



# VICTORIA

May 2015/5775

## 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](http://www.chw.ca)

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## An Important Message for CHW Victoria Members -- The Reflexive "NO"

Our chapter of Canadian Hadassah WIZO was founded in 1927.

Since then many dedicated women have volunteered their time to raise funds for healthcare, and women and children in need in Israel. That vital work continues to this day. Collectively we have made a difference to the lives of so many in Israel.

The challenge for us in Victoria, as well as in other small chapters across Canada, is leadership. Many women feel that they have volunteered in past years, and have done enough. "It's someone else's turn", they tell us. Young women who used to have the time to get involved are now working full time, and feel they already have enough to do without taking on more responsibilities.

So where does that leave your chapter? The simple answer is, with no beating around the bush, that if we have no one willing to step up into leadership roles, the chapter will no longer be able to function. Sharon Fitch has done a remarkable job as your President for the past five years, but she will be leaving her position in August.

The "reflexive no" occurs when a person is asked to do something that is beyond their perceived comfort level. It is an automatic response, and is a little like 'circling the wagons' for protection. As a past President, I know personally that whatever I gave, I received back many times over. I met so many wonderful women during my leadership years and have been enriched by their friendship. So please search your heart and think about whether you are willing to commit a little time each month to help support women and children in need in Israel. It is one of the greatest mitzvot you can perform.

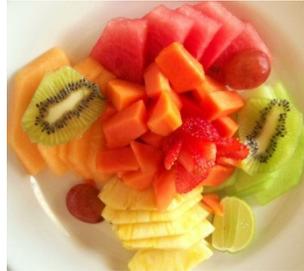
We would all be very sad to see CHW Victoria fade away.

Susan Kendal, Past President



# VICTORIA

We're in! Check out our link on the National Website: Go to [www.chw.ca](http://www.chw.ca) at bottom of page click on Victoria



**You are Invited to Join Us  
For a Fun filled Afternoon  
Of Board Games and Treats  
At the Party Room  
Of Celia Negin's Condo**

**Sunday May 17, 2015 at 2:00 pm  
225 Belleville, Victoria BC  
Spouses, Partners and Friends are invited**

Please RSVP to Celia Negin by May 10, 2015 at 995-1414 or [morcel@shaw.ca](mailto:morcel@shaw.ca)

If you can bring a dessert or fruit to share that would be appreciated

Please bring a board game of your choice, so there will be enough games for all to play; for example scrabble & Rummy Q

# CHW Victoria invites you to: A Summer Picnic

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



**Sunday July  
19<sup>th</sup> 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](mailto:shfitch@telus.net)*

## New Oral Treatment for Gaucher Disease *By [Randi O'Connor](#) February/March 2015, Hadassah Magazine*

Melanie Brill has undergone intravenous infusions for Gaucher disease for over a decade, but in the last three months things have changed. Brill now takes the first FDA-approved oral treatment, Cerdelga, manufactured by Genzyme.

Gaucher is the most common Jewish genetic disease. An estimated 1 in 450 Ashkenazic Jews have it, and 1 in 10 are carriers. Patients lack the enzyme for lipid breakdown. Without it, engorged cells cluster in the spleen, liver and bone marrow, causing organ enlargement, anemia, excessive bleeding and bone disease. Cerdelga inhibits lipid clusters.

Before Cerdelga's approval last August, the standard treatment was enzyme replacement administered by medical professionals. Most patients need one to two hours of intravenous infusions every two weeks, says Brill's physician, Dr. Neal J. Weinreb, a hematologist in Coral Springs, Florida.

"When I found out they were coming out with a pill form, I said, 'sign me up,'" Brill recalls. "I wouldn't ever want to go back to taking infusions.... I have a young son, I'm an attorney and I have things to do."

### A Peek In Our Members' Kitchens

*shared by Eleanor Mintz*



#### Zucchini Quiche

3 cups (2 medium zucchini)

1 cup bisquick (jiffy baking mix)

1 onion chopped

½ cup grated parmesan cheese

1 tbsp. fresh parsley (minced) or parsley flakes

Peel and grate the zucchini and squeeze to drain the moisture. Mix all the ingredients in a food processor except for the zucchini. Fold the zucchini into the egg mixture. Pour into a buttered 10 inch pie plate or quiche pan. Bake in a 350 degrees

½ tsp. dried oregano (ground)

½ tsp. garlic powder

½ tsp. pepper

½ cup vegetable oil

4 eggs (slightly beaten)

Fahrenheit oven until filling is browned and knife inserted comes out clean, about 40 minutes. You may add grated cheddar cheese and garnish with a little extra fresh oregano.

### Israeli Invention

TACount real-time microbiology enables the detection and counting of harmful microorganisms in a matter of minutes, rather than the conventional method of cell culture that takes several hours to a few days. The technology applies to the fields of drinking and waste water, pharmaceuticals and food and beverage production.

## Good and Welfare

Here's wishing A Very Happy Birthday to Susan Halpert, Daryl Levine, Bev Merson, Fiona Prince and Marilyn Weisbart!

We wish Dorothy and David Torontow A Very Happy Wedding Anniversary!

Mazel Tov to Helene Kadziora on becoming a Life Member!

Mazel Tov to Talia Barger on her participation with the Young Leadership Board!

Sincere condolences to Uri and Daphne Margolin on the passing of Tamar. May they know no more sorrow.

Sincere condolences to Annette Rose and family, on the passing of Ray Rose. May your family know no more sorrow.

## 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](http://www.chw.ca) and then go to ecards. You can contact Josie Davidson: 250-383-6478 (home) 250-889-7133 (cell), [nehamashira@gmail.com](mailto:nehamashira@gmail.com) or Lisa DeGall: 250-642-7238 or [ldegall@aol.com](mailto: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.

## Mediterranean monk seal returns to Israel – – Israel 21c by [Viva Sarah Press](#) April 20, 2015,

Israeli conservationists are excited by the third recorded sighting of a critically endangered Mediterranean monk seal off the coast of Rosh HaNikra. The extremely rare seal, an unusual sight in local waters, swam from Lebanon to Israel to hunt fish.



Israeli naval lookouts sighted the seal last week.

The Mediterranean monk seal is the world's second-rarest pinniped and one of the most endangered mammals in the world. According to the Society for the Protection of Nature in Israel, the Mediterranean monk seal was once abundant throughout the Mediterranean Sea, Black Sea and north Atlantic. Today, the seals can be found on the west coast of Africa and on the coasts of Greece and Turkey – albeit in few numbers. Israeli conservationists said this was the seal's third visit to local shores. The seal, which crossed the maritime border between Lebanon and Israel, has markings and scars that make it easy to identify. It was spotted near Herzliya in 2010 and again last summer off the coast of Rosh HaNikra.

## Famous Jewish Proverb

Do not make yourself so big, you are not so small.

### Upcoming Events for 2015

May 17, 2015—A fun games and Tea afternoon in the party room of Celia Negin's Condo, 225 Belleville, Victoria BC. at 2:00 pm.

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.**

### 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 \$2,695.00! 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:

Zelda Dean 544-1322

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

Joyanne Plewes 360-1439

#### Advisor:

Susan Kendal (520) 339-6568

### Chairpersons

#### Publicity:

Frances Aknai 360-0356

#### Cards:

Josie Davidson 383-6478

Lisa De Gall 642-7238

#### Telephone:

Sherry Sheffman 598-7683