



VICTORIA

December 2017/5778

About CHW1
 Message from Your Executive 1/2
 December Birthday Lunch.....3
 Good and Welfare.....4
 UpnRide.....4
 Tradition!.....4
 Shiva Meal Fund5
 CHW Cards/Certificates5
 Did You Know?5
 A Peek in our Members’ Kitchens6
 Hermit House6
 Interesting fact about Israel6
 Disabled Musicians7
 Members’ Corner.....7
 Famous Quote8
 Upcoming Events8
 Important8
 Toiletries8
 Executive Members8

About CHW

CHW passionately supports programs and services for Children, Healthcare, and Women in Israel and in Canada.

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

Message from your Executive – by Esther Laredo, Treasurer

Centennial CHW Convention from Saturday November 11, 2017 to Monday November 13, 2017:

I was impressed by the way the convention was organized and touched by the way I was treated.

The convention was for Presidents and Directors. Being neither one nor the other I was a bit apprehensive, but the reception was very warm and at the end of Sunday's meeting I was empowered by the speeches and the tremendous love for Israel.

Saturday night started with delicious hors d'oeuvres outside the main dining room. Once we were seated for dinner, Debbie Eisenberg, National President and Alina Ianson, Executive Director opened the evening with greetings. They thanked the members, volunteers and supporters of CHW, which has been improving the lives of women, children and Israeli families since its inception. CHW continues to make improvements to its organization, guaranteeing that our organization remains relevant today adjustments to guarantee that our organization remains relevant today and moves forward for the next 100 years.

'1917-2017 100 th Anniversary of CHW'

Claudia Goldman (Past National President) and her husband Paul, who co-chaired the gala, made a speech on the difference CHW has made on the lives of the people of Israel, Canada and the world. Greetings were also made by Tova Trai--Toronto Gala Chair and Tali Bau--Toronto Centre President.

A delicious meal was served followed by the outstanding performance of Idan Raichel known around the world for his sensational music.

The guest speakers were:

Michael Levitt -Member of Parliament York Centre
Galit Baram- Consul General of Israel in Toronto and Western Canada
Esther Mor- President World WIZO
Professor Rival Lazovsky- Chairperson of World WIZO Executive
Osnat Levtzion- Karachi- Director General of Assam Harofeh Medical Centre
Professor Bertold Fridlender- President of Hadassah Academic College.

Sunday November 12, 2017

Greetings were made by Debbie Eisenberg and Alina Ianson.

Debbie Eisenberg gave the National President's Report. She covered the following topics.

- A) The impact that CHW Day Cares make on children and families through social welfare, counselling and help with narcotic withdrawal.
- B) Hadassim is a model for education; an innovative approach that turns life around. They have programs, rehabilitation and emotional support on 300 acres of land, for children from 8 to 17 years old. Twenty thousand children in the past 100 years have been integrated into Israeli life, after the program. (Moshe Dayan was mentioned as coming to Hadassim as a child).
- C) Nahalal--Children leave their families in order to study in Israel, because of Anti-Semitism in other countries.
- D) Assaf Harofeh Medical Center has been in service since 1953. They treat Jews, Moslems and Christians in their facility. The Marla Dan Stroke Centre and the Michael Goldman Paediatric Unit were also mentioned.
- E) The Hadassah Hospital is a leader in modern medicine. There have been breakthroughs in heart transplants, robotic surgery and safe underground surgery. Eighty surgeries per day are performed at the hospital. Audited financial statements by Fred Fuchs will become public around December. Alina mentioned that 1.5 million was raised by the Annual Campaign.
- F) The Hadassah Academic College, located in downtown Jerusalem is career focused. It grew twenty percent last year and one hundred percent in the past 5 years. Their admission programs are in high demand, and there is an opportunity for higher education for all citizens regardless of their religion.



