



VICTORIA

February 2016/5776

- About CHW 1
- Board Message 1
- February Theatre Workshop 2
- Shiva Meal Fund..... 3
- Cards..... 3
- Good and Welfare 3
- Off the Beaten Path 3
- A Peek in Our Members’ Kitchens 4
- One Shirt.....4/5
- Hadassah’s New OR5/6
- New Lou Gehrig’s Treatment..... 6
- Do You Recognize this Little Boy..... 7
- Members’ Corner 7
- Famous Quote..... 8
- Upcoming Events 8
- Important 8
- Toiletries..... 8
- Board Members 8

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

CHW Victoria Board Message *by Sharon Fitch, Past President*

February heralds the beginning of the CHW Annual Campaign, and our new Toronto National Office will soon be sending out a request for your 2016 donation. While we hope and pray each year that Israel's needs diminish, so far that is not the case. With stabbings almost a daily occurrence, CHW hospitals remain on high alert. Our day care centers and schools need heightened security. All this costs money. A lot of money. We are a beacon of hope for our 'family' in Israel. With your help we can make sure that CHW Victoria makes its presence felt with our financial support. Please give generously and from the heart when you respond to the Annual Campaign request. Todah Rabah.

Are you an annual member? Have you paid your membership dues for 2015-2016? You forgot? Now is the time to send your \$36 to our chapter treasurer Esther Laredo, 4767 Elliot Place, Victoria, BC V8Y 3E4 . We would be very sorry if you let your membership lapse.

We have a couple of really fun and interesting events coming up in February and March (details coming soon). Don't miss these activities. I look forward to seeing you at those events.

Thank you for your ongoing support for CHW.

Shalom from Sharon



VICTORIA



Do you aspire to be an Actor for a Day?

We are looking for script readers.

This is your chance to participate in the CHW Victoria

Readers' Theatre Day

No memorization, no risk, lots of laughs

Sunday February 14, 2016, 2 pm to 4:30 pm

Congregation Emanu-El

To volunteer to be a script reader

Contact Zelda Dean,

Director of Victoria's new Bema Productions,

at zeldadean@shaw.ca, or cell (250) 881-2094.

Please RSVP to Celia Negin at morcel@shaw.ca or (250) 995-1414

A donation of \$10 is suggested



Shiva Meal Fund

Did you know that our CHW Victoria Chapter has a Shiva Meal Fund?

Approved by National, this is an open ended fund, which is not tax deductible. No tax receipts will be issued. This fund will need to be "topped up" as it is used. You may want to consider donating to the CHW Victoria "Shiva Meal Fund" in memory of your loved ones, on the occasion of their Yahrzeit.

Reaching out to members and opening our hearts to others in times of great need is a truly wonderful mitzvah. This is a local endeavour, and will be used only for members of our Chapter. With funds we have collected thus far, we have now provided 5 Shiva Meals.

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—Please note change



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 now our only card contact person, as well as our National 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 would also like to remind you that certificates can be purchased from CHW as well. 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

Welcome home and continued improvement to Ruth Canvasser!

Best wishes for A Very Speedy Recovery to Esther Laredo and Dina Wolfe!

Best wishes to Suzie Deston for a Very Happy Birthday!

Sincere condolences to the family of Life Member Eleanor Pattenick, who passed away in Victoria on January 20, 2016

Nine top off-the-beaten-path places to visit in Israel By [Abigail Klein Leichman](#) September 24, 2015—Israel 21c---[Sidreh-Lakiya Negev Weaving](#)

Sidreh, a non-profit organization established in 1998 in Lakiya to improve the socio-economic status of Arab Bedouin women in the Negev, incorporates the [Lakiya Negev Weaving Project](#).

The women spin thread from the wool of sheep from local Bedouin shepherds and create carpets, cushions and accessories. Traditional Bedouin women demonstrate the entire weaving process and talk about the Bedouin way of life.



A Peek in Our Members' Kitchens

Japanese Cabbage Salad: Thank you to Susan Halpert for sharing this recipe.

Sliced or slivered almonds, toasted	½ cup
Sesame seeds, toasted	2 tbsp.
Sunflower seeds	¼ cup
Medium cabbage shredded (I usually get it in cello bag already chopped)	½ head
Bean sprouts	1 or 2 packages
Fresh mushrooms sliced	2 cups
Green onions chopped	2
Instant noodles (Ichiban soup)	3 oz. Or 85 grams
Chow mein noodles	½ pkg.

Dressing

Season pkg. from soup	
Cooking oil	½ cup
Soy sauce (I use light soy)	2 to 4 tbsp.
Vinegar	3 tbsp.
Sugar	1 tbsp.
Salt	1 tsp.
Pepper	2 ml.

Toast almonds and sesame seeds in preheated oven at 350 degrees for 5 minutes until golden. Keep an eye on them as they can get brown quite quickly. Put the cabbage and bean sprouts in a large bowl and add in the green onions, mushrooms and sunflower seeds. Add the almonds and sesame seeds.

