



VICTORIA

March 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

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CHW Victoria Board Message —by Marilyn Weisbart, Vice President, National Liaison

Dear Friends:

I am writing this as just one member of your extremely active Board. You are all very fortunate in that they are doing a massive amount of work in order to keep CHW Victoria as active as possible.

We have planned several outings and events over this past year. It takes a lot of work. Even if you feel that you really can't help in the planning of events, it would make life much easier if you would read your wonderful Newsletter, mark your calendar, and RSVP as soon as you can, so that we can move forward without the constant unknown.

We have a wonderful party coming up (you can read about it in this Newsletter) and because of the restriction on numbers, we really need you to respond in a timely manner.

Please help us maintain CHW Victoria as a vibrant, active group.



CHW Victoria invites you to: A Purim Social Afternoon

For our paid up members only

Sunday March 20th

From 2 until 4 pm

At the home of Octav Brandon

520 Marsett Place, Townhouse 35, Saanich

Parking available but please carpool if you can

Please bring slippers for indoors

Bring cold finger foods; costumes optional

Surprise games, reading and music for your entertainment

Donation:
For CHW Projects

*For further information and RSVP please contact Esther Laredo by March 7, 2016
At Cell (250) 888-9218 or estherlaredo@shaw.ca*

Reservation is first come first served

Limited to 25 maximum because of space



Unique art class brings color to lives of the visually impaired By Abigail Klein Leichman, Israel 21C

"I learned that life is not beautiful without colors ... it's not a full life in just black and white," says Lila Adoi, 23, one of nine visually impaired Israelis who chose to participate in a unique painting workshop at the Haifa-area branch of Migdal Or (Lighthouse), a multi-service center for functional and vocational rehabilitation of people with vision challenges.



Though art isn't ordinarily considered functional or vocational, Migdal Or social worker Mirit Yakobi explains to ISRAEL21c: "If we want to help our clients to believe they can do almost anything and be productive citizens, we must let them try something they didn't think possible, like painting."

"Most of the people who come for training at Migdal Or have always been told that they cannot do this or that. Painting seems like a strange activity for them, but once they try it they realize that if they can paint despite vision problems, perhaps they can succeed in something else they are afraid to try." The new painting workshop launched in August 2015 is taught by volunteer Shlomi Schwarzberg, an artist in residence at Israel's Ein Hod artists' colony, where the students will exhibit their work when the workshop ends in January. "I have no practical education on teaching blind people, so I do it in my own intuitive way," Schwarzberg tells ISRAEL21c. "I gave them photos of paintings of other artists, such as Van Gogh, because they cannot paint from their own imagination and need something to copy from." Most of the participants have limited vision. "One is completely blind and I let her do her own thing," says Schwarzberg.

"Another can see only in black and white, and not well, so she asks me to give her the right colors. I don't give many instructions because I want them to feel free and not expect too much from themselves. I sometimes give individual guidance like adding more water or oil, or a little about technique, but I never touch the paper itself."

Schwarzberg started out his students with oil pastels and gradually moved on to acrylic paint on thick artist paper. "We framed 30 paintings for an exhibition at the center in December for volunteer appreciation night, and my students were very emotional about it. The results are quite a surprise to me; I didn't expect such good results from adults with no previous art education." Wallaa Mahamid, 19, tells ISRAEL21c she chose the painting elective "because I like to paint but can't do it on my own. I am color blind and can't see at a distance, but it didn't stop me from painting. I got help from friends or volunteers who passed on the different paints whenever I asked them." As Yakobi had hoped, the weekly one-hour course gave Mahamid greater self-confidence and mastery over his fears. "It taught me not to take things personally and to get assistance from others in order to succeed in what I do. I learned at the workshop that it is possible to succeed in fields I never thought I could enter, and that my situation doesn't prevent me from getting ahead in life," says Mahamid. Founded in 1954, Migdal Or has been operating since 2011 under the auspices of Northern Goals, an association established by the Rashi Foundation. It also has branches in Tel Aviv and Jerusalem.

Each client is assessed to determine abilities, needs and wishes before starting an individualized program of training in practical subjects such as computer skills, technology, English and Hebrew (for Arab and immigrant clients, as well as native Israelis needing a higher level of Hebrew to enter college). A model apartment lets them practice housekeeping tasks, and they receive guidance on using public transportation and navigating public places. They learn how to use mobile apps developed to assist visually impaired people, supported by a call center staffed by peers. "The main goal in assessment and training is to make sure they can get a job," says Yakobi. "If they need academics we prepare them for this too. We want to close the gap between potential and abilities. We encourage them to do things they never did before and that nobody ever asked them to do. We give them all this in the belief that they can then deal with the real world."

