



CHW Children
Healthcare
Women

VICTORIA



"Observe the Festival of Sukkot in 3 ways: eat in a sukkah, shake the lulav & etrog, experience the joy of the Festival."

You are invited

To Tea in a Sukkah

At the home of Sharon Fitch

1147 Chapman Street, Victoria BC

On Thursday October 20, 2016

From 2 pm to 4 pm

This event is for members only

Suggested donation \$10

Please RSVP to Celia Negin at 995-1414 or morcel@shaw.ca by October 13, 2016





VICTORIA

October 2016/5777

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

- Sukkot Tea 1
- About CHW 2
- Message from your Board2/3
- Reminder to Annual Members 3
- Shiva Meal Fund..... 3
- CHW Cards/Certificates..... 4
- Good and Welfare..... 4
- Thank You 4
- Members' Corner 5
- Off the beaten track..... 5
- Nomi Kaston's presentation 6
- Paralympic Dancer6/7
- Rosh Hashana Muffins 7
- Did You Know?..... 7
- Famous Quote..... 8
- Important 8
- Toiletries..... 8
- Board Members 8

CHW Victoria Message Board

Go the Distance You Can--By Carol Ascher Hadassah Magazine, August/September 2015



A king quarrels with his son, according to a Hasidic parable, and in a fit of rage exiles him from the kingdom.

After a number of years, the king's heart softens and he sends his ministers to find his son and ask him to come home. But the young man resists the invitation: He feels too bitter and hurt to return. When the ministers present the sad news to the king, he sends them out again with a new message for his son: "Return as far as you can, and I will come the rest of the way to meet you."

For me, the parable promises that, once we have reached out as far as we can, God will be there to meet us. But it also suggests that, whether the relationship is between an individual and God or two individuals, the process of forgiveness involves both the one who was angered and the one who gave offense. What happens, then, when only one side is left to both forgive and be forgiven?

I deeply loved my father, a charming, melancholy Viennese man who fled Nazi Austria in 1938 but had neither reconciled to being stripped of his homeland nor accepted his adopted country. Struggling to find my own American way amid my father's demanding European standards, disappointment and bouts of rage, I escaped by marrying early.

My husband and I, both hopeful young writers, used our wedding money to hone our craft during a carefree year of foreign travel. But I was severely ill when we returned from Morocco—and without health insurance. When my husband emptied our account to pay the hospital bill and prematurely checked me out, my father furiously declared that he wanted nothing more to do with me. Six months later, having kept his vow, he was slain by a heart attack.

For years, my father's banishment—now stretching into infinity—buried me in secret shame, as if his eternal silence was proof of deep flaws in my character. When I spoke about him, I could hear the hurt inside me.

Therapy slowly enabled me to pare down my crime to youthful negligence. Wanting adventure on a shoestring, I had sacrificed conventional protections. While his banishment no longer seemed earned or just, I still couldn't quite forgive myself.

In my fifties, wanting more peaceable feelings toward my long-dead father, I spent several substantial stays in Vienna. There I glimpsed the rich authoritarian culture that had both nourished him and cruelly mocked his love of homeland with its ruthless assault on Jews. The trauma of his forced flight and the ongoing alienation of his exile became palpable for me. Though I still resented his rages, my turmoil had been eased.

A few years ago, I was inspired to write a novel about the slow reconciliation between an old European refugee and his estranged adult daughter. Though the characters weren't exactly like either my father or me, in writing the novel I discovered moments of great love between father and daughter and was able to give myself the forgiveness I had yearned for.

These days, thoughts of my father come to me sad, sweet and sometimes with humor. But what a long and lonely journey it has been. So much pain could have been prevented had my father and I managed to talk before his sudden death.

Too many families are torn apart by children and parents, siblings or cousins who won't speak to each other. As Jews, we are blessed by the Days of Awe, which bring an urgency to settle misunderstandings with those we love—before they are no longer with us. In preparation for the upcoming High Holidays, may you travel as far as you can toward those you have hurt, or who have hurt you, and may your loved ones come forward to meet you.

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.

With funds we have collected thus far, we have now provided **10** 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



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 coordinator. 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!



Mintz at
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 eleanor.mintz@shaw.ca or (250) 479-2425 and she will be happy to help you.

Good and Welfare

We wish you and your family A Very Happy, Peaceful and Healthy New Year and well over the fast! Shanah Tovah!

We wish Linda Green, Damaris Notte and Ana Porzecanski A Very Happy Birthday!

Speedy recovery to Susan Kendal from her surgery!

Best wishes to Zelda & Bill Dean on their move from Central Saanich to near the JCC!

