



# Come Together RIGHT NOW

April 2018/5778

## 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 Leah Kinarthy

What is so appealing about Israel? Why can't I wait to get there and dream of Israel when I am away? A large part of the appeal for me is the vitality of the people. Israeli's are alive, they glow with enthusiasm, and energy. They speak directly and you know whether you are liked...or not. It is an honest way to live. In a country where the threat of war is a regular part of life; to live every moment is to live for something greater than yourself.

Israelis are rated one of the happiest people on earth. I think it is mainly due to the fact that small things do not matter and their survival depends on having strength and purpose. Part of this purpose is to care for others in a profound way. This caring was demonstrated to us one day in the crowded market of "shuk ha Carmel" in Tel Aviv. My husband tripped and fell hard onto the pavement. Before I could call for help, two young Israeli guys rushed over, and helped him up.

The care for people in need was evident in the "shuk" that day and it is apparent in the medical research and development fields in Israel. From innovative cancer research to surgical capability, Israel's medical achievements are tremendous for a country so small. Israel's surgical hospitals were

praised by the Nepalese during two major earthquakes and in Haiti they had field hospitals up and running in the shortest amount of time, saving lives. Another best in the world.

This year, we approached physicians in both Greece and Israel to open a new kind of cancer clinic using immunotherapy techniques developed by Dr. Gorter in Cologne, Germany. My husband was successfully treated over 7 years ago by Dr. Gorter for stage IV prostate cancer that had spread to the vertebrae in his back and to the bones in his pelvis. The Greek hospitals are very interested in promoting medical tourism through immune system enhancement or “anti-ageing therapies”. It took over a year for the Greeks to get things moving towards a clinic of some kind but only a few phone calls to find an Israeli physician in Tel Aviv who was willing to start immune therapies using the “Gorter Method”.

Last year, I took my daughter to Hadassah Hospital in Jerusalem, to see the incredible Chagall windows. What a clever idea to place these masterpieces in the hospital so tourists from around the world would pay to see them and contribute to the hospital. Now that I am a member of CHW, it makes me proud to contribute to hospitals, child care centres, schools and many other projects that CHW supports.

Perhaps our small but mighty chapter would like to raise money for a specific cause like making mittens with maple leafs for a pediatric ward in Israel? I would like to do something hands-on to contribute to women and children rather than just donating money. This year, lets participate in something greater than ourselves, we may find it creates more Israeli “chutzpah” as a result!

Chag Pesach Sameach



**Did you know Israel’s national bird is the hoopoe?**

The hoopoe was chosen as the national bird of the State of Israel in May 2008 in conjunction with the country's 60th anniversary, following a national survey of 155,000 citizens, outpolling the white-spectacled bulbul.





## April Luncheon:

**CHW Victoria  
Invites Members to attend**

**Our Birthday Party Fundraiser  
Romeo's Restaurant  
1581 Hillside Avenue  
Victoria, BC**

**Sunday April 22, 2018  
At 12:30 pm**

**We will be honouring the March and April birthdays of the following members:  
Janis Diner-Brinley, Sharon Gillean-Shalinsky, April Katz, Joyce Skolnick,  
Susan Watt and Dina Wolfe**

***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 Celia Negin at [morcel@shaw.ca](mailto:morcel@shaw.ca) or (250) 995-1414 by Sunday April 15, 2018**

## June Walk in the Park Fundraiser:

**“Come One, Come All”  
To our second annual  
CHW Victoria “Walk in the Park”**

**We will meet at  
Beacon Hill Park  
(near Arbutus Way entrance)  
Central Picnic Area  
(North of children’s playground)  
Victoria, BC**

**Sunday June 3, 2018**

**10:00 am to 3:00 pm**

**We will be walking a pre designated route in the park. Children, grandchildren and dogs are welcome. Lunch will be provided, along with water bottles.**

***minimum* donation to participate is \$25, (\$18.00 goes to CHW and \$7.00 for lunch)**

**Please register with Sharon Fitch [shfitch@telus.net](mailto:shfitch@telus.net) or (250) 381-1166**

**Send payment to Esther Laredo at 4767 Elliot Place, Victoria BC V8Y 3E4**

## 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.**

With funds we have collected thus far, we have now provided Shiva Meals to **14** 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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### 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 please send your cheque to Esther Laredo, 4767 Elliot Place, Victoria, BC V8Y 3E4.**

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## Good and Welfare

**We wish you and your family a Very Happy Pesach. Chag Pesach Sameag**

**We wish A Very Happy April Birthday to April Katz, Joyce Skolnick and Dina Wolfe**

**Best wishes for a speedy recovery from her recent surgery to Susan Halpert**

**Mazal tov to Daphne & Richard Campbell on the birth of their son, a first grandchild for Orli Kalfon**

**Mazal tov to Zelda Dean, Director of Bema Productions, on a hugely successful January run of the play Prisoner of 2nd Avenue, and for the excellent article about Zelda in Focus magazine.**

**Mazal tov to Jill Swartz on the birth of a grandson, in Berlin Germany**

**Our thoughts and prayers are with Raya Sitwell**

## A Peek in Our Members' Kitchens

**Spinach Lasagna**—Thank you to Frances Aknai for sharing this recipe



Lasagna “oven-ready” noodles

2 tbsp. olive oil

1 cup chopped fresh mushrooms

1 cup chopped onion

2 garlic cloves, minced

2 cups fresh spinach OR frozen spinach, thawed

3 cups ricotta cheese

2/3 cup grated cheddar cheese

1 tsp. salt

1 tsp. dried basil leaves

½ tsp. ground black pepper

1 egg

3 cups shredded parmesan cheese & 3 cups shredded cheddar cheese

3 cups tomato pasta sauce

### Method:

Preheat oven to 350 degrees F.

