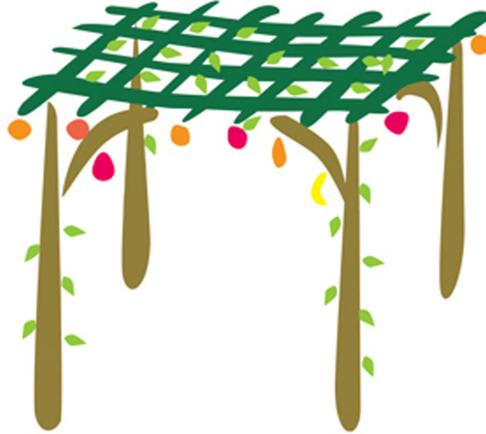




CHW Children  
Healthcare  
Women

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 1, 2015

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





# VICTORIA

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

September 2015/5775/5776

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

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### Message from CHW Victoria Board—By Esther Laredo, Treasurer

In our remote island, with beautiful gardens, heavenly weather and beautiful farms, inhabitants can live in an idyllic environment ignoring the outside world and the bombardment of bad news.

Yet there exists a group of friendly ladies with amazing energy, and love to spare. The Victoria Chapter of Canadian Hadassah-WIZO (CHW) is this group. These ladies focus and work hard to support women, hospitals and children in Israel.

Our last project on July 19<sup>th</sup> was a wonderful picnic at the farm of Jill Swartz and Michael Goldstein. The meetings and preparations were done over 10 months and the results were outstanding. Notwithstanding all the fun and camaraderie of the group our annual donations compared to previous years are dwindling and there appears to be complacency on this island when funds are required to support the programs in Israel.

When danger is lurking at every corner, Israel needs you now more than ever before.

Please make a donation to CHW today either on line at [chw.ca](http://chw.ca) then 'donate now', or to Esther Laredo.

Todah Rabah -thank you so much.

## 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 4 Shiva Meals. Thank you to Susan Kendal who donated to this fund in August 2015. 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

## Our Summer Picnic

On Sunday July 19, 2015, a hot sunny day, CHW Victoria made a debut. For the first time ever they organized a picnic for the child in all of us. The committee had spent since September 2014 planning for this and everything was in order for that day.

We want to thank all those who volunteered to make this picnic a success. Thank you to the planning committee who have worked on this event endlessly for months: Damaris Notte, Jocelyn Abrams, Janis Diner-Brinley, Daryl Levine, Jenny Briker, Jill Swartz, Ruth Canvasser, and Sheila Tennenhouse for her artistic help with the children's games. A special thank you to Susan Kendal who designed our flyer.

A thank you also goes to Zelda Dean, Celia Negin, Esther Laredo our balloon lady, Eleanor Mintz, Lise Jobin, Susan Rusen, Frankie Glickman, Raya Sitwell, John Sitwell, Mark Notte, , Ken Mintz, Julie Mintz and David Levine who volunteered on the day of the picnic. Thanks go as well to our excellent cookie bakers, and Penny Tennenhouse, Chapter Photographer.

A very special thank you to Jill Swartz and Michael Goldstein for allowing us to use their farm. Last but not least a big thank you to Sharon Fitch, our President and Picnic Coordinator.

Approximately 25 adults and 10 very happy children volunteered, played or just watched the picnic in action. We all enjoyed watching the Sunshine Clowns with their "Love Ball" and other paraphernalia interacting with the children and adults alike. Bouncing up and down on the inflatable ball was a great hit! Esther Laredo, our CHW Victoria "Clown Extraordinaire" had a great time making balloon animals for the children, whether she was in or out of costume. Of course there were the other games; such as, roulette, the fish pond, the art table, stringing licorice necklaces and the rubber duck pond which provided lots of enjoyment.