VICTORIA

December Luncheon:

CHW Victoria

Invites Members to attend

**Our Birthday Party Fundraiser
At the Fifth Street Bar and Grill
1028 Hillside Avenue
Victoria, BC**

Sunday December 3, 2017

At 12:00 pm

We will be honouring the November and December birthdays of the following members:

Frances Aknai, Josie Davidson, Zelda Dean, Lise Jobin, Sydney Kalef, Esther Laredo and Joyanne Plewes.

***minimum \$5 donation is requested, which will be donated to
CHW Hadassim Children and Youth Village Therapeutic Centre
"Please note that donations under \$10 do not generate a tax receipt"***

Please RSVP to Eleanor Mintz at eleanor.mintz@shaw.ca or (250) 479-2425 by Sunday November 25, 2017

'1917-2017 100 th Anniversary of CHW'

Good and Welfare

We wish a Very Happy Birthday to Zelda Dean and Lise Jobin.

Happy Chanukah to you and your family.

Sincere condolences to Janis Diner-Brinley and her family on the passing of her mother, Shirley Diner, in Winnipeg. May her memory be for a blessing.

Sincere condolences to Josie Davidson and her family on the passing of her sister Carollyn Reimer. May her memory be for a blessing.

Sincere condolences to Lee Adler and her family on the passing of her husband, Eric. May his memory be for a blessing.

UPnRIDE: Helping paraplegics stand tall, *No Camels, October 2017*

If driving is something most of us take for granted, walking is even more so. But in the US alone, there are nearly 250,000 individuals with spinal cord injuries that partially or entirely inhibit regular motor functions. For them, standing and walking around freely remains the stuff of dreams. UPnRIDE, a revolutionary new Segway-like device that allows quadriplegics to stand up and move around almost anywhere, is poised to change the life of thousands of paralyzed people around the globe. The Israeli device was developed by Dr. Amit Goffer, who already founded the revolutionary exoskeleton ReWalk, which enables paraplegics to walk and climb stairs. His new device will help quadriplegics (people paralyzed from the neck down) to stand and be mobile.

Goffer, who is himself confined to a wheelchair, has been working on a more comprehensive solution over the past three years. Similar to a stand-up Segway or an electric scooter, the patented UPnRIDE moves over different kinds of terrains with the user's guidance, using a joystick operated by hand or by mouth. Automatic balancing assures a safe ride uphill, downhill, and on slanted surfaces, in both standing and sitting positions. "Being able to stand and move is extremely important for people's physiological health and their dignity," Goffer says. According to him, the UPnRIDE reduces secondary complications of long-term sitting, lowering the need for hospitalization, medications and physiotherapy.

Tradition! *submitted by: JEEPS Katz*

A young Jewish mother is preparing a brisket one Friday for Shabbat dinner. Her daughter watches with interest as the mother slices off the ends of the brisket before placing it in the roasting pan. The young girl asks her mother why she did this. The mother pauses for a moment and then says, "You know, I am not sure.....this is the way I always saw my mother make a brisket. Let's call Grandma and ask her. "

So, she phones the grandmother and asks why they always slice the ends off the brisket before roasting. The grandmother thinks for a moment and then says, "You know, I am not sure why, this is the way I always saw MY mother make a brisket." Now the two women are very curious, so they pay a visit to the great-grandmother in the nursing home. "You know when we make a brisket," they explain, "we always slice off the ends before roasting. Why is that?" "I don't know why you do it" says the old woman, "but I never had a pan that was large enough!"

Shiva Meal Fund

The CHW Shiva Meal Fund was established by the CHW Victoria Executive 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. **If you are able to contribute and have not already done so, please know that your donation will help to provide a family with much comfort during a difficult time. Thank you to Lynn Rauch for donating to the Shiva Fund during the month of November.**

With funds we have collected thus far, we have now provided Shiva Meals to **12** families.

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 Executive. Todah Rabah, Thank You.