Mazal tov to Chen Dror on her engagement to David Gagnon. A spring wedding is planned!

Welcome to Victoria, as Eleanor & Ken Mintz settle in to their new home after their recent move!

All the best to Lindy and Stan Shortt as they settle in to their new home in Hillside area!

Best wishes for a speedy recovery to Orli Kalfon!

Sincere condolences to Jean Dragushan and family on the passing of Jean's mother-in-law, Geneva Chiswell. May her memory be for a blessing.

Sincere condolences to Sydney Kalef and family on the passing of Sydney's mother, Judy Pechet. May her memory be for a blessing.

Thank You

Thank you to the following members who have donated to Canadian Hadassah-WIZO in honour of Sharon Fitch:

Jocelyn Abrams, Lee Adler, Frances Aknai, Raisa Balagur, Rae Ann Brechner, Genya Briker, Ruth Cooperstock, Josie Davidson, Zelda Dean, Susie Deston, Corinne Hardin, Janis Diner-Brinley, Jean Dragushan, Susan Halpert, Barbara Holiff, Lise Jobin, Helene Kadziora, Sydney Kalef, Susan Kendal, Esther Laredo, Daryl Levine, Selma Linzer, Eleanor Mintz, Celia Negin, Damaris Notte, Ana Porzecanski, Fiona Prince, Sherry Sheffman, Lindy Shortt, Raya Sitwell, Edie Southward, Jill Swartz, Penny Tennenhouse, Adele Vernon, Marilyn Weisbart and Janet Wilson.

Members' Corner: Thank you to Daryl Levine for sharing her prayer with us.

The video below along with all the strife that is going on in the World today, prompted me to unburden myself by writing this prayer. This video and the message it conveys, warms my heart and brings tears to my eyes. This is the Israel nobody hears or talks about! <https://player.vimeo.com/video/154464174>

Humanity is One by Daryl Levine

Oh, Creator, we your children are tragically flawed.

You gifted us, in love, with our lives and with an internal freedom of choice.

You provided a space for us, a home, and the means from which to make a paradise on Earth.

What we do with that Life, that Freedom and that Home, is up to each of us.

We look at the world and see how many people do not realize or believe that we are all the same, in your eyes.

As our Creator, I believe you desire that we live in harmony and lend support to our fellow human beings.

Those who would initiate terror.....Stop..... make a life for yourself that doesn't involve hatred and violence. Turn your mind to peace and strive to build constructively, here on this planet, using the intelligence and abilities you were blessed with. Muster your energies to create, not destroy. Together, let's make a Paradise on Earth for all to thrive in without fear.

We may be diverse in our beliefs but let us cooperate with one common thought in mind..... that each of us has equal value. Let us live in peaceful co-existence.

I pray and say.....Mankind, on mass, awaken your humanity for all to see. Erase bigotry, hatred and war. Stand up for peace, love and goodwill. Let this be the norm, worldwide, and let us all be bathed in the warm, cleansing, wash of Love. Amen

Off the Beaten Track: The prehistoric caves on Mount Carmel

Cavemen? In Israel? Truly one of the most off-the-beaten-track adventures in the Holy Land is a visit to the prehistoric caves on Mount Carmel, 15 minutes south of Haifa.



There are three caves in the Nahal Me'arot ("Valley of the Caves") Nature Reserve, a national park where remains indicate that both Homo sapiens and Neanderthals lived here at one time, dating back almost 500,000 years.

You won't find bones lying around anymore — the archeologists long ago snapped these up — but the guidebook will tell you about the 14 human-looking skeletons found in the Skhul cave, the second of the three. There's a circular trail through the valley and up the ridge that takes about two hours. To get into the caves requires climbing up a fairly steep ladder.

Nomi Kaston's Presentation at the CHW Membership Tea - September 11, 2016 by Damaris Notte

"At the CHW membership tea on September 11th, our chapter was treated to an inspiring presentation by Nomi Kaston, a speech language pathologist who received her Master of Science degree in Canada from McGill University, but then used her talents for several years in Israel. Here in Victoria, Nomi works with people of all ages, using her talents in speech language pathology to enhance communication, social skills, and daily living that clients may be struggling with, but at our tea, Nomi shared with us her stories of her time spent in Netanya Israel, working with 'special needs' children. Something that is amazing about Nomi is that she arrived in Israel speaking English, but in a very short time she became fluent in Hebrew. I felt so impressed with this special lady who has an obvious love for people and an inner joy which is infectious.