We thank David Bodrug from The Jewish Federation for setting up the launch of the PJ library program, and Aaron Devor, President of Federation, for answering questions and explaining things in great detail, as well as signing people up for their latest endeavour. PJ LIBRARY IS A JEWISH FAMILY ENGAGEMENT program implemented on a local level throughout North America. They mail free, high-quality Jewish children's literature and music to families across the continent on a monthly basis. PJ Library is a program of the Harold Grinspoon Foundation, made possible through partnerships with philanthropists and local Jewish organizations.

A big thank you to all! Mazel Tov for a job well done!

## Sharon Fitch

Dear Members

August 13, 2015 was Sharon Fitch's final Board meeting as President of CHW Victoria.

Sharon has completed five years as our Chapter President. We want to thank her for her extreme dedication, for her warmth, her sense of humour, her reliability and her outstanding organizational skills. This is in spite of her many other interests and commitments outside our organization.

Thank you Sharon for being a wonderful President, and for your leadership role for the past 5 years. You have not only led our Chapter, but ensured that fundraising went forward for the Women, Children and Health Care that CHW supports in Israel.

Sharon will remain on the board as our Past President, and our ongoing board will take on a slightly different structure as CHW Victoria does NOT have a President. The chapter contact for the National office will be: Marilyn Weisbart, Vice President. She can be contacted at [\(250\) 479-4040](tel:2504794040) or [grillamine@gmail.com](mailto:grillamine@gmail.com) The responsibilities for our other board members will remain the same.

Our Board will carry on CHW's mandate without a President. We look forward to a new way of functioning and managing the Victoria chapter.

### CHW Victoria Board

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#### Nicholas Winton

Do you remember the program we did some years ago about Nicholas Winton, who saved 669 children in Prague by sending them by train to London?

You might be interested to know that he passed on July 1 - at the age of 106.

Among many other awards, Winton was knighted in 2002 in recognition of his work on the Czech *Kindertransport*.

In 2010, he was named a British Hero of the Holocaust by the British Government.

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### **\$75 Million New Autism Center to Open in Jerusalem** Israel Seen, August 2015

As cases of autism spectrum disorder (ASD) continue to increase around the world, the Hebrew University of Jerusalem and the [Hadassah Medical Center](#) plan to establish the first interdisciplinary university-based autism center in the Middle East. The \$75 million Autism Center is envisioned as a collaborative and interdisciplinary effort anchored in the Hebrew University's Faculty of Medicine. There is no word yet on when it is expected to open.

“Our goal in establishing the Autism Center is to lead Israel and the Middle East in research, training, clinical services and community engagement for the benefit of individuals with autism spectrum disorder and their families,” said Faculty of Medicine Dean Prof. David Lichtstein.

The center is intended to bring cutting-edge research, clinical services, state-of-the-art training and education for professionals and parents under one roof. This is a rare comprehensive model; some universities in the Middle East have autism research programs, while others have associations with clinical services.

Lichtstein said that the center’s direct ties with the ASD community will better inform research initiatives and lead to better clinical practice, public programming and policies in support of those who deal daily with ASD, a complex neurodevelopmental disorder diagnosed in approximately 1 percent of children. The Centers for Disease Control (CDC) estimates that one in 68 American children is affected.

### 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](http://www.chw.ca) and then go to ecards. You can contact Lisa DeGall: 250-642-7238 or [ldegall@aol.com](mailto: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](mailto:eleanor.mintz@shaw.ca) or (250) 479-2425 and she will be happy to help you.

### A Peek in Our Members' Kitchens

#### Goat's Cheese and Cherry Tomato Crumble—Thank you to Susan Kendal for sharing this recipe



150g whole wheat flour  
75g butter or margarine spread  
handful of oats  
1 tbsp pine nuts  
1 tbsp sunflower seeds  
salt and pepper to taste

1 medium onion, peeled and sliced  
little oil for frying  
250g pack of cherry tomatoes  
100g pack of soft goat's cheese  
1 can mixed bean salad  
2 or 3 bay leaves  
salt and pepper to taste

Preheat oven to 350 degrees

Rub flour and fat together until crumbly

Fry onion until soft

Drain liquid from mixed bean salad

Cut 1/2 tomatoes in half. Leave rest whole

In a large oven-proof dish or individual ramekins place the drained bean salad, cherry tomatoes, onion and bay leaves.

