



VICTORIA



**Members and Spouses are invited
To the CHW Victoria Chanukah Party**

**On Tuesday December 27, 2016
From 6 pm to 9 pm**

At the home of Marilyn Weisbart

799 Worthington Place, Victoria

**Please bring a Vegetarian or Dairy Appetizer, Salad, or Dessert
enough for 10 people or a \$10 contribution**

There will be a 3 item Raffle (1 ticket for \$2 or 3 for \$5)

Please reply by December 20, 2016 to Celia Negin at morcel@shaw.ca or (250) 995-1414

and tell her what you are bringing





VICTORIA

November 2016/5777

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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

Message from your Board by Sharon Fitch, Past-President



Since the establishment of Hadassah's first hospital on Jerusalem's Street of the Prophets in 1918, the Hadassah University Medical Center has expanded to include two University hospitals in Jerusalem – located on Mt. Scopus and in Ein Karem. Its two hospitals have 1,000 beds, 31 operating theaters, nine specially oriented intensive care units and five schools of allied medical professions, owned and operated in collaboration with the Hebrew University.

Hadassah's extensive network of satellite services provides community health care programs, specialized outpatient clinics and services in several city neighborhoods and nearby towns, as well as consultation clinics in the center of Jerusalem and in Tel Aviv.

Hadassah hospital works diligently to build bridges to peace while providing excellent healthcare for everyone. For patients at Hadassah, excellent healthcare has become status quo: from the state-of-the-art lower-level operating rooms, to cutting-edge medical technology, to world-renowned doctors and nurses, Hadassah Hospital has become the gold standard for caring for people of all walks of life, including those affected by terrorism.

When you give to Canadian Hadassah-WIZO's appeal in support of Hadassah Hospital, you're funding life-changing services that help thousands of children, women, and families when they need help the most.

Hadassah treats everyone, no matter their race, religion or creed. We are proud to be associated with an institution of the caliber of Hadassah Hospital. We ask you to give generously.

Reminder to Annual Members

We want to remind our Annual Members that our fiscal year runs from July 1, 2016 to June 30, 2017. People who have not paid their dues since September 2015 are no longer members of CHW. Please pay your annual dues so that you can be a full fledged member of CHW. If you have not already done so you can mail your cheque to Esther Laredo, at 4767 Elliot Place, Victoria BC, V8Y 3E4. Please indicate on your cheque that it is a membership fee.

Thank You, Todah Robah

CHW Victoria Board

Shiva Meal Fund

The CHW Shiva Meal Fund was established by the CHW Victoria Board to support our local CHW membership and immediate family members when sitting Shiva in Victoria. This fund was approved by National. The Shiva Meal Fund is small, being totally dependent on donations, but through the generosity of the CHW Victoria Community, we gratefully receive monetary donations (not receipted) so that we can arrange catering locally for a family to receive a meal. The average cost of a Shiva meal is \$35 per person, so it will have to be topped up at times. **If you are able to and have not already done so, please know that your donation will help to provide a family with much comfort during a difficult time.**

Thank you to Lynne Rauch who donated in October.

With funds we have collected thus far, we have now provided Shiva Meals to **11** families.

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



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 our chapter card contact person as well as our National card 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 offer attractive certificates and they are a wonderful way to honour a special occasion or person. 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

Here's wishing a Very Happy Birthday to Frances Aknai, Raisa Balagur, Josie Davidson and Esther Laredo!

Happy 45th anniversary to Sharon & Ed Fitch and to Edie and Bill Southward October, 2016!

Best wishes to Ruth Canvasser as she moves back to Las Vegas!

Best wishes to Susan Kendal for a speedy recovery!

Sincere condolences to the Honickman-Fuller family, on the passing of Judy Honickman Fuller. May her memory be for a blessing.

Sincere condolences to the Brechner family, on the passing of RaeAnn's father, Bernard Witkin. May his memory be for a blessing.

Members' Corner: Trip to France by Josie Davidson

This past summer I had the opportunity to travel to France with a contingent of 30-35 amazing women to participate in an international 8-day choral festival known as "Choralies". This festival is held every 3 years in an ancient tiny village called Vaison la Romaine ('Roman Village'), and is an auditory smorgasbord of ateliers, concerts, flash-mob performances (random and planned), and a chance to weave our lives with people the world over through the connecting threads of music. Choirs wishing to participate must be auditioned prior to their acceptance into the festival. Our group, Ensemble Laude (EL)- an all-female acappella choir, was the only Canadian choir represented among groups from places as diverse as South Africa, Madrid, Finland, and Slovenia (to name just a few). The genres of music were equally as colourful in their tonalities, rhythms, themes, and cultural/global backdrops. Not only did EL participate in Choralies, but the choir gave concerts in Nice, Aix en Provençe, and Sablet. The Nice concert, falling fairly freshly on the heels of the mid-July terrorist attack, was dedicated to its over 85 victims (including women and children). One of our choristers, a trained clinical counsellor, had collected over 40 beach rocks (from Canadian waters) and had découpaged the word "peace" (in a different language for each rock). After the concert, we dispersed into the audience and chose members at random- pressing stones into eagerly awaiting hands. No other words were necessary- the universal language of love resonated in the hearts of women (and men) otherwise separated by continents and oceans. However, for those choir members more fluent in French, stories were also shared. So in some small way, we were able to bring the mitzvah of comfort through music that evening.

During our travels from Paris to Nice, Vaison-la-Romaine to Corsica, and back to Paris I was repeatedly struck by the ever present sense of history- both ancient and modern- living and breathing through the cobblestones, ancient olive

groves, and the hills that were witness to generations of battle . High school social studies just didn't prepare me for what I was going to FEEL as I walked along the many streets, encountering memorials to men and women of the resistance movement (WWII), "Yitzhak Rabin Square", the ever present architectural monuments of the late middle-ages, and the almost palpable growing sense of fear that seemed to emanate from the recent graffiti littering the Place de Republique. The one thing that seemed to impress me the most was that the French were hungry for connection and the comfort of knowing that 'outsiders' were interested in their stories. Despite the language barrier, thanks to Orli Kalfon- my impeccable high school French teacher- I was able to pick up on some of the conversations- albeit in a haltingly painful fashion!

Our last night in Paris was spent in a small hotel located in a predominantly Muslim part of the city. At first I was a bit alarmed at not knowing more beforehand about the hotel that Expedia had dropped us into, but decided instead to channel our decidedly Canadian multicultural spirit of politeness and adventure. Our concierge was most anxious to please, and when we went across the street to eat at the Middle Eastern-style take-out, that proprietor was overjoyed that we chose to remain and eat inside. He scurried about setting the table, bringing water, and then treated us to some of the best falafel I have ever had (almost as good as Uri Levi's...). It hit me then that here was another human being just doing his best to make a living in a society that was becoming increasingly hostile toward members of his ethnic community. Just as many Germans were not Nazis, not all Muslims were poised to wage bloody warfare against those outside of their faith. Although I can't say that I felt completely safe, given the bomb scare at the airport in Corsica, and another in Nice whilst we were there, I was able to step back and gain some perspective after our experience in that restaurant and hotel. And isn't that what we are called upon to do? Suspend our judgements? It's all about doing justly, loving mercy, and walking humbly with G-d and alongside all those "others" who are also created in the image of the Divine.

Greetings from Ana Porzecanski, London Ontario

To my CHW Victoria friends: I have received many emails, and I have been unable to sit down and do them justice. I aim to answer all of them. I have not forgotten you, and I miss you all more than I can say. Our life is full, very busy, and filled with joy as we spend as much time as possible with our children and grandchildren.

Fondest greetings and best wishes,

Ana

Peek in our Members' Kitchens



Jewish Buttercake –Thank you to Jan Wilson for sharing this recipe with us

“I received it from a lovely Dutch lady who served it with a very fine cup of coffee!”

2 cups flour - 1 cup butter - 1 cup caster or berry sugar - 1 small egg beaten-salt(I omit)-3 oz of more chopped candied ginger.

Knead all the ingredients into a smooth paste including half of the beaten egg.
 Butter a pie pan -1" deep and 8" diameter.
 Press the dough into it.
 Brush the rest of the egg on top.
 Decorate (score) the top in squares.
 Bake for 30 minutes approx. in a moderate 350 degree oven until golden brown.
 While still hot, press the middle of the cake down gently with the back of a spoon.
 Cool and cut into squares.
 This cake should be soft inside (but done) and hard on the outside.

If you have a convection oven it may cook and brown a little more quickly.

The ginger really makes it - I usually add a little more than the 3 oz.

Russian Children Travel to Hadassah to be Treated For a Rare Disease

Hnews, Wednesday, Oct 5, 2016 Dr. Polina Stepensky saves Russian children



Children from the Northern Russian Republic of Chuvash, with the rare and fatal genetic disease called “marble bone disease” or osteopetrosis, are coming to Israel to be healed in the Hadassah Medical Center’s Pediatric Hematology Department.

Svetlana Izoosimova’s grandson, Kirill was dying. The toddler had been diagnosed with osteopetrosis in 2012. She was told that he would lose his eyesight and hearing and his head would become misshapen. The doctors in Russia could not offer any treatment and told Svetlana that the disease would cause a “terrible death.”

Svetlana, a cleaning lady from Cheboksary, a city of 400,000 people in the Volga Upland in the far reaches of Northern Russia, was not willing to give up. She loved her grandson too much. She went on-line, and found that Hadassah was treating osteopetrosis in Arab children from Hebron. She wrote to Dr. Polina Stepensky at the Hadassah Medical Center’s Pediatric Hematology Department in Russian and was very surprised to receive a letter back immediately in Russian. It turned out that Dr. Stepensky had immigrated to Israel from the former Soviet Union and the language was no problem!

Svetlana raised the money to take Kirill to Hadassah. They would have to stay for a year. Kirill was already blind, but a bone marrow transplant might return his head to a normal shape and save his life. Kirill was treated by Dr. Stepensky, and he was doing very well after a bone marrow transplant.

The news spread back home. It turns out that one of every 4,000 newborns in Russia has the genetic mutation that causes osteopetrosis. Other families wanted to take their children to Hadassah to be treated before it was too late. Fundraising on a local TV station raised enough money to send children to Hadassah for treatment.

To date, Hadassah has treated another 14 Russian children, saving their sight and hearing and offering them the opportunity to grow up and live normal lives. This is a story that ends well. Now five years old, Kirill recently returned to Hadassah for his two- year checkup and has a wonderful prognosis. Svetlana and the whole family are thrilled.

Tea In A Sukkah—by Eleanor Mintz



Thursday October 20, 2016 a partly rainy, partly sunny, typical Victoria fall afternoon, we all had the pleasure of attending a lovely tea in Sharon and Ed Fitch's Sukkah. While we were driving to her home, I was wondering if we would have to move inside because of the somewhat inclement weather. But sure enough we were all seated very comfortably in a large Sukkah on their upper deck.

There were 15 of us in attendance, and we were treated to a large array of fruit, delicious desserts and coffee.

Those who wished to, said the prayer and waved the Lulav and Etrog.

Not only did we feel the enjoyment of the holiday, but we also felt the warmth of chatting with old friends in such an amicable setting.

Thank you Sharon for your kind hospitality! We want to thank Esther and Celia for helping and thanks to everyone for coming and making this event such a success!

Did You Know?

For many years, conservationists believed Israel's Hula painted frog was extinct after its swampy habitat was drained in the 1950s. Now, the frog has been found alive and jumping in the Hula valley after massive conservation efforts.

No More Jet Lag! Israeli Researchers Beat Jet Lag By Reducing Plane's Oxygen Levels

By Einat Paz-Frankel, NoCamels October 25, 2016

Whenever you travel by plane across several time zones, you're bound to experience jet lag. But this annoyance, which can keep you up for several nights after you land and disrupts your daily routine, could now be eradicated.

Israeli researchers have found that reducing oxygen levels on the plane can ease the effects of jet lag, and this finding could help airlines moderate cabin air pressure.

The study, recently published in the scientific journal Cell Metabolism, has found that changes in surrounding oxygen levels can reset the circadian clocks of mice. It shows that changing the concentration of oxygen in cells by just 3 percent, twice a day, will reset mouse cells' circadian clocks. This internal clock makes it possible for organisms to coordinate their biology and behavior with daily environmental changes in the day-night cycle.

Just like humans, mice are prone to jet lag after a sudden shift in daylight hours. During Asher's experiment, mice were left to eat, sleep and run on their wheels in oxygen-controlled environments. Altering oxygen levels during their normal sleep-wake cycle did not change their circadian rhythms, but once mice experienced a six-hour jump ahead in daylight hours, varying oxygen levels helped them to faster adapt their eating, sleeping and running habits to the new time.

Famous Jewish Quote:

“One cannot and must not try to erase the past merely because it does not fit the present.” — Golda Meir

Upcoming Events for 2016-2017

November 5 and 6, 2016, Vancouver' --
'National Gala to honour National President
Claudia Goldman and Annual General
Meeting,

December 27, 2016 –6 pm to 9 pm—
Chanukah Party at the home of Marilyn
Weisbart. See above for details

January 17, 2017—Dinner at Glo restaurant,
140-2940 Jutland Road. Details TBA

February, 2017—Betsi Boeno to speak on
the Jewish community in Turkey. Details
TBA

Sunday March 26, 2017, 2 pm—Program on
Israel-Presentation by Sharon Fitch. 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 2016/2017

Past President:

Sharon Fitch 381-1166

Programming Coordinator:

Josie Davidson 383-6478

Membership:

Celia Negin 995-1414

Treasurer/Programming Assistant:

Esther Laredo 658-6550

Secretary:

Damaris Notte 656-0752

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Marilyn Weisbart 479-4040

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