



CHW Children  
Healthcare  
Women

**VICTORIA**



*Launch of our Annual Campaign!*

*An Israeli Extravaganza with  
a presentation by Sharon Fitch on her trip to Israel.*

*We are delighted that Claudia Goldman,  
newly installed CHW National President,  
will join us to talk about the latest CHW news.*

*Delicious Israeli food will be served.*

**Sunday March 15, 2015 at 5:30 pm  
In the Party Room of Celia Negin's Condo  
225 Belleville Street, Victoria, BC**

**\$10 admission to cover the cost of food**

Please RSVP by March 3, 2015 to Marilyn Weisbart at [grillamine@gmail.com](mailto:grillamine@gmail.com) or (250) 479-4040



# 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

March 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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### Musings from your President

CHW's 2015 Annual Campaign is underway! The appeal letters will be in the mail the first week of March.

Together there is so much we can do! I urge you to give generously when you open the envelope. Or give what you can, for every dollar makes a difference.

I am excited about the upcoming visit to Victoria of Claudia Goldman, CHW National President. Claudia has been to Victoria in the past and has met several of our members. On March 15, Claudia will share highlights of her recent trip to Israel (see flyer page 1). You won't want to miss an evening of great Israeli food, slide presentation, news about Israel, and of course being with friends. Come meet Claudia, and support our chapter. I look forward to seeing you then.

Shalom from Sharon

## CHW's 2015 Annual Campaign Facts:

463 children at six CHW Daycare Centres receive care, enrichment classes, hot meals, and exceptional educational opportunities.

1,527 students at CHW Hadassim Children and Youth Village feel at home, having the opportunity to learn and excel in their studies.

1,419 students at CHW Nahalal Youth Village are well-equipped to excel both socially and academically through the Na'aleh Program.

748 students at the CHW Neri Bloomfield Academy of Design are suitably prepared for professional careers while nurturing their individual creativity.

Patients at the new CHW Marla Dan Stroke and Invasive Neuroradiology Institute will receive immediate neurovascular surgery, shortening recovery time and improving quality of life.

600 women at CHW's Community and Women's Centres have access to social, cultural and skills development opportunities.

Through your support, and that of other CHW donors, almost 10,000 Israelis were impacted last year.

Whether you give \$36, \$500, or \$1000, every dollar supports our projects.

Information Courtesy of CHW **Canvasser Kit 2015**

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## 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, our new Card Co-ordinator.**

## Good and Welfare

We wish you and your family A Very Happy Purim!

Mazel Tov to Sharon and Ed Fitch on the birth of their new granddaughter, Lily Claire!

Best wishes to Sharon Shalinsky for A Very Happy Birthday!

We wish Susan and Alan Kendal A Very Happy Anniversary!

Our thoughts and prayers are with Dee Bailin in her illness

Mazel Tov to Lindy and Stan Shortt on the engagement of their daughter Ellie, with an August wedding planned!

Mazel Tov to Jill Swartz and Michael Goldstein on the engagement of their daughter Tehillah, in Berlin Germany!

Sincere condolences to Laurel Nahshon and her family, on the passing of Gidi Nahshon

## Hadassah Research Leads to Patent for Diabetes-Related Oral Delivery Technology

e-Hadassah Magazine, Thursday, January 22 2015



Oramed Pharmaceuticals Inc., focused on the development of oral drug delivery systems including an oral insulin pill based on Hadassah Medical Organization research, has received a patent from the Israel Patent Office for its invention, "Methods and Compositions for Oral Administrations of Exenatide." Exenatide, a glucagon-like peptide-1 (GLP-1) analog, is a hormone which induces insulin release at increased glucose levels and causes a feeling of satiety, resulting in reduced food intake and weight loss. Currently, it is only marketed in injectable form. Oramed's oral GLP-1 capsule, according to Oramed, could significantly increase compliance and become a valuable tool in the treatment of diabetes.

Oramed was founded in 2006 by Dr. Miriam Kidron, a senior researcher in the Diabetes Unit at Hadassah, who continues to serve as the company's chief scientist. A pharmacologist and biochemist, Dr. Kidron earned her PhD in biochemistry from the Hadassah-Hebrew University and earned the Bern Schlanger Award for her work in diabetes research. Formerly a visiting professor at the Medical School at the University of Toronto, she is a member of the American, European, and Israeli diabetes associations. Oramed's Protein Oral Delivery (PODTM) technology is based on over 30 years of research by top scientists at Hadassah. Oramed is seeking to revolutionize the treatment of diabetes through its proprietary flagship product, an orally ingestible insulin capsule (ORMD-0801). Having completed separate Phase IIa clinical trials, the company anticipates the initiation of separate Phase IIb clinical trials, in patients with both type 1 and type 2 diabetes, under an Investigational New Drug application with the United States Food and Drug Administration.

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## Our Upcoming Summer Picnic



It's never too early to think about the good old days of summer. This year our CHW Victoria board has decided to have a family oriented picnic at the farm of Jill Swartz and Michael Goldstein. The primary aim behind our picnic is "to bring young members to our chapter and to promote CHW." Our secondary aim is to "provide a fun afternoon for people of all ages." This is a 'multi generational fun event for the child in all of us.' To add to this excitement "The Sunshine Clowns" will be entertaining us for this joyous occasion! We hope you will plan to join us on Sunday July 19, 2015 from noon to 4:00 pm!

## A Peek in Our Members' Kitchens

**Gluten-Free Carrot Cake**—Thank you to Josie Davidson for sharing this recipe with us



- 2 cups sugar
- 4 eggs
- 1.5 cups light olive oil or your favourite vegetable oil
- 2 cups all-purpose gluten free flour mix (Bob's Red Mill Gluten free pizza crust mix or Robin-Hood Nutri-mix- gluten free [be sure to add 1 tsp of xanthan gum if using the Robin-Hood brand])
- 2 tsp baking soda
- 2 tsp gluten-free baking powder
- 2 tsp cinnamon
- 1 tsp salt
- 2 tsp vanilla
- 1 cup chopped nuts (I like pecans)
- 3 cups grated carrots

### Icing:

- 4 tbsp. butter
- 3 ounces (1/2 package) of cream cheese
- 1 tsp vanilla
- 2.5 cups of gluten-free powdered sugar

Preheat oven to 350 F

Use two round 9-inch cake pans or one 9x13 pan. Line with parchment paper

Sift dry ingredients together. Beat together oil, sugar, eggs, vanilla; add dry ingredients and beat until smooth; blend in carrots and nuts.

Bake for 45-60 minutes or until a straw inserted in the middle comes out clean.

Ice when cool.

### Notes:

If you like, you can add ~ 1/2 tin of crushed pineapple. You may need to add a bit more flour if that is the case. Don't let the batter get too runny.

## Medical Israeli Invention

The *EarlySense* continuous monitoring solution allows hospital nurses to watch and record patients' heart rate, respiration and movement remotely through a contact-free sensor under the mattress. The system's built-in tools include a wide range of reports on the status of patients, including alerts for falls and bedsore prevention.

## Famous Jewish Quotation

“In Jewish history there are no coincidences.” – Elie Wiesel

### Upcoming Events for 2014

March 15, 2015—Launch of the Annual Campaign. Israeli Night Extravaganza with delicious Israeli food and a PowerPoint presentation by Sharon Fitch on her trip to Israel. Claudia Goldman will be joining us to speak about CHW projects. This will be held in the party room of Celia Negin's Condo, 225 Belleville, Victoria BC at 5:30 pm.

May 17, 2015—A fun Scrabble and Tea afternoon in the party room of Celia Negin, 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 16:00 hours.

### 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.

### 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