Make the dressing, which can be made ahead and kept in fridge. Mix well before using. I usually use 4 tablespoons of soy. Before serving pour dressing over the cabbage mixture and then sprinkle on the broken up instant noodles and the chow mein noodles. Enjoy!

One shirt: 24 different styles

The fashion world has gone crazy over a Tel Aviv designer's patented garments that let you flip color and fit to create 24 new styles without zippers, buttons, snaps or Velcro. By Abigail Klein Leichman January 3, 2016,

If you thought a reversible jacket was versatile, just imagine a shirt that can be worn up to 24 different ways.



It's called Morf, and it is the creation of Tel Aviv fashion designer Tamara Salem.

Protected by a US patent, Morf shirts (three color collections for women, one for men) and a Morf dress feature a double-layer construction that allows for dramatic changes of color, pattern and cut from a single garment without any Velcro, buttons, zippers or ties. Just flip it around and/or roll up the sleeves, and

voila! You've got a different look.

Launched on the Kickstarter crowdfunding platform in April last year, Morf raised 524 percent of its goal, attracting \$131,089 from 1,788 backers. The garments are currently sold on the Morf website and on Amazon, but judging by the worldwide buzz they've created among fashion bloggers, it probably won't be long before you can find them in stores.

Salem tells ISRAEL21c that a children's line and a travel line are planned next, though many customers already find Morf ideal for packing since the clothing is made of non-wrinkle, lightweight cotton with a touch of Elastane. And, of course, one shirt can take the place of many in your suitcase.

Morf creator Tamara Salem, right, with model Alexa Doll wearing the versatile shirts. Photo by Ido Izsak

Fashion design was a second career for Salem, who followed up her military service at the IDF radio station by becoming a TV content editor and director.

"Fashion was always a hobby of mine," says the mother of two young boys. "I bought a sewing machine about seven years ago and started experimenting at home, and one of those experiments was a gift for my best friend's birthday. It was a white and black shirt that could be worn backwards and forwards.

"At first, I was not aware of all the possibilities the construction suggested. Once I figured out that it had many, many more possibilities, I decided to develop the concept of multi-reversible shirts."

This was the concept that morphed into Morf. It took five years to win the patent, during which time Salem left her TV job, earned a degree in fashion design and took on a business partner, Barak Kirschner. She opened a studio in Tel Aviv, where she makes eveningwear under an eponymous label.

Salem says she was surprised to see where the early orders from Kickstarter were coming from. Though the majority of customers are in the United States, she filled orders from people on five continents. Because she needed to mass-produce the shirts and dresses, she took production offshore to a clothing factory in Turkey. "There are other multifunctional items of clothing, but most of them don't offer this variety and require either strips or buttons or zippers, while with Morf there is nothing special you have to do to change the look," says Salem.

"There are other multifunctional items of clothing, but most of them don't offer this variety and require either strips or buttons or zippers, while with Morf there is nothing special you have to do to change the look," says Salem.

"There are other multifunctional items of clothing, but most of them don't offer this variety and require either strips or buttons or zippers, while with Morf there is nothing special you have to do to change the look," says Salem.

Moving into the Future: Hadassah Dedicates New OR Complex *Sunday, Jan 10 2016*

www.hadassah.org | [News & Stories](#)

Thirteen of the twenty operating rooms in the surgical complex at the Sarah Wetsman Davidson Hospital Tower were dedicated on January 10, 2016. Hadassah's high-level surgical teams will carry out complicated surgeries under optimal conditions, with a level of technology used by the world's top-tier hospitals. Most of the funds were contributed by Hadassah supporters in America and Hadassah International.



The OR complex is located deep underground, fortified to provide a safe operating space, even in the event of chemical and biological warfare. From atypically large rooms (55-85 square meters) to stainless steel walls for a more sterile environment to special lighting affixed to the ceiling, from sophisticated computerized imaging devices to flexible operating tables that rotate to various positions, a myriad of high-tech innovations allow the surgical team a larger breadth of choices in operating.

[SUPPORT THE TOWER](#)

The most unusual OR is the "hybrid room," a breakthrough concept in which an 83-square meter room contains both a special radiology scan as well as an operating table. Planned for the most complicated surgery—especially life-saving trauma cases—the room's design allows for many staff members from diverse specialties to do different surgical procedures in parallel.

According to Senior Surgeon Prof. Ofer Gofrit: “When there is a complex injury, there is always debate over whether to do imaging first to determine exactly where the injury to the blood vessels is or to operate immediately. The hybrid room allows the staff to do the imaging right away, to get a CT scan, and to start surgery without moving the patient from one place to another.”

“This is the public’s hospital,” relates Incoming Director General Prof. Zeev Rotstein. With this new surgery complex comes the highest quality of technology that complements the high quality of Hadassah medicine and patient care.”

On hand with Prof. Rotstein for the dedication were Minister of Health Yakov Litzman, Mayor of Jerusalem Nir Barkat, and National President of Hadassah, the Women’s Zionist Organization of America Ellen Hershkin, along with other dignitaries.

