



# VICTORIA

January 2016/5776

## 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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## Message from CHW Victoria—by Eleanor Mintz, Newsletter Editor

We hope that you and your family had a wonderful Chanukah! We wish you all the very best for a Happy New Year!

Although unfortunately I was not able to join you at the Chanukah party, I heard that a lovely time was had by all. There were 27 people in attendance, which gave everyone a chance to schmooze and to catch up with friends. I heard that the Merson's Dreidle spin was such a big hit that the annual Raffle was forgotten! Thank you to the Mersons for providing so much fun. Thank you as well to Josie Davidson, Sharon Fitch, Celia Negin, Damaris Notte and Marilyn Weisbart who worked so hard to make this event a success.

The year 2016 is beginning to fill up with some enjoyable activities. On Wednesday January 13, 2016 we are planning to meet at the "Lox, Stock and Bagel Deli" for a gathering of friendship and great food! We hope you can join us! And, February 14, 2016 will be a Valentine's Day with a difference! As our dear Zelda Dean will be there to enlighten us with many theatrical surprises for you to participate in, come out with a smile and be prepared to be inspired!

Todah Robah for your continued support of CHW!



CHW Children  
Healthcare  
Women

**VICTORIA**



**You are invited**

**To join us for lunch**

**At the Jewish Community Centre of Victoria**

**“Lox, Stock & Bagel Deli”**

**3636 Shelbourne, Victoria**

**Wednesday January 13, 2016**

**From 11:30 am to 1:30 pm**

Please RSVP by January 6 , 2016 to Celia Negin at [morcel@shaw.ca](mailto:morcel@shaw.ca) or (250) 995-1414





**Do You Aspire**  
**To be an Actor for a Day?**  
**Do we have the place for you!**  
**Come and join us**  
**On Sunday February 14, 2016**  
**From 2 pm to 4:30 pm**  
**At Congregation Emanu-El**  
**To hear Zelda Dean**  
**Director of Victoria's new Bema Productions**  
**Speak about her life in the theatre**  
**And involve us in an interactive arts program**

Please RSVP by February 7, 2016 to Celia Negin at [morcel@shaw.ca](mailto: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 4 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](http://www.chw.ca) and then go to ecards. You can contact Lisa DeGall: 250-642-7238 or [ldegall@aol.com](mailto: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](mailto:eleanor.mintz@shaw.ca) or (250) 479-2425 and she will be happy to help you.

## Good and Welfare

Happy New Year to you and your families!

Best wishes for A Very Happy Birthday to Jenny Briker, Lise Jobin, Celia Negin, and Raya Sitwell!

Best wishes for A Very Speedy Recovery to Esther Laredo!

### Train Your Brain To Be Happy With New App Happify By Alice Menichelli, NoCamels December 14, 2015

Does your everyday routine stress you out? Do you happen to feel frustrated, angry or depressed? In recent years, a slew of apps have sprung up to target the millions of users who feel their lives could be just that little bit more happy. Now an Israeli team has developed yet another cool app that trains your brain to think positively and become happier.

Following the STAGE model, which stands for Savor, Thank, Aspire, Give and Empathize, the Happify app first asks you to insert basic information like gender, age, occupation, as well as your ability to cope with hardships and your level of life satisfaction. Then, the app creates a personalized "track" for you to follow, which it says will lead to a higher level happiness.

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

I will feature one in each newsletter.

### **Nisco Museum of Mechanical Music**, [Ein Hod](#)



Nisco is at the outer edge of [Ein Hod](#), an artists' colony in the Carmel Mountains south of Haifa. Owner Nisan Cohen, a New York transplant, gathered this awesome collection of antique music boxes, hurdy-gurdies, gramophones, player pianos and other mechanical musical instruments over the course of 40 years and he loves demonstrating them to visitors. The museum is open seven days a week from 10am to 5pm and also hosts concerts. Information: [niscomuseum@bezeqint.net](mailto:niscomuseum@bezeqint.net)

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### **A Peek in Our Members' Kitchens**

**[Split Pea Soup](#)**—Thank you to Sharon Fitch for sharing this recipe with us

Split peas do not need soaking.

This is a hearty soup for cold, wet winter meals.

8-10 servings

1 tbsp vegetable oil

2 onions, diced

2 cloves garlic, chopped

2 carrots, diced

2 parsnips, peeled and diced

1 large potato, peeled and diced

1 cup dried split green peas, rinsed

8 cups chicken stock or water with miso and seasonings

2 tbsp chopped fresh dill, or 1 frozen dill cube

¼ tsp pepper

1. Heat oil in large saucepan or Dutch oven. Add onions and garlic and cook for 5 minutes. Do not brown.
2. Add carrots, parsnips and potatoes and combine well. Cook another 5 minutes.
3. Add peas and stock. Bring to a boil, reduce heat and simmer gently, covered, for 1 hour, until peas are tender and soup is thick. Thin with water if necessary.
4. Stir in dill, pepper. Taste and adjust seasonings if necessary.