Mix well. Cut goat's cheese into bite size pieces and distribute across the filling.

Sprinkle the topping evenly all over. Cook for 35 - 40 minutes for large dish or 10 - 15 minutes for ramekins.

## Israel's Heart for Peace

At Hadassah Medical Center, a mixed team of Israeli and Palestinian cardiologists has cared for 607 Palestinian children since 2005, at no charge.

By [Abigail Klein Leichman](#) August 5, 2015



Four years ago, a pregnant Palestinian woman from Hebron was referred to Hadassah Medical Center in Jerusalem. The mother suffered from the autoimmune disease lupus. Antibodies in her blood had crossed the placenta, causing heart blockage in her fetus. “We delivered the baby and implanted a pacemaker immediately. She went home two or three weeks later and she’s healthy,” says Prof. Azaria JJT Rein, head of pediatric cardiology at Hadassah and cofounder of [A Heart for Peace](#), a partnership with Hadassah for the care of Palestinian children suffering from congenital heart diseases.

[Peace](#), a partnership with Hadassah for the care of Palestinian children suffering from congenital heart diseases.

“We have many similar stories, but this one is especially dramatic,” Rein tells ISRAEL21c. Since its founding in 2005, A Heart for Peace’s mixed team of Israeli and Palestinian doctors has cared for 607 Palestinian children, 20 percent of them from Gaza and 80% from Palestinian-administered areas of the West Bank. An apolitical organization, A Heart for Peace has trained five Palestinian doctors to perform echocardiograms and/or catheterizations, 197 general practitioners to do early screenings, one technician each in echocardiography and stress-test and Holter electrocardiography, and one genetic counselor. The need for genetic counseling is an essential preventative measure because one out of every two Arab marriages is consanguineous, causing a rate of congenital heart malformations three times higher than in the general population. Half the cost of every hospitalization is borne by the medical center and half by the organization, which is incorporated in France. On average, each child’s bill comes to about \$15,000.

### Nobody to take care of them

Rein explains the need for the program ironically resulted from the Oslo Accords signed by the government of Israel and the Palestine Liberation Organization in 1993. Until the accord put many Arab areas of the West Bank under Palestinian control with military checkpoints at the borders, Hadassah took care of West Bank Arab children with funding from humanitarian organizations and sometimes even from the Israel Defense Forces. “But after Oslo there was nobody to take care of them anymore, so we tried to find a way,” says Rein, who moved to Israel from France in 1968 and trained in his specialty at Harvard University. A Heart for Peace took shape at the initiative of another French immigrant physician, Dr. Muriel Haim. “Every child has the right to care, and when I heard from Prof. Rein in 2005 that many Palestinian children suffering from congenital cardiopathy were dying because they had no access to heart surgery in the West Bank, I decided in cooperation with him and Hadassah to provide cardiac surgery for those children. It is as simple as that,” Haim tells ISRAEL21c. In cooperation with Palestinian-run hospitals and health clinics, as well as the United Nations, A Heart for Peace began by arranging to take one child per week. The number and scope quickly grew much larger. The system is set up so that medical personnel in Gaza or the West Bank can consult with Rein and his team about children who may need advanced cardiac care. They share data over mobile applications like WhatsApp.