She stresses that Migdal Or's optional workshops – painting, baking and dance – are uniquely considered part of the vocational rehab process and not simply leisure activities. Yakobi spoke of one blind young woman whose parents were always afraid to let her do anything herself. The woman chose the painting workshop as an elective but on the first day was hesitant to enter the classroom. "I persuaded her to come inside and Shlomi took her hand and drew a square with her, and from then on she was eager to come," says Yakobi. "I can see that she has more self-confidence to try new things although she has a long way to go."

Schwarzberg says that another of his students, Ismail, "started by doing things in a very accurate way, one line touching another, one color at a time. Slowly I tried to get him to be freer with his work and he is now mixing colors; he even made sort of a comic strip. We have a lot of laughs during the workshop." Three of the participants continued coming to the workshop even after finishing their training at Migdal Or. "The most important thing about the workshop is that it allowed me to see colors, to tell them apart," says Adoi. "I can't imagine my life without colors."

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

We wish A Very Happy Birthday to Sharon Shalinsky!

Mazal Tov to Suzie Deston on her Special Birthday!

Refuah shlema (get well) to Annette Rose who fell and cracked her hip!

Bel Ofri Farm, Golan Heights—An Off-The-Beaten-Path Place to visit in Israel

In the village of Kidmat Zvi, Tami and Babi Kabalo established an eco-farm that has become a refuge for unadoptable, injured, abandoned animals including lambs, goats, peacocks, pigeons, rabbits, marmots, guinea pigs and tortoises. After you've petted the animals and heard their stories, take a tour of Bel Ofri's boutique winery, reconstructed ancient olive press pulled by a mule, organic vegetable patch, working water well and cheese-making enterprise. Tami Kabalo offers craft workshops in arts such as stained glass, jewelry and clay sculpture.



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



Curried Chicken

4 chicken breasts

2-1/2 cups water

2 tsp salt

3/4 cups rice

1/2 cup chopped onion

1/2 cup chopped green or red pepper

1/4 cup margarine

1/3 cup raisins

2-3 tsp curry powder (to taste)

1/2 cup sliced almonds

2 tbs margarine

Bring water to boil. Add one tsp salt to water. Add chicken and simmer for 10-15 minutes. Remove chicken. Add rice and one tsp salt to broth remaining in pot and continue cooking for 10 minutes on low heat. Remove chicken from bone if not using boneless and cube. Brown in frying pan with 1/4 cup margarine until golden. Add onions and green or red pepper. Sauté until tender. Combine the chicken mixture, curry and raisins with the rice. Pour into 1-12 quart casserole. Cover and bake at 350 for 40 - 50 minutes. Sauté sliced almonds in remaining margarine. Add to casserole during last 15 minutes of cooking.

Members' Corner Letter from Ana Porzecanski Jan 20, 2016

I feel very close to all my Victoria friends, even if I don't write. I really think about you all a lot, many times every week. I think that will always be the way, as I realize now that I made many close friends in our 27 years in Victoria, and close friends are forever. I hope you all can feel that you can contact us any time, and write to us any time, and if we can help any of you in any way, all you have to do is ask!

I think part of the reason we haven't made too much contact with the Jewish Community in London, Ontario is because we still feel like we are part of Victoria, and that all our friends are there, and we are not actually living in London, but we are just here on holidays, and returning soon.

Of course, and this being the reason we moved, we delight in living near our son Ari and his family, and my sister, in London, and our daughters and their families in the USA.

Can you believe that London was the last city to have Hadassah bazaars, and this past November they had their last one ever? Talk about timing!

I am delighted to have met with some old medical school classmates of mine. London, I suspect, will turn out to be a very small town! We keep meeting people that went away, and now have returned, and have a lot of family here, so everybody knows everybody!

All the best, from snow-covered London,

Cheers for now

Ana

rifkaporze@gmail.com R: 519-858-9006 Cell: 226-236-9485.

Famous Jewish Quote:

“Take the risk of thinking for yourself, much more happiness, truth, beauty, and wisdom will come to you that way.” —*Christopher Hitchens*

Upcoming Events for 2015/2016

Sunday March 20, 2016—A Purim Social Afternoon 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

April 2016--No program because of Pesach

Tuesday May 10, 2016—Mother’s Day Tea from 2 pm to 4 pm at the home of Josie Davidson, 2841 Graham Street, Victoria. Details TBA

June 8, 2016—Details TBA

Sunday August 9, 2016—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.

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:

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