



VICTORIA

Check out our link on the National Website: Go to www.chw.ca at bottom of page click on Victoria

July 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

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Musings from your President

We are excited and anticipating our first chapter picnic July 19, open to members and friends of CHW and the community. Your committee has been planning this event since last September. We have organized fun activities for everyone. Join us with your picnic lunch, lawn chair, sun screen and sun hat. Come and shmooze with friends and enjoy a lovely afternoon at Jill and Mike's farm (see flyer next page). Don't miss this lovely event.

I am thrilled to let you know that Jewish Federation of Victoria and Vancouver Island has given us a grant of \$700.00 toward our picnic and I welcome Federation as one of our sponsors. They will be launching PJ Library that day at our picnic. (See page 3 of this newsletter)

This is another reason to come out, and to see what is available for our young families.

On another note, the Annual Campaign is still ongoing. I regret to share with you that our chapter's donations are down from the same time as last year. Why? Well, I know why. The envelope is still sitting on your desk, buried and forgotten. I urge you to search through the pile of mail and find that information and card from National Office; then send in your donation today. Or if you prefer, mail your donation to our treasurer, Esther Laredo. Make your cheque out to 'CHW Victoria'. Our day cares, schools, children's villages, hospitals, and women's centres all rely on your donations.

See you July 19.
Shalom from Sharon

CHW Victoria invites you to:

A Summer Picnic

For the young & young-at-heart, families & singles of all ages



**Sunday July
19th noon
until 3 pm**



6105 Castlerock Road, Saanich

From Victoria drive north on West Saanich Rd. Left on Durrance Road.

Drive two blocks to Castlerock Road. Turn right.

Bring a picnic lunch, lawn chairs, blanket.....

juice boxes & cookies for sale

SUNSHINE CLOWNS & FUN GAMES FOR YOUR ENTERTAINMENT



Admission

Family (2 adults + their children): \$12

Under 5 years: free

6 thru 15 years: \$2

16 years & over: \$5

Game & food tickets 25 cents each, each child gets 1 game ticket with admission

For further information contact Sharon 250-381-1166, shfitch@telus.net

New Information on Our Picnic



The Jewish Federation of Victoria & Vancouver Island is one of our sponsors for the summer picnic. They will have a booth set up and as well will implement the official launch of The PJ Library Program. 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. Today, families in hundreds of communities across the United States and Canada are able to explore the timeless core values of Judaism through books and music.

All families raising Jewish children from age six months of age through five, six, seven or eight years (depending on the community) are welcome to sign up.

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 and then go to ecards. You can contact Josie Davidson: 250-383-6478 (home) 250-889-7133 (cell), nehamashira@gmail.com or Lisa DeGall: 250-642-7238 or 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 Card Co-ordinator.

Good and Welfare

We wish a Very Happy Birthday to Talia Barger, Sharon Fitch and Edie Southward!

We wish a Very Happy Anniversary to Josie and Greg Davidson and Daryl and David Levine!

Sincere condolences to Sheila Bailin and her family on the passing of her mother, Dee Bailin. May your family know no more sorrow.

A Peek in Our Members' Kitchens



RaeAnn's Easy Gluten Free Pizza—*Thank you to RaeAnn Brechner for sharing this recipe with us (Recipe may be doubled)*

Preheat oven to 400

Dry ingredients:

1/2 cup tapioca flour

1/2 cup garbanzo flour

1/2 cup quinoa flour

1 tsp baking powder

1/2 tsp salt

1/2 tsp granulated garlic

1 tsp dried basil

Wet ingredients:

1/4 cup olive oil

3/4 cup milk (or milk substitute)

Whisk together dry ingredients in medium sized bowl.

Mix together wet ingredients and pour over dry ingredients, while stirring/whisking vigorously. You may need to add more milk - consistency should be like (thickish) smooth cake batter.

Line pizza pan with parchment paper, pour batter over paper and bake for 10 minutes.

Remove crust from pan, place on pizza screen and top with desired sauce, veggies and cheese. Return to oven and bake for an additional 10 minutes (or to desired doneness).

Remove from oven, slice and enjoy!

The real revolution: Israel and nanotechnology — ISRAEL21c on TLV1 Radio – –January 27, 2015



Nanotechnology, the manipulation of matter on a molecular level, is one of the fastest growing fields in engineering: The artificial retina, self-cleaning windows, and target drug delivery systems are just three examples of applications already under development.

Israel boasts six nanoscience centers that are scooping up a sizable share of international research money. Israel also had the honor of being invited to the ImagineNano 2015 conference as their 'featured country.' One heart-warming repercussion of this international success is that Israel has managed to win back some of the scientists who had previously re-located abroad.

Israeli Invention

SensAheart a product made by the Israeli diagnostic technology company Novamed, can be used at home and in the hospital to detect a heart attack coming on.

Israeli Researcher Makes Key Breakthrough In Combating Antibiotic Resistance

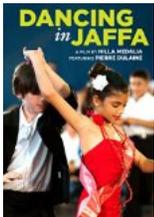
By NoCamels Team June 09, 2015

At its annual assembly in Geneva last week, the World Health Organization approved a radical and far-reaching plan to slow the rapid, extensive spread of antibiotic resistance around the world. The plan hopes to curb the rise caused by an unchecked use of antibiotics and lack of new antibiotics on the market.

Now Tel Aviv University research published in *PNAS* introduces a promising new tool: a two-pronged system to combat this dangerous situation. The system wipes out antibiotic resistance in selected bacteria, and renders other bacteria more sensitive to antibiotics. The research, led by Prof. Udi Qimron is based on bacterial viruses called “phages”, which transfer “edited” DNA into resistant bacteria to kill off resistant strains and make others more sensitive to antibiotics.

DVD Roundup, from Josef Mengele to Dancing in Jaffa *Hadassah Magazine, May 2015*

Dancing in Jaffa



“If my dad sees me with an Arab, he’ll kill me,” says one Jewish girl in Jaffa, where prize-winning ballroom dancer Pierre Dulaine, of Palestinian and Irish ancestry, has come to teach 11-year-old Jewish and Palestinian Israeli kids the rumba, tango and merengue. Especially endearing is Noor, a chubby Arab girl, who blooms into a spirited dancer. Director Hilla Medalia’s heartwarming documentary shows that Jewish and Arab children can learn to trust each other and, yes, swing those hips. —*Renata Polt*

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 Halpert who donated to this fund in June 2015. This past month we have sent a meal to Sheila Balin and her family.

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.

Today Robah Thank You!

Famous Jewish Quote:

"Torah is not education, it's transformation." — *Rebbitzin Dena Weinberg*

Upcoming Events for 2015

July 19, 2015—CHW Victoria Family Picnic, at the farm of Jill Swartz, 6105 Castlerock Road, Saanich BC from 12:00 hours to 15:00 hours.

October 1, 2015—A Members' tea in Sharon Fitch's Succah. Details to follow.

December, 2015—Chanukah Party. 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.

Annual Campaign

Thank you to those who have donated to the Annual Campaign. As of June 11, 2015 CHW Victoria has raised \$4943.50! If you have not already done so, this is a reminder. Every dollar counts!

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

Lisa De Gall 642-7238

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