other board members.

New diagnostic test distinguishes bacterial from viral infections -- by [Abigail Klein Leichman](#)

October 9, 2016, Israel 21C



An Israeli startup is taking aim at a mega global health crisis: overuse of antibiotic drugs.

Haifa-based [MeMed](#), founded in 2009, has won tens of millions in investments and prizes to advance two initial products: ImmunoXpert, now used by hospitals in the EU, Switzerland and Israel to determine rapidly whether an infection is bacterial or viral; and ImmunoPoC, a point-of-care version not yet on the market. Because they are usually unable to determine the cause of infection, many physicians prescribe antibiotics to be on the safe side. Experts believe that up to 50 percent of antibiotic drug regimens are unnecessary or inappropriate. And antibiotic overuse is a major trigger for drug-resistant strains estimated to kill approximately 50,000 people each year in Europe and the United States.

ImmunoXpert interprets chemical signals from the body's own immune system to distinguish with over 90 percent accuracy between bacterial and viral infections, empowering physicians to make more informed decisions. The Israeli assay has been validated in [clinical studies](#) involving thousands of patients worldwide. Further multi-center validation trials are ongoing.

Reading the immune system

MeMed CEO Eran Eden was a PhD student at the Weizmann Institute of Science when he started discussing the problem of antibiotic overuse with former classmate Kfir Oved, then a medical student at the Technion-Israel Institute of Technology. They initially sat at Oved's grandmother's kitchen table in Ramat Gan to consider how to overcome the shortcomings of current diagnostic methods. "There are cultures that require days, and there are rapid tests for infections such as strep throat that require access to the infection site. That's not always possible, for example with respiratory-tract infections like pneumonia," Eden tells ISRAEL21c. He notes that respiratory infections in children account for almost half of all doctor visits and hospitalizations.

Even when a microorganism can be identified, nobody knows if it really caused the infection or was simply part of the body's natural flora. "We realized that other players have been working on overcoming these challenges for many years, and we were just two guys in a kitchen," says Eden. "We had to find an advantage; a different angle."

Instead of trying to access and isolate the pathogen, ImmunoXpert's sophisticated biosensors and algorithms decode the immune system's distinct responses to bacterial and viral infections. The kit can also tell if the symptoms aren't caused by an infection at all. Results are ready within 99 minutes (the second-generation version will cut this amount to 15 minutes), even for inaccessible infections. The test isn't confused by harmless bacteria that have not activated the immune system. And there's no need to adjust the technology to new epidemics, as existing diagnostic methods must do, since the immune system does that naturally.

Millions in investments and prizes

"The few trillion-dollar problem of antibiotic overuse, which give rise to resistant bacteria, requires more than one solution and we can be part of it," states Eden. After initially dismissing the MeMed project as [impossible](#), investors and medical experts seem to agree. MeMed has raised an undisclosed amount from blue-chip VCs ranging from Social+Capital in Silicon Valley to China-based Horizon Ventures. It has received large prizes and grants from entities including the European Commission, which recently awarded €2.3 million to an international consortium coordinating the deployment of ImmunoXpert in Europe. That was on top of a €3 million prize from a June 2015 biotech startup competition in Europe, and a €6 million grant for developing and validating the host-signature underlying ImmunoXpert.

MeMed is directing a big chunk of prize money toward clinical studies in Europe, each involving thousands of patients, to further validate ImmunoXpert's accuracy with different ages and different types of infections.

“It took us six years to build the scientific and regulatory backbone of the product and now a lot of clinical settings want to apply it,” says Eden. “We’ve been approached by a lot of nonprofit and profit organizations, and we have some interesting collaborations to help us come to the American market.”

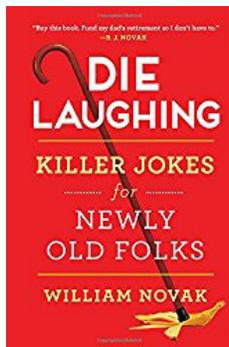
After the European, Asian and US markets, MeMed looks to expand into Latin America, starting with Brazil. “Bacteria don’t respect borders, and we want to reach as many places as possible,” says Eden.

Oved, the CTO, tells ISRAEL21c that MeMed is a few years ahead of competitors. “We’re well positioned in this arena but we’re a humble company and we always try to see what others are doing to learn from them. The best way for us is to build a great tool with massive evidence behind it.”

The company’s multidisciplinary team includes a staff of 30 in Israel in addition to freelancers in Boston and Washington. Assembly, quality assurance and documentation for ImmunoXpert kits are done in MeMed’s Haifa lab.

Laughter, the Best Medicine for Aging By [Amy Klein](#) October 2016, Hadassah Magazine

An elderly gentleman walks into a bar, sits down next to an elegant woman and says, “So tell me, do I come here often?”



This oldie but goodie is one of the jokes William Novak peppers throughout his new book, [Die Laughing: Killer Jokes for Newly Old Folks](#) (Touchstone). Previously, he co-edited, with Moshe Waldoks, the seminal *The Big Book of Jewish Humor*.

The 68-year-old Novak, a well-regarded ghostwriter for the likes of Nancy Reagan, Lee Iacocca and Magic Johnson, realized he “can’t stay middle-aged forever” and wanted to approach the next stage of life with laughter. Laughter, he said, strengthens the immune system, reduces stress, lowers blood pressure and increases the ability to tolerate pain.

“Of course,” he admits, “a lot of things have a real benefit. But how many of them are actually fun?”

It’s not all *New Yorker* cartoons and jokes—some borrowed (Joan Rivers: “My breasts are so low, now I can have a mammogram and a pedicure at the same time”) but most revised. Novak organizes all the chapters into topics, from memory loss (“Remind me, was it you or your brother who died last winter?”) to body dysfunction, to doctors (“Doctor, can you help me out? Certainly. Which way did you come in?”) and long marriages.

A short, semi-serious research piece introduces each chapter. For example, one introductory essay cites the health benefits of a good marriage, while another calls out sex in old age (“there may be snow on the roof but in many cases there’s still fire in the furnace.”)

“Dad likes to get as many opinions as possible when assembling a humor book, so all of us in the family got packets of hundreds of jokes and cartoons while he put together ‘Die Laughing,’ and we’d all vote on our favorites,” said son B.J. Novak, executive producer, writer and actor on “The Office.” Growing up, many of the jokes that made it into his father’s humor book were a conversational shorthand in the Novak house. “These classic jokes were really part of our family language.”

Famous Jewish Quote:

"I marvel at the resilience of the Jewish people. Their best characteristic is their desire to remember. No other people has such an obsession with memory."---*Elie Wiesel*

Upcoming Events for 2016-2017

December 27, 2016 –6 pm to 9 pm—
Chanukah Party at the home of Marilyn
Weisbart. See above for details

January 17, 2017-5:30 pm-Dinner at Glo
restaurant, 140-2940 Jutland Road.

February, 2017—Betsi Boeno to speak on
the Jewish community in Turkey. Sunday
February 19, 2017, 2pm to 4 pm. Further
details TBA.

Sunday March 26, 2017, 2 pm—Program on
Israel-Presentation by Sharon Fitch. Details
TBA

Sunday May 21, 2017—Walk in the Park
Fundraiser, at Beacon Hill Park. 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.

Executive Members for 2016/2017

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

Advisors:

Marilyn Weisbart 479-4040

Zelda Dean 544-1322

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