



# VICTORIA

November 2017/5778

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

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## Message from your Executive – by Susan Kendal, Advisor

In early September, pop star P!nk shared a moving conversation that she had with her young daughter and her impressions that followed the conversation. P!nk expressed a powerful message that emphasized the critical need to empower girls and young women in our society. If you are interested, here is the link: <http://www.chw.ca/2017/09/a-powerful-message-to-girls/>. P!nk's speech reflects what CHW has been proudly advocating for 100 years; promoting women's rights, advancing women in society, raising awareness on pertinent issues, and empowering women.

Through many avenues, CHW seeks to make an impact on the lives of women in both Canada and Israel. CHW, in conjunction with World WIZO, supports shelters for women escaping domestic violence, educational programs to promote women in the workplace, and empowerment programs for girls-at-risk. The Empowerment Program for Girls at-Risk at CHW Hadassim Children and Youth Village supports girls in the dormitories instilling them with tools to become strong and independent young women. The program equips the girls with an education to combat bullying and peer pressure while strengthening their confidence and self worth.

This all happens because women like *you* support CHW.....

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## 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 p.m.**

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

**Frances Aknai, Josie Davidson, Zelda Dean, 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](mailto:eleanor.mintz@shaw.ca) or (250) 479-2425 by Sunday November 25, 2017**

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# VICTORIA



**Enjoy the Movies**— *received from "Victoria Island Jewish Film Festival"*

We are thrilled to announce that the 3RD Annual Victoria International Jewish Film Festival will take place from Saturday November 18th to Tuesday November 21<sup>st</sup> at the Roxy Theatre, [2657 Quadra Street](#). We hope to have the pleasure of welcoming you to the Festival for another year of the best feature length films and documentaries from every corner of the globe.

For more information visit us at [vijff.ca](http://vijff.ca). The schedule of films is now available on our site. Please consider making a donation to our festival and even small donations are helpful and most appreciated. See you at the movies!!

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## Good and Welfare

We wish A Very Happy Birthday to Frances Aknai, Josie Davidson, Sydney Kalef, Esther Laredo and Joyanne Plewes, whose birthdays are in November.

Get well to Roxanne Simons who is recovering from foot surgery.

Get well to Dina Wolfe recovering from a broken foot.

All the best to Shelley Superstein who now lives in Vancouver.

Mazal Tov to Damaris and Mark Notte, on their daughter Chelsea's recent marriage.

A warm welcome to Linda Bonder and Joelle Lake who recently became members of CHW Victoria.

Mazal Tov to Joelle Lake, whose daughter Stephanie Andrew won the 2017 "Women in Business" award.

Many thanks to Amber Cameron Johnson for hosting our membership tea on September 24, 2017

Many thanks to Sharon Fitch for inviting us to tea in her Sukkah October 8, 2017

Sincere condolences to Helen Caine and family, on the passing of her husband, Bert. May his memory be for a blessing.

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## 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. **Thank you to Ana Porzecanski for donating to the Shiva Fund in October. 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.**

With funds we have collected thus far, we have now provided Shiva Meals to **11** 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.

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**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](mailto: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](mailto: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?**

**Sharon Fitch has donated blood 161 times.**

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## A Peek in Our Members' Kitchens

**BAKED SNAPPER with MANDARIN ORANGES**—Thank you to Frances Aknai for sharing this recipe

1 lb. Snapper Fillets cut into 4 portions

2 TBSP soya sauce

2 Mandarin oranges peeled, segmented and chopped

1 tsp. sesame oil

Juice of 1 lime

2 tsp. finely chopped fresh ginger

1 TBSP brown sugar

1/3 cup unsalted cashew nuts, broken into smaller pieces

### Method:

Preheat oven to 425 degrees.

Place snapper fillets in a single layer on slightly oiled shallow baking dish.

Combine remaining ingredients except cashew nuts in a bowl. Pour over snapper fillets.

Bake 12 to 15 minutes or until cooked through. Place snapper on dinner plates, spoon juices over top, sprinkle with cashews and serve.

*Serves 4 people*

## Ancient Jerusalem Gets 'Smart' *By [Esther Hecht](#) September 2017, Hadassah Magazine*



Prompted by security concerns, Jerusalem is slated to be the first city in Israel to install an ultra-fast wireless communications network using millimeter wave technology. The new system will enable use of a high-definition camera network that transmits videos to the city control center and security forces. It also will support emergency services, smart parking and traffic regulation, fast Internet for schools and free Wi-Fi service in some streets and parks.

Work is already underway, and the project—similar to the United Kingdom's closed-circuit television network—is to be completed within two to three years, Eitan Barzilay, Jerusalem's head of business development and innovation, said in an email interview. Parts of the system are expected to be up and running by the end of 2017.

Previously, fiber optics had been hailed as the latest revolution in communications. But in Jerusalem's rocky terrain, Barzilay said, the new technology is preferable.

"You don't have the same flexibility with fiber optics that you have with the wireless network," he added. "For example, the wireless network moves from street to street on the roofs, and the picture [it provides] is clear."

