



VICTORIA

January 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

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Message from your Executive – by Selma Linzer

As a relatively new member of your executive in Victoria I am excited to be sending this message.

It has truly been a pleasure to meet the other members of the executive who are very committed to working for Israel and working together in a true exercise of mutual respect and camaraderie. I was involved in CHW many years ago; about 35 to be specific. In those days, I was, as they say “up to my eyeballs” in it.

It has been great fun to re-connect with my Zionist roots and passion for Israel in all its complexity, depth and diversity. I read with great interest Esther’s report on the convention.

I recall a CHW convention in Ottawa that took most of us to a vigil outside of the Soviet Embassy, in support of the release of Ida Nudel and other Refuseniks.

Later that same year we marched along the streets of Edmonton to City Hall and the Legislature. Hundreds of us marched with the same chant “Let my people go”.

Look how far we have come. The world is changed, Israel is changed, the Jewish people remain deeply committed to an Israel they cannot agree on and so we are the same. A complicated people rich in heritage, spirit and resolve.

I hope I can give a little tiny bit back all these years later.



VICTORIA

February Luncheon:

CHW Victoria

Invites Members to attend

Our Birthday Party Fundraiser

At the Cordova Bay Restaurant

5331 Cordova Bay Rd.

Victoria, BC

Tuesday February 6, 2018

At 12:00 pm

**We shall be honouring the January and February birthdays of the following members:
Jenny Briker, Suzie Deston, Selma Linzer, Noemi Masson, Celia Negin, Raya Sitwell
and Janet Wilson**

***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 Tuesday January 30, 2018

Good and Welfare

We wish A Very Happy January Birthday to Jenny Briker, Selma Linzer, Noemi Masson, Celia Negin and Raya Sitwell.

Mazel Tov to Janet and Stewart Wilson on the birth of their grandson, Everett Ernest Reid Smith on December 2, 2017, weighing in at 8 lbs.

Mazel Tov to Evalon and Austen Hamilton on the birth of a grandson, in Victoria.

All the best to Paulette Zettler who has re-opened her spa Serenity Esthetics.

Shiva Meal Fund

The CHW Shiva Meal Fund was established 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. Through the generosity of the CHW Victoria Community, we gratefully receive monetary donations (not tax 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.

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.

A Peek in Our Members' Kitchens



"We received this recipe from a friend in Ottawa and really enjoy it". Eleanor Mintz

Tortilla Wraps:

Ingredients:

Large 10" round tortilla wraps

1 package smoked salmon

8 oz. Soft cream cheese

Red onion sliced or minced

Fresh sprigs or dill or dry dill

Capers-optional

Honey mustard

Method:

Spread cream cheese thinly on tortilla wrap(s)

Spread mustard lightly on top of cream cheese

Sprinkle lightly on top the minced red onion, bits of dill, optional capers

Lay the thin slices of salmon on top

Starting at bottom of wrap, roll it up very tightly till you get to the top, and have a long thin roll

Wrap roll tightly in saran wrap and refrigerate overnight to make it set

Just before serving, remove roll (s) from fridge, take off saran wrap and slice straight down (i.e. diameter of roll) into approximately ¾ inch pieces. Serve pieces on cut side down (that way each piece has a circle shape except maybe the ends).

Each roll makes about 8 to 9 pieces. As appetizers for 4 to 6 people we use about 5 tortilla.

Off The Beaten Path—Israel 21C



Sidreh, a non-profit organization established in 1998 in Lakiya to improve the socio-economic status of Arab Bedouin women in the Negev, incorporates the [Lakiya Negev Weaving