



# VICTORIA

October 2015/5776

## 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 Program Chair, Josie Davidson

At this time of year, we reflect on many things. The sweetness of a New Year, and the changes that may be concomitant with it. A reflexive gaze at the year gone by, with its accomplished and unaccomplished goals. It is a time to look inward, and to also look beyond our own walls. The board of CHW Victoria is learning to pull together as a team. Now is the time to look ahead to some of the new programs for the coming year, which include new monthly teas in member's houses, of which "Tea in the Sukkah" (Oct. 1st, at the home of Sharon Fitch, 1147 Chapman St) is the first, our annual Chanukah party, two one-act plays by the group "Target", to be performed sometime in February, and other programs to be announced in upcoming newsletters. A reminder too, that there is a great selection of Rosh Hashanah and other cards available from our new card coordinator Lisa DeGall ([ldegall@aol.com](mailto:ldegall@aol.com)) or (250) 642-7238. Funds from the sale of these cards go directly to support programs for women and children in Israel. Let's together bring a wealth of new creative fundraising ideas to our gatherings (especially our teas!!) for the sake of k'lal Israel.



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](mailto:morcel@shaw.ca)



## 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 Eleanor Mintz who donated to this fund in September 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

## 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.

## Good and Welfare

We wish Damaris Notte a Very Happy Special Birthday on October 12!

We wish Linda Green a Very Happy Birthday!

We wish Les Halpert best wishes on a Very Speedy Recovery from his operation!

**Internet of Bees: Intel Tech Puts Backpacks On Bees To Track World Bee Collapse—No Camels, September 3, 2015**

Since the 1990s, beekeepers around the world have witnessed the strange and inexplicable disappearance of honeybees from their hives. Not only does this natural tragedy affect the supply of succulent honey; honeybees are also the pollinators of flowers and plants that play a central role in the earth's ecosystem, and are a source of a third of our food. Many melittologists (bee scientists), horticulturalists and beekeepers alike blame this decline on the increasing use of pesticides on plants and crops, as well as the effects of climate change. In order to better understand how honeybees act and why their populations are on the decline, engineers at Intel are partnering with CSIRO, Australia's national science agency, to create tiny "backpacks" that will be made part of the Global Initiative for Honey Bee Health (GIHH), an

international alliance of researchers, beekeepers, farmers and technology companies that aims to better understand why healthy bee colonies are on the decline.

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## Some people age three times faster than others

Groundbreaking international study reveals that young adults age at differing rates, and early intervention could slow the aging process. By [Abigail Klein Leichman](#) July 12, 2015, *Israel 21c*



Working with volunteer subjects aged 26 to 38, an international research team from Israel, New Zealand, the United States and the United Kingdom found a way to measure the aging process in young adults and to identify factors that can determine whether they are aging faster or slower than their peers. This groundbreaking research was done with a much younger population than is usually tested in aging studies, in the hope that earlier intervention could give medical science the ability to slow aging and give people more healthy active years. As they describe in [a paper published July 7 in the journal Proceedings of the National Academy of Sciences](#), the researchers were able to quantify the 954 subjects' biological age and how quickly they are aging. They revealed that even among young adults, a person's biological age may be quite different from his or her actual chronological age. For example, among 38-year-olds studied, the participants' biological age was found to range from less than 30 years old to nearly 60 years old. "This research shows that age-related decline is already happening in young adults who are decades away from developing age-related diseases, and that we can measure it," said study co-author Salomon Israel, a researcher and senior lecturer in the Hebrew University of Jerusalem's department of psychology.

"Accelerated aging in young adults predicts the symptoms of advanced aging that we see in older adults: deficits in cognitive and physical functioning, feelings of ill-health, and even an older appearance," said Israel. "The ability to measure how quickly a young person is aging may in the future enable us to engage in interventions that slow aging or target specific diseases." The study's introduction notes that by 2050, the world population aged 80 and above will more than triple to about 400 million. "As the population ages, the global burden of disease and disability is rising. From the fifth decade of life, advancing age is associated with an exponential increase in burden from many different chronic conditions. The most effective means to reduce disease burden and control costs is to delay this progression by extending healthspan, and the years of life lived free of disease and disability. A key to extending healthspan is addressing the problem of aging itself."