Please Note New & Improved Policy regarding Cards and Certificates:

CHW Cards

For all occasions (birthday, anniversary, get well, sympathy, Rosh Hashanah) for family and friends.

For a donation in someone's name the cost is \$10 minimum and you will receive a tax receipt.

Contact Esther Laredo: 250-658-6550 or estherlaredo@shaw.ca

CHW Certificates

Small certificate for a donation of \$50 to \$99.

Large certificate for a donation of \$100 or over.

Contact Eleanor Mintz: 250-479-2425 or eleanor.mintz@shaw.ca

For all cards and certificates send your cheque to Esther Laredo, 4767 Elliot Place, Victoria, BC V8Y 3E4.

Did You Know?

Esther Laredo was born left handed, her parents changed it and now she uses both hands.

'1917-2017 100 th Anniversary of CHW'



A Peek in Our Members' Kitchens

Whole Wheat Pizza Crust—Thank you to Raya Sitwell for sharing this recipe

Because this is a very thin crust and it is whole wheat, this is a great recipe for the diet conscious and for those on a diabetic diet.

2 1/2 cups of whole wheat flour

1 1/2 tsp yeast

1/4 tsp salt

1 cup warm water

1/2 Tbsp. oil

onion powder, garlic powder, chicken or beef powder (optional)

pinch of sugar

1 Tbsp. gluten

Roll into 1/8 inch (or less) thick circles

Place on pieces of parchment paper

Put on toppings of your choice or just freeze the crusts

Bake at 425 for 10 to 20 minutes. (Depending on how crispy you want the crust. I like it on the longer time)

May be stacked with parchment paper in between each crust and frozen.

If freezing, you can freeze the prepared pizza or just freeze the crusts. (again with parchment paper in between)

When putting the pizza in the oven, just pick up the pizza using the protruding edges of the parchment paper.

Hermit House, Herzliya—*Time Out, Israel*



Carved into the cliffs of Herzliya's Serene Sidney Alley Beach is a fantastical residence that is both decrepit and beautiful. Called the Hermit House, this real-life sandcastle is what happens when you mix a fairytale wonderland with a junkyard. The owner, Nissim Cachlon, has been tunneling deep into the dunes and surrounding cliffs since the 70s in order to construct this intriguing and frankly, bizarre, home (in defiance of local zoning laws). In addition to creating chambers

and passageways through the rock, Cachlon has used recycled materials like tires, bottles, toys and glass in order to add an undeniably lovely aesthetic to his abode. While we've never seen Nissim in person, we hear he is quite friendly and happy to give tours. But, even if he is not around, it's still worth a good moment or two pondering what life would be like in a real-life giant sandcastle maze.

Interesting Fact about Israel:

The glue on Israeli stamps is kosher.

Band of disabled musicians to tour US, Canada, Mexico, UK By [Abigail Klein Leichman](#) October 3, 2017, *Israel 21c*

The Shalva Band, a Jerusalem-based group comprised of young musicians with disabilities, released its first professional music video ahead of its world tour to Canada, the United States, Mexico and the United Kingdom in October and November. The band members are employed as musicians by Shalva, the Israel Association for the Care and Inclusion of Persons with Disabilities. They also study, work and volunteer in the broader community. Some are graduates of Shalva's rehabilitative programs and their musical talents were discovered and developed through Shalva's music-therapy program.

The band was founded in 2005 as a unique outlet for talented Shalva program participants and as a model for cultural inclusion. Current lead singers Dina Samte and Anael Khalifa are blind. Samte was chosen this year to light a torch at the Israel Independence ceremony on Mount Herzl. Naftali Weiss, who has PPD, is the male lead singer and percussionist. Keyboardist and vocalist Guy Maman, a graduate of music composition at the Jerusalem Academy of Music and Dance, is legally blind. Yosef Ovadia, who has Williams syndrome, is the lead drummer and Tal Kima and Yair Pomburg, both with Down syndrome, are supporting percussionists. Pomburg also is a rapper.