In a skillet over medium-high heat, cook mushrooms, onions and garlic in olive oil until onions are tender. Drain excess liquid and cool.

Boil spinach for 5 minutes. Drain, then squeeze out excess liquid. Chop spinach.

Combine ricotta cheese, 2/3 cup cheddar cheese, spinach, salt, pepper, basil and egg in a bowl. Add cooled mushroom mixture. Mix well.

### Assemble:

#1 Pour just enough pasta sauce to cover 9 x 13 inch baking dish.

#2 Lay 5 lasagna noodles in the baking dish. Spread half of the cheese/spinach mixture over noodles. Sprinkle half the parmesan/cheddar cheese on top. Spread ½ spaghetti sauce over cheese.

#3 Repeat step 2.

#4 Cover dish with aluminum foil and bake in a preheated oven for 1 hour. Cool 15 minutes before serving.

## PREPARING SPINACH FOR RECIPES

### Cleaning Spinach:

Discard stems

Soak 5 minutes in water and 2 tbsp. of vinegar or lemon juice

### Cooking Spinach:

Place in boiling water for 2 to 3 minutes

### Drain Spinach:

Squeeze by pinching the spinach against the side of the colander with a spoon or fork

### Chop Spinach:

Roll leaves, then chop with a knife

## 'Kick Off to our 2018 Annual Campaign' By Eleanor Mintz

What a delightful afternoon we had on Sunday April 18, at the party room of Celia Negin's Condo. At the Kick Off to our 2018 Annual Campaign, eighteen of us gathered to hear wonderful, entertaining Pre Pesach presentations on International Cuisines for Passover. May our "Chai" special event signify the beginning of many such occasions throughout the year.

A big thank you to Marilyn Weisbart who introduced the Campaign, Betsi Boeno who spoke on Turkey, Noemi Kaston on Israel, Esther Laredo on Morocco, Selma Linzer on China, and Lindy Shortt on South Africa. Speaking for myself, I left with a craving for many different tastes from abroad.

We wish to thank everyone for bringing such a delicious array of "sweets and treats". It was fun to try out such a wide variety of delicacies.

We look forward to seeing you at our next event, "A Birthday Lunch" on April 22, 2018.

## Israel breaks its solar power production record By [Rebecca Stadlen Amir](#) March 19, 2018

On Saturday afternoon March 17, with not a cloud in the sky, Israel set a new record in solar power. At precisely 12:07pm, solar energy was producing 13.4 percent of the total electricity being consumed in the country, the Israel Electric Corporation said.



Though new technologies and massive solar projects have helped put Israel closer to its renewable energy goals, officials said the record broken on Saturday was caused by a specific combination of events – high solar production and low overall consumption.

"The high percentage level comes because it was a Saturday and the weather was perfect for renewable energy. This proves we can do it," said Oren Hellman of the corporation.

"The sun is the biggest source of energy in Israel and we can achieve much greater solar energy production," he said.

Jonathan Aikhenbaum, a campaign manager at Greenpeace Israel, praised the event.

"This proves that when you want, when obstacles are removed, the solar revolution is gaining strength," he told Ynet News. "A combination of sun and innovation is finally putting Israel on the map. The day is not far off where we will reach 100% from solar energy, like Denmark achieved from wind energy last year."

Despite Israel's abundance of sunshine and solar energy technologies, currently only 2.6% of Israel's electricity is generated from renewable sources. Much of the solar energy produced is exported, plus discoveries of natural gas reserves have interfered with the adoption of solar energy in recent years.

However, new energy projects in the Negev and Arava are aiming to increase the country's renewable energy percentage. The [Ashalim Thermo-Solar complex](#), currently being constructed in the Negev, is expected to provide approximately 300 megawatts of electricity daily to the Israel Electric Company's national grid, contributing 2.5% toward the government's goal of 10% renewable energy by 2020.

Scheduled to be up and running by summer 2018, the amount of energy produced by the complex will be enough for about 5% of Israel's population when it is completed.

## Famous Jewish Quotation:

“Everybody needs his memories. They keep the wolf of insignificance from the door.” —Saul Bellow

### Upcoming Events for 2018

Sunday April 22, 2018—Birthday Lunch for March/April birthdays—12:30 pm. Romeos on 1581 Hillside Avenue, Victoria

Sunday June 3, 2018---Walk in the Park. Beacon Hill Park, 10:00 am to 3:00 pm

Thursday June 21, 2018—Birthday Lunch for May/June Birthdays---12:00 pm. Oak Bay Marina.

Sunday August 19, 2018—Birthday Lunch for July/August Birthdays—12:00 pm. Beach House Restaurant.

### 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