### How the study was done

The data for this research came from a long-term health study in New Zealand that sought clues to the aging process by tracking the health parameters of more than a thousand people. As part of their regular reassessment of the study population in 2011, the team measured the functions of kidneys, liver, lungs, metabolic and immune systems, as well as dental health and the condition of the tiny blood vessels at the back of the eyes. They also measured HDL cholesterol, cardiorespiratory fitness, lung function and the length of the telomeres — protective caps at the end of chromosomes that have been found to shorten with age. "The ability to measure how quickly a young person is aging may in the future enable us to engage in interventions that slow aging or target specific diseases."

Based on a subset of these biomarkers, the multinational research team determined a biological age for each participant. They looked at 18 biomarkers measured when the participants were age 26, and again when they were 32 and 38. From this, they drew a slope for each variable, and then the 18 slopes were added for each study subject to determine that individual's pace of aging. Most participants clustered around an aging rate of one year per year, and many were aging at zero years per year — in effect staying younger than their age. However, some were found to be aging as fast as three years per chronological year. These individuals also reported having more difficulties than did their peers with physical activities such as walking up stairs. Duke University undergrads were shown photos of the study participants taken at age 38 and rate how young or old they appeared. Again, the participants who were biologically older on the inside also appeared older to the college students. "Most studies of aging look at seniors, but if we want to be able to prevent age-related disease, we're going to have to start studying aging in young people," said Dan Belsky, an assistant professor of geriatrics in Duke University's Center for Aging and the study's first author. The research was funded by the new Zealand Health Research Council, the US National Institute on Aging, UK Medical Research Council, Jacobs Foundation and the Yad Hanadiv Rothschild Foundation in Israel.

## A Peek in Our Members' Kitchens



**Cranberry-Grain Salad**—Thank you to Dorothy Torontow and Lynette Jenkins for sharing this recipe.

- 3 cups cooked Kasha
- ½ cup chopped walnuts (2 oz.)
- ½ cup dried cranberries
- 2 medium stalks celery, chopped (about ¾ cup)
- ¼ cup sunflower seeds (raw)
- 3 scallions (white and light green parts, chopped ¼ cup)
- Mint leaves for garnish

### Dressing:

- ¼ cup olive oil, preferably extra-virgin
- ¼ cup honey (or vegan alternative)
- 2 tsp. fresh lemon juice
- ½ tsp.
- ground cinnamon
- ½ tsp. ground cumin
- ¼ tsp. grated nutmeg

In a medium bowl, mix cooked kasha, walnuts, cranberries, celery, sunflower seeds and scallions.

Make dressing: In a small bowl, mix all ingredients. Pour dressing over salad and toss to coat. Season to taste with salt and freshly ground pepper (optional). Serve right away or cover and refrigerate overnight. Garnish with mint leaves before serving.

**Nine top off-the-beaten-path places to visit in Israel** By [Abigail Klein Leichman](#) September 24, 2015—Israel 21c

I will feature one in each newsletter.



The etching workshop at Kibbutz Cabri, east of Nahariya in the picturesque Western Galilee, was founded in 1993 as a venue for artists from Israel and abroad, and as an experiential museum for those wishing to watch printmaking masters at work and view or purchase the results.

The workshop contains the largest press in Israel, plus a wide selection of papers, an extensive aquatint box, large etching baths and a hot table. A sculpture garden is located next to the workshop of the late sculptor Yechiel Shemi, and the Cabri Gallery for Contemporary Art also is located in the kibbutz. Details: 972-4-995-2713; [info@cabriprints.com](mailto:info@cabriprints.com).

## Famous Jewish Quote:

**“Who is wise? One who learns from every man... Who is strong? One who overpowers his inclinations... Who is rich? One who is satisfied with his lot... Who is honorable? One who honors his fellows.” – Ben Zoma, Ethics of the Fathers, 4:1**

### Upcoming Events for 2015

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

November 2015---Details to be announced

December 13, 2015— JCC, 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 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:

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