



CHW Children
Healthcare
Women

VICTORIA

CHW Victoria invites you to: A Summer Picnic

For the young & young-at-heart, families & singles of all ages



**Sunday July
19th noon
until 3 pm**



6105 Castlerock Road, Saanich

From Victoria drive north on West Saanich Rd. Left on Durrance Road.

Drive two blocks to Castlerock Road. Turn right.

Bring a picnic lunch, lawn chairs, blanket.....

juice boxes & cookies for sale

SUNSHINE CLOWNS & FUN GAMES FOR YOUR ENTERTAINMENT



Admission

Family (2 adults + their children): \$12

Under 5 years: free 6 thru 15 years: \$2 16 years & over: \$5

Game & food tickets 25 cents each, each child gets 1 game ticket with admission

For further information contact Sharon 250-381-1166, shfitch@telus.net



VICTORIA

Check out our link on the National Website: Go to www.chw.ca at bottom of page click on Victoria

June2015/5775

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

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President's Message—by Marilyn Weisbart for Sharon Fitch, President

As I write this message I am sitting in my family room looking out onto my back yard. We have been so fortunate this winter and as a result everything bloomed and looked so beautiful so early this spring. We are truly blessed to be living in "paradise".

We have also been blessed to have Sharon Fitch at our helm for the past several years. We all wondered how she would come up to the standards set by previous presidents. Boy, did she show us! Even though she is so totally involved with other organizations, she has managed to maintain Victoria as a major hub for CHW. We continue to have many interesting evenings throughout the year; we continue to have a full page in the Oran Magazine; we continue to raise funds for Israel.

BUT, Sharon has indicated that she will be stepping down in August. We won't be losing her, but she will no longer be providing us with her leadership. So, we all need to step up to the plate. I know, we have all been there, done that and we really want to just sit back and enjoy ourselves and let someone else do the work. However if that is what we really want to do, we will lose the vibrant CHW Victoria chapter as we know it. Now, it is true that we have a great board and collectively we will continue to work to maintain but we do need more help.

Can you give us some of your time? I won't sugar coat it. I'm not talking an hour or two. We need you to perhaps sit on the board, help us plan, perhaps pick up some of the slack Sharon's leaving will cause. Sharon has put together a "job description". Maybe you could just do one thing on the list (you will be shocked when you see how long it is).

We all have varying life experiences. You would be surprised at what you can do. Please help keep us on the CHW map. We don't want to revert to just a fund raising organization once a year.

Marilyn Weisbart

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 and then go to ecards. You can contact Josie Davidson: 250-383-6478 (home) 250-889-7133 (cell), nehamashira@gmail.com or Lisa DeGall: 250-642-7238 or 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 Susan Kendal and Lindy Shortt A Very Happy Birthday!

Sincere condolences to Daryl Levine and her family on the passing of her mother, Rose Milner, in Edmonton

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 3 Shiva Meals. Thank you to The Brechner family, Josie Davidson, Sharon Fitch, Susan Halpert, Orli Kalfon, Esther Laredo, Eleanor Mintz, Laurel Nashon, Jill Swartz and Marilyn Weisbart who donated to this fund in April and May 2015. These past 2 months we have sent a meal to Annette Rose and her family, as well as to Daryl and David Levine.

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 Robah Thank You!

Israeli Inventions

Like-A-Fish unique air supply systems extract air from water, freeing leisure and professional scuba divers, as well as submarines and underwater habitats, from air tanks.

A Peek in Our Members' Kitchens—Thank you to Jan Wilson for sharing this recipe with us

Vegetable Pie:



Crust:

- 1/2 cup whole wheat flour
- ½ teaspoon salt (or less)
- 1/2 teaspoon baking powder
- 1/4 cup butter or shortening
- 1/2 cup yogurt, buttermilk or sour half and half
- 1 egg

Filling:

- 2 cups finely chopped broccoli
- 1/3 cup diced onion
- 1 cup grated cheese
- 2 med. tomatoes, sliced
- 1/3 cup mayonnaise
- 1 teaspoon basil

Combine crust ingredients in a medium bowl. Stir until blended. Batter will be lumpy. Pour into a greased and floured 9 or 10" pie pan. Spread batter thinly to within ¼ inch of the rim.

Layer filling over crust in order given. Bake at 425 degrees F. for 10 minutes and then at 350 degrees F. approximately ½ hour.

A tribute to Claire Shaffer



On Sunday, May 10, I attended the unveiling for the late Claire Shaffer, Life member of CHW. Claire was a staunch supporter of Israel and CHW. She was active for many years in our Victoria chapter, and a long time leader. Claire worked tirelessly for years to raise money for CHW and Israel. Claire's family all agreed that CHW was a major part of Claire's life.