New ALS treatment spearheaded at the Jerusalem Hadassah Medical Center yields encouraging results—Extract from article in Jerusalem Post, January 13, 2016, by Judy Siegel-Itzkovich

After a four-year study, a pioneering treatment for amyotrophic lateral sclerosis (Lou Gehrig’s disease) using stem cells and growth factors has been shown to inhibit the progression of the fatal neurological disease in 87 percent of 26 patients.



“I am optimistic that within the foreseeable future, we may provide a treatment to ALS patients that can slow down or stop the progression of the disease,” Karussis said. “I see this treatment as being potentially one of the major tools to treat degenerative diseases of the brain and spinal cord in the future,” including multiple sclerosis and others.

As measured by the patients’ respiratory function or general motor disability, the treatment not only halted deterioration in patients but also caused their neurological function to improve, said Karussis on Wednesday.

ALS is a devastating and incurable neurodegenerative disease that robs patients of the ability to walk, to speak, to swallow and, ultimately, to breathe. Besides the late New York Yankees baseball player Gehrig, who died of ALS at 1941 at the age of 37, it also affects British theoretical physicist Prof. Stephen Hawking, who is one of the handful of ALS patients who has survived for many decades, even though he can only move his pupils to communicate with the world.

The patient’s own adult stem cells are removed from the bone marrow, enriched by a unique process developed at Hadassah and returned as NurOWN cells by injection into the ALS sufferer.

In the clinical trial, in which the stem cells were injected into the brain and spinal fluid, there were no negative influences and almost 90% of all the patients showed a slowdown in the pace of the disease’s development when judged by respiratory and motor function.

After initial studies at Hadassah, the treatment was tested in an identical way at the Mayo Clinic, Massachusetts General Hospital of the Massachusetts Memorial Medical Center. In 2011, BrainStorm initiated Phase I/IIa trials of NurOWN in ALS patients at Hadassah. The injections were done either into the spinal cord or into the muscle, and both resulted in very positive results in slowing the disease.

It does not cure the disease, but it does slow its advancement and has been proven safe.

There are some 30,000 ALS patients in the US and 450,000 in the whole world, including Israel, said Hadassah Women’s Zionist Organization of America national president Ellen Hershkin.

Do you recognize this little boy?



He was born in the "Back of Town" - a poor neighborhood of New Orleans.

Abandoned by his father when he was a baby, his mother became a prostitute.

With 3 other kids he sang in the streets, and a Jewish family called Karnofsky gave him some of his first coins. They had pity for the hungry 7 year old boy, bringing him into their home and giving him "work" in exchange for food.

He remained with the Karnofskys, being treated with kindness for the first time in his life. In 1907 he became their adopted son, and recognizing his love for music they bought him his first musical instrument.

He wore a Star of David all his life, and spoke fluent Yiddish.

You might recognize his name? "Satchmo" is Yiddish for "big cheeks"..... or the one and only Louis Armstrong.....



Members' Corner

"But Victoria is so beautiful... why did you want to leave....?" I cannot count the number of times I have been asked this question.

Alan and I lived in Victoria for eight years and enjoyed it so much. Walking to the symphony, to the library, and yes, even to the dentist, made for a very healthy lifestyle. The strolls along Dallas Road and around the harbour are some of our fondest memories.

But health comes first, and we made the very difficult decision to return to the States to get the medical care I needed. We purchased a home in Semiahmoo - just across the border from White Rock -and spend the summers there.

Our winter home is in Tucson, where there is a very active Jewish life, including a Film Festival in January at the huge JCC there. In February there is the Gem Show - the biggest event of its kind in the world - as well as the annual Rodeo. The University of Arizona sponsors free lectures, and there are many beautiful canyon walks. And that's just a taste of activities!

While we do miss Victoria and our friends, we know the move was the right decision; the kidney transplant I received in August 2014 continues to do well. We have visited Victoria every year since we left, and hope that this year will be no exception.

with fond wishes, Susan Kendal

Famous Jewish Quote:

Real Feminism:

Women's liberation is just a lot of foolishness. It's men who are discriminated against. They can't bear children. And no one is likely to do anything about that. —*Golda Meir*

Upcoming Events for 2015/2016

Sunday February 14, 2016—Congregation Emanu-El Synagogue—from 2:00 to 4:30 pm. An interactive arts program with the director of Victoria's new Bema Theatre.

Sunday March 20, 2016—Purim Tea Social from 2 pm to 4 pm. Paid Members Only. This is being held at the home of Octav Brandon. Maximum number of people 25. Please RSVP to Esther Laredo at Cell:250-888-9218 or estherlaredo@shaw.ca by March 7, 2016

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.

Board Members for 2015/2016

Past President:

Sharon Fitch 381-1166

Vice President/National Liaison

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

Consultants:

Susan Kendal (520) 339-6568

Zelda Dean (250) 544-1322

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

Chairpersons

Publicity:

Frances Aknai 360-0356

Cards:

Lisa De Gall 642-7238

Telephone:

Sherry Sheffman 598-7683