## Hadassah College celebrates partnership with Hadassah-WIZO Canada *The Jerusalem Post,*

By [Sarah Levi](#) October 26, 2017



Hadassah-WIZO Canada and Hadassah Academic College in Jerusalem inaugurated a promising partnership on Wednesday.

Hadassah-WIZO Canada, founded in 1917, funds and works with 85 organizations, primarily in Israel within the health and welfare sector. Hadassah Academic College will be the first academic institution in its portfolio. "The organization will support the college's academic projects and scholarships for students, in order to encourage the integration of haredim and Arabs in higher education and thereby promote coexistence in Israel," according to a statement released on Thursday.

Bertold Fridlender, president of Hadassah Academic College, hopes that this partnership will allow the school to continue growing and meeting the needs of students both during and after their studies. "It is a great honor for the college to join hands with an organization like Hadassah-WIZO Canada, a collaboration that will enable us to provide our students with added academic, professional and social values," Fridlender says.

Fridlender has been in his post since 2012, and the college's enrollment has risen every year. There are currently 4,000 students. He explains: "Last year, our first year student numbers increased 20%, this year, we grew 10%." By 2020, he is expecting enrollment to reach 5,000 students, and in 10 years, he anticipates there will be 8,000. The boom in enrollment might have something to do with the scholarships available to students. "We give many and generous scholarships to our students," Fridlender says. "But these scholarships do not come for free." Each recipient is required to give back to the city and participate in a volunteer program that connects them with people in need throughout Jerusalem. And in the past year, these students have contributed between 80,000 and 100,000 volunteer hours, he says.

Fridlender touts the college's unique location: "This is the only higher education institution located in downtown Jerusalem and the only general college in the city; our students are really enriching the activities of the downtown area and we are proactive in bringing graduates into the job market." The college boasts an 85% rate of employment in one's field after graduation.

Hadassah Academic College draws a diverse student body, reaching out especially to Arabs and haredim. Nineteen percent are Arabs, and Fridlender works to bring Arab and Jewish students together and to use the place as a way to learn from one another.

The college has been running a Dialogue program for the past three years. It, Fridlender says, "brings together Jews and Arabs in nonacademic settings: cultural activities involving music, literature, food, all kinds of things, and stimulates coexistence. Often Jews and Arabs only come into close contact at the hospital, because they have no choice, but here we bring them together by choice, adds Fridlender. According to Fridlender, the curriculum geared toward haredi students has no intention to interfere with their way of life, but it "provides them with an education to get them better jobs in order to improve their quality of life."

Created five years ago with the support of the Council for Higher Education, the program for haredi students has an enrollment of some 800 students, both male and female, and offers both preparatory classes and academic classes. "The preparatory classes are mostly for men who missed out on studying general education during their yeshiva studies," Fridlender says. The college's programs geared toward the ultra-Orthodox include optometry, management, biotechnology, computer science department.

## CHW Victoria Sukkah Tea—by Eleanor Mintz, Newsletter Editor

Once again, on a beautiful, sunny Sunday afternoon, 16 of us gathered for a lovely Sukkah tea at the home of Sharon and Ed Fitch. We were blessed with the fact that it did not rain, although, according to traditional teaching it is acceptable to remain in the Sukkah, as long as you are not ill or uncomfortable. As we chatted with friends, we enjoyed many sweet delicacies, some of us also waved the lulav and etrog, and recited the prayer. We thank you Sharon for your wonderful hospitality.

Sharon and Ed had extended their balcony several years ago, in order to accommodate their Sukkah. They purchased the Sukkah from an organization called [sukkah.org](http://sukkah.org) and each year they go through the ritual of assembling it. What an awesome endeavour, to be able to share our ancient traditions with family and friends in such a special way.



"My memory really sucks Mildred, so I changed my password to "incorrect." That way when I log in with the wrong password, the computer will tell me... "Your password is incorrect"

### Interesting Fact from Israel

Israel's most beloved chocolate pudding -- Milky -- is the most successful dairy product in the local market since its debut in 1979. The pudding has a secret whipped cream topping and only five people are said to know the recipe.

### Reminders

1. If you have not yet sent us your birthdate (month only) and wish to be recognized, please send it to [eleanor.mintz@shaw.ca](mailto:eleanor.mintz@shaw.ca) or (250) 479-2425.
2. Please send your "Did You Know?" items to [eleanor.mintz@shaw.ca](mailto:eleanor.mintz@shaw.ca) or (250) 479-2425. This is a one or 2 line item, about something you have done or something that has happened in your life, that no one else knows about.
3. We always look forward to receiving your "Members Corner" article or recipe, if you have not yet submitted one.

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## Famous Jewish Quotation:

"I do not want followers who are righteous, rather I want followers who are too busy doing good that they won't have time to do bad." — *Rabbi Menachem Mendel of Kotzk*

### Upcoming Events for 2017/2018

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

February 2018—"Birthday lunch to be determined"

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

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

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