I was greatly moved to see that her family chose to put the CHW symbol on Claire's headstone. Claire did indeed make a difference.

Sharon Fitch, President

A note from Ana Porzeczanski

Let everybody know that we think of all of you often, and that we miss you very much! We had actually spent more than 40 years (almost ½ a century) in BC, and 27 of those years in Victoria, and it isn't until after you leave that you realize how much you leave behind, things and friends that one tends to take for granted because they were always there, and one doesn't think about that during everyday life.

Love to you all,

IDF hospital in Kathmandu closed in official ceremony –Times of Israel By [Judah Ari Gross](#) and [Jonathan Beck](#) May 10, 2015,

1,427 patients treated since quake, including 90 life-saving surgeries; engineers, mental health experts remain in Nepal

In a joint ceremony with their Nepali counterparts, the Israeli army officially closed its field hospital in Kathmandu on Sunday. As of the weekend, IDF medical personnel had treated 1,427 victims of the devastating earthquake that hit the mountainous Asian nation last month, including 90 life-saving surgeries, six caesarean sections and two natural births.



“Let me express our sincere gratitude to the government of Israel and to the people of Israel for helping us in times of very critical hours for Nepal,” the country’s urban development minister, Narayan Khadka, said at the ceremony.

IDF engineers continue to collaborate with local authorities and have evaluated the stability of 295 public structures damaged in the earthquake, and IDF mental health officers continue to hold seminars for local education staff intended to help the population in their transition following the disaster.

The field hospital established in Kathmandu, the Nepalese capital, was the largest hospital ever erected by the IDF.

Among the doctors and advisers were five medical clowns sent from Israel.

“It’s to play with the kids, it’s to give them joy and to break the atmosphere of fear and stress,” said “Dush,” one of the clowns, late last week.

World's tiniest Bible now on view—Israel 21c, By [Abigail Klein Leichman](#) April 29, 2015

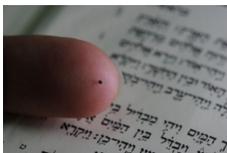
The Nano Bible exhibition at Jerusalem’s Shrine of the Book ‘is a fascinating confluence ... where the Land of the Bible meets the Start-Up Nation.’ *And Then There Was Nano: The Smallest Bible in the World*, opened last week at the Shrine of the Book, the architecturally iconic home of the Dead Sea Scrolls on the campus of The Israel Museum in Jerusalem.

The exhibition, launched in honor of the [museum’s 50th anniversary](#), allows the public its first look at the world’s smallest version of the Hebrew Bible, created at the Technion-Israel Institute of Technology. The Nano Bible serves as a contemporary complement to the Dead Sea Scrolls, the oldest biblical manuscripts in the world.

Also opened last week is *The Architecture of the Shrine of the Book*, devoted to the unique history and design of the expressionist-style building, designed by Frederic Kiesler and Armand Bartos.

Developed by the Russell Berrie Nanotechnology Institute at the Technion in Haifa, *And Then There Was Nano* showcases the process of making the world’s smallest Hebrew Bible, etched onto a gold-plated silicon microchip no larger than a grain of salt. The text can be read only with the help of a powerful microscope.

The entire text of the Hebrew Bible is etched onto a microchip.



The first of two copies of the Nano Bible, made by Prof. Uri Sivan and Dr. Ohad Zohar at the Technion, was presented to Pope Benedict XVI during his visit to Israel in 2009.

“The Nano Bible exhibition is a fascinating confluence of history, culture, and cutting-edge science — where the Land of the Bible meets the Start-Up Nation,” said Technion President Prof. Peretz Lavie.

"Wise words from Golda Meir"

"Trust yourself. Create the kind of self that you will be happy to live with all your life. Make the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement."

Upcoming Events for 2015

July 19, 2015—CHW Victoria Family Picnic, at the farm of Jill Swartz, 6105 Castlerock Road, Saanich BC from 12:00 hours to 15:00 hours. **Please note change of time.**

October 1, 2015—A Members' tea in Sharon Fitch's Succah. Details to follow.

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.

Annual Campaign

Thank you to those who have donated to the Annual Campaign. To date CHW Victoria has raised \$3354.00 with 24 contributors! If you have not already done so, this is a reminder. Every dollar counts!

Board Members for 2014/2015

President:

Sharon Fitch 381-1166

Vice President:

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

Members-At-Large:

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