### ‘Thank you with all our heart’

If transfer is indicated, paperwork is filed with the Palestinian and Israeli authorities to allow passage for the child and caregiver (usually the mother or grandmother) to Hadassah or sometimes to the children’s hospital at Sheba Tel Hashomer Medical Center or to Makassed Islamic Hospital in Jerusalem. From the Israeli border, ambulance transport is handled by Magen David Adom, the Israeli Red Cross. No child has ever been prevented from coming for treatment, says Haim, and in case of extreme emergency the transfer can be accomplished within two and a half hours. Some patients, like the Gazan newborn mentioned above, start life in Hadassah because of conditions detected in utero. Saleh, for example, had his first heart surgery at birth in 2013 and came back to Hadassah a few months later for a nine-hour operation. Saleh is now a healthy preschooler. His parents bring him for regular checkups to a pediatric cardiology clinic in Ramallah that was established by A Heart for Peace in 2012 and is now managed independently by Palestinians trained by the organization. This year, A Heart for Peace opened a pediatric cardiology clinic in Hebron, also hoped to become autonomous. Saleh’s

parents sent a letter of appreciation to A Heart for Peace. “Thanks to you, our life shines every day. Thank you for the hope you gave us. We thank you with all our heart for what you have done for us and for all that you do for all the other unhappy families such as ours,” they wrote. Rein explains that many Arab families suspect that if they go to an Israeli hospital they will be killed for their harvestable organs. “There are at least 600 families who look at us now not as ‘bad Israelis’ but as people who did something good for them,” he says. “Maybe they don’t love us, but they are not afraid of us.” Haim agrees: “Ten years on, peace has not yet been achieved, but these children are the living proof that cooperation does exist between Israeli and Palestinian doctors in Jerusalem and the West Bank. This cooperation continues to surprise the numerous visitors, both politicians and journalists, who come to discover peace in Hadassah Hospital in Jerusalem.”

### **The only common enemy is heart disease**

A Heart for Peace also provides mobile equipment for diagnosis and post-op care in the territories. Screenings for heart malformations take place twice a week in the West Bank, and educational presentations are offered to Palestinian families in an effort to reduce the risk of congenital cardiopathology.

“The beneficiaries are not only the children, the women and the Palestinian families, as well as the trained doctors, but also the Israeli and Palestinian people who get to know each other better,” say Haim.

Rein says the seven Israeli and two Palestinian participating doctors enjoy warm relationships during and after work hours. The only common enemy, he says, is heart disease.

### **Single Parent Resource Centre, 602 Gorge Road East, Victoria BC (250)385-1114**

**From Cheryl Dyck at the Resource Centre: “we gladly accept new “stuffies” - with or without tags - but they must not have been used by other children.” Contact Cheryl at [Cheryl@1-up.ca](mailto:Cheryl@1-up.ca) or 250- 385-1114**

**They have a room for small used household items that women can choose from; such as, towels, baking pans, electric kettles, etc. She emphasized that they are not a dumping ground and can only accept small items that can be of use in setting up a home.**

**“Also, they accept donations of used clothing and shoes for adults and children, small household s, books, toys, games and linens. If you want to bring all your things here we’d be happy to accept them and put them in our free clothing room that members can access.”**

## **Good and Welfare**

**We wish you and your family a Shana Tova with Peace, Health and Happiness in the New Year!**

**Mazel Tov to Susan Kendal on celebrating her one year anniversary of her Kidney Transplant!**

**We wish Helene Kadziora A Very Happy Birthday!**

**We wish Raisa Balagur best wishes for A Very Speedy Recovery following her heart surgery!**

**We welcome our new Life Member, Iris Green-Starr to our Chapter!**

## Famous Jewish Quote:

"An intelligent man is like a robust oak, he rides over his misfortune." ~ Yehuda Leib Gordon

### Upcoming Events for 2015

October 1, 2015—A Chapter tea in Sharon Fitch's Sukkah. 2pm to 4pm

November 17, 2015--TBA

December, 2015—Chanukah Party. 6 pm to 9 pm.  
More details to follow.

Thursday January 14, 2016—Lunch at the JCC. 11:30 to 1:00. 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.

### Summer Campaign

Thank you to all those who have donated to the Annual Campaign. The Summer Campaign is now on, so if you wish to donate, you can now check on your National site or refer to the latest National email on how to do this.

### 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:

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:

Lisa De Gall 642-7238

#### Telephone:

Sherry Sheffman 598-7683