Adapted from *Simply HeartSmart Cooking* by Bonnie Stern, 1994, Heart and Stroke Foundation of Canada

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### **Members' Corner**

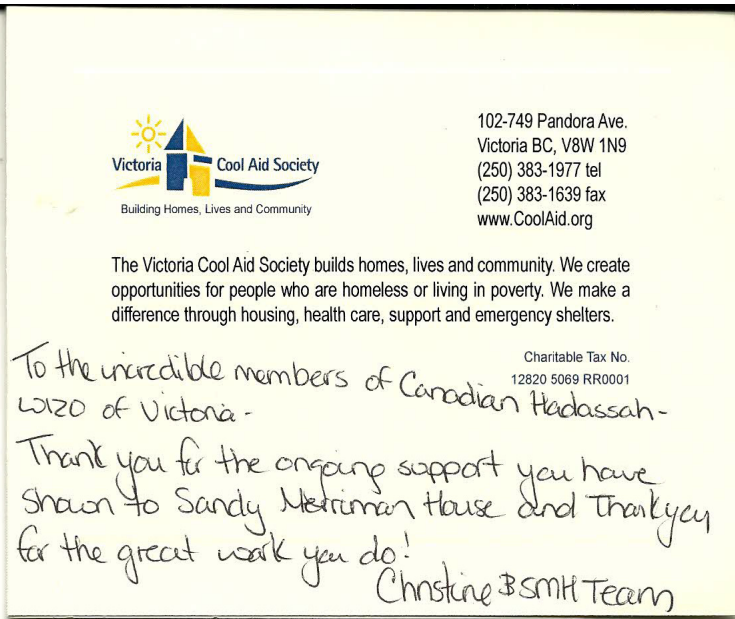
I wish to share with you a very recent event that should change my quality of life. I've recently become known as Eleanor, a.k.a "The Bionic Woman". On Thursday December 10, 2015, I had a Pacemaker installed. This is something I have contemplated for a long time, primarily with fear of the unknown. When the Cardiologist finally suggested that I go for it, he did give me a choice. I said yes, asked family and friends lots of questions and I'm now happy it's over. Although I feel that I could write a book about that day, it has now been three weeks, the incision is healing well, and I'm slowly getting back into routine. The lesson I learned from that day, I believe, is that no hurdle is too large to overcome, as long as you go in with a positive attitude. I hope to soon be climbing mountains, maybe! See you on Mount Douglas *Eleanor Mintz*

**Editor's Note:** We would love to hear from you! If you wish to write a short paragraph for this section, please send it to me. Anything you would like to share with us would be most welcome!--Eleanor

A) 'Our toiletries donation brought us a lovely card of thanks'

B) CHW Victoria Chanukah Party Pictures, December 13, 2015

A)



B)



**Self-healing 'electronic skin' may not be sci-fi much longer** By Abigail Klein Leichman November 23, 2015,

Israeli scientists used a new synthetic polymer to develop a self-healing, flexible sensor that mimics the self-healing properties of human skin.

Imagine an artificial skin that heals itself. Imagine a prosthetic limb that has a sense of touch.



These incredible advances are a step closer to reality thanks to chemical engineering researchers at the Technion-Israel Institute of Technology in Haifa.

Inspired by the natural healing properties of human skin, Prof. Hossam Haick and postdoctoral researcher Tan-Phat Huynh used a new kind of synthetic polymer to develop a self-healing, flexible sensor.

Flexible sensors have already been developed for use in consumer electronics, robotics, healthcare and space flight. However, these sensors are easily damaged. Several scientific groups have succeeded in synthesizing self-healing materials but have not succeeded in integrating them into working devices.

The Israelis therefore experimented with a new material that can be integrated into flexible devices to “heal” incidental scratches or damaging cuts that might otherwise compromise the functionality of the device. Beyond devices, however, the sensor’s self-healing properties could be incorporated into electronic skin of the future, giving it the critical ability to “heal” itself in less than a day. Theoretically, sensors could also be built into prostheses that would allow wearers to feel changes in their environment. Haick — the well-known inventor of such futuristic advances as the [NaNose cancer sensor](#) — and Huynh published a paper outlining the characteristics and applications of the unique self-healing sensor in the journal [Advanced Materials](#).

#### Stronger with each healing

“The vulnerability of flexible sensors used in real-world applications calls for the development of self-healing properties similar to how human skin heals,” said Haick. “Accordingly, we have developed a complete, self-healing device in the form of a bendable and stretchable chemi-resistor where every part — no matter where the device is cut or scratched — is self-healing.” The Israeli sensor platform is comprised of a self-healing substrate, high-conductivity electrodes and molecularly modified gold nanoparticles. “The gold particles on top of the substrate and between the self-healing electrodes are able to ‘heal’ cracks that could completely disconnect electrical connectivity,” said Haick.

The self-healing sensor is stable from sub-freezing cold to equatorial heat, so it could be used in any part of the world. However, it works most efficiently at temperatures between 0 degrees C and 10 degrees C, when moisture condenses and is then absorbed by the substrate. Condensation makes the substrate swell, allowing the polymer chains to begin to flow freely and, in effect, begin “healing.”

Once healed, the chemi-resistor was shown to retain high sensitivity to touch, pressure and strain under vigorous testing. Surprisingly, it becomes even stronger with each healing cycle. “The self-healing sensor raises expectations that flexible devices might someday be self-administered, which increases their reliability,” explained Huynh, whose work focuses on the development of self-healing electronic skin.

“One day, the self-healing sensor could serve as a platform for biosensors that monitor human health using electronic skin.”

## Famous Jewish Quote:

“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.” *By Rabbi Zelig Pliskin*

### Upcoming Events for 2015/2016

Wednesday January 13, 2016—Lunch at the JCC.  
11:30 to 1:30.

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.

### 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:

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#### Secretary:

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Zelda Dean (250) 544-1322

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

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