The new video features a medley compiled by band director Shai Ben Shushan, combining Matisyahu's "One Day," *Frozen* soundtrack hit "Let It Go" and a handful of pop songs – all in English and all filmed in the new Shalva National Center in Jerusalem, the world's largest facility of its kind. The video ends with an adlib rap performed by Yair Shriki, a young man with cerebral palsy who sings about climbing higher and higher on the wheels of his disability. During the upcoming tour, the band will be accompanied by six staff members and volunteers including the band director, music therapist and a paramedic-audio visual specialist. The Shalva Band is scheduled to perform at Shalva fundraisers in Toronto, New York City, Mexico City and London, as well as at schools, JCCs and other venues. To book a performance, contact band@shalva.org.



Members' Corner

Life Long Learning—by Fiona Prince

Fiona Prince, one of our long-time life members, is two-thirds of the way through the Diploma in Technology-enhanced Learning and Design at Royal Roads University. As the recipient of this year's Kelly Teaching Award for Outstanding Workshop Facilitation, you might wonder why she would, at 56 years-old, decide to go back to school.

As a life-long learner, Fiona usually tries to learn something new everyday. She believes that teachers need to take advantage of new technologies for classroom and online instruction, but that it is difficult to figure out which technologies to use when new ones seem to pop-up every day. She decided that the best way for her to learn about new instructional technologies was through a formal approach, based on sound theories and principles. The formal approach might help her to integrate new technologies into her courses and avoid 'shiny new toy syndrome' (Fiona loves shiny new toys and technology).

When Fiona isn't studying she is usually teaching communications-related workshops for the Provincial and local governments, Royal Roads and UVic. She also teaches writing for business courses online through Royal Roads and her own company, PrinceHeron Communications. Her volunteer activities in the community include being a Hebrew reading tutor at Chabad Hebrew School; a reserve driver for the Light of Shabbat program; and, a facilitator with Leadership Victoria's Community Development Leadership Program. Her leisure activities include knitting, doodling, painting rocks, walking, and spending time with Ron (husband) and Smidget (Yorkie-poo).

When Fiona finishes her diploma in April, she will take some time off to travel and visit with family. Her trips include, Nuevo Vallarta (total relaxation), Calgary (family), Crazy Horse South Dakota (to see the progress on the statue), and campsites on Vancouver Island. Until then, she'll be studying with a brief break for Hanukkah.

Famous Jewish Quotation:

"A smart person knows how to win an argument. A wise person knows how to avoid one". Aish.com

Upcoming Events for 2017/2018

Sunday December 3, 2017, Birthday Lunch for November/December birthdays —12:00 noon. Fifth Street Bar and Grill, 1028 Hillside Avenue, Victoria, BC

February 2018—"Birthday lunch". Details to be determined"

Sunday March 4, 2018— 2 pm to 4 pm. Annual Campaign Kickoff. Cultural and Culinary Passover traditions. More details to follow.

Sunday April 15, 2018—Birthday Lunch for March/April birthdays—12:00 pm. More details to follow

Sunday June 3, 2018---Walk in the Park. Details to follow.

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.

Executive Members for 2017/2018

Past President:

Sharon Fitch (250) 381-1166

Treasurer/Programming Assistant:

Esther Laredo (250) 658-6550

Secretary:

Damaris Notte (250) 656-0752

Programming Coordinator:

Josie Davidson (250) 383-6478

Membership:

Celia Negin (250) 995-1414

Newsletter/Website:

Eleanor Mintz (250) 479-2425

Members-At-Large:

Selma Linzer (250) 381-9423

Leah Kinarthy (250) 382-2433

Advisor:

Susan Kendal (520) 339-6568

Chairpersons

Publicity:

Frances Aknai (250) 360-0356

Cards:

Esther Laredo (250) 658-6550

Telephone:

Helene Kadziora (250) 385-9094