Nomi started her presentation by playing the guitar and singing to us the way she would sing to the children. At times she pulled puppets from her bag to show us how she communicated with her young charges and exchanged ideas. One of the many insights that Nomi taught the children and encouraged us to think about for ourselves, was the concept of 'moving toward what was positive and moving away from the negative'.

There were approximately sixteen of us at the presentation and I think it is safe to say, all of us were truly inspired by Nomi's positive outlook to see and encourage the potential in others. As I looked about the room, and heard the positive responses and questions put to Nomi about her work and the children, I thought it was a shame that just a small number of our membership heard her powerful message. It's a message that reflects what CHW wants to achieve when we support projects in Israel to help women and children. We were sorry when Nomi's presentation came to an end. We would have loved to have had more time. Todah rabah Nomi for spending the afternoon with us!"

Paralympic Dancer Wows Opening Ceremony In Stunning Israeli-Designed 3D Printed Dress By Yonatan Sredni, NoCamels September 08, 2016

All eyes were on US snowboarder and dancer Amy Purdy at the Rio de Janeiro Paralympic Games opening ceremony last night – and not just for her amazing dancing skills on her prosthetic legs.



Purdy, who won second place on the 18th season of ABC's "Dancing With the Stars", danced a solo at the opening ceremony – with an industrial robot named KUKA.

However, that wasn't the only high-tech element of her performance. Purdy wore a 3-D-printed dress created by Israeli fashion designer [Danit Peleg](#). In a choreographed routine representing the complex relationship between humans and technology, the fact that her dress was printed using desktop printers added depth to her performance.

Inspired by Venus

Purdy battled with meningitis at the age of 19, as a result of which she lost both of her legs. Peleg saw Purdy's story as a rebirth. With Botticelli's "The Birth of Venus" as her prime inspiration, Peleg also added diamond shapes from the painting's composition, while the nude color is that of Venus. Part of Peleg's latest collection, for the custom dress she decided to use FilaFlex, a soft material printed in a lacelike textile

which moved and bounced as Purdy danced. According to Peleg, it took approximately 120 hours to print the dress.

For her 2015 graduate collection, Peleg was the first to design and 3-D print an entire ready-to-wear collection. Peleg believes that 3-D printing is “liberating because the designer’s imagination is the only constraint. As the technology evolves and materials and printers improve, designers will find a lot of freedom in this technique.”

Print your own clothes

“As technologies evolve, we all soon will be printing our own clothes at home,” Peleg told NoCamels a year ago in an interview . “Just imagine the potential...If you’re cold, print your own jacket. Traveling with no luggage? Just print your clothes in the hotel room.”

APPLE AND HONEY ROSH HASHANAH MUFFINS – *Makes approximately 48 muffins, Hadassah Magazine, September 2016*

For the apples

2 tablespoons butter OR margarine
4 Granny Smith apples, diced
4 tablespoons sugar
1 teaspoon cinnamon

2 cups sugar
2 cups oil
2 cups honey
12 eggs
6 cups flour
2 tablespoons baking powder
1 teaspoon baking soda
2 heaping tablespoons cinnamon

For the muffins

2 cups prepared tea, lukewarm

Preheat oven to 350°F. Line a muffin pan with cupcake liners.

1. **Prepare the apples:** In a saucepan, melt butter over a medium-low flame. Add apples (peeled or unpeeled, according to taste), sugar and cinnamon; cook until apples are fragrant and soften a bit, about 15 minutes. Set aside to cool.
2. **Prepare the muffins:** In the bowl of a stand mixer, on medium speed, combine tea, sugar, oil, honey and eggs. Mix until smooth. Reduce speed; gradually add flour, baking powder, baking soda and cinnamon. Scrape down sides of bowl as needed.
3. Fill each muffin cup halfway with batter. (I like to use a cupcake pen for this; I find it very helpful.) Top with a teaspoon of prepared apples. Bake for 15-20 minutes, or until an inserted toothpick comes out almost dry with some moist crumbs attached.

Did You Know

Israeli engineers and agriculturalists developed a revolutionary drip irrigation system to minimize the amount of water used to grow crops.

Famous Jewish Quote:

“Don’t be afraid of discovering that the ‘real you’ may be different than the ‘current you.’” Rabbi Noah Weinberg, zt”l

Upcoming Events for 2016

October 20, 2016—2 pm. To 4 pm. Tea In the Sukkot at the home of Sharon Fitch.

November, 2016 CHW Victoria program--- TBA

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. Details TBA

Board Members for 2015/2016

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Sharon Fitch 381-1166

Programming Coordinator:

Josie Davidson 383-6478

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Celia Negin 995-1414

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Sherry Sheffman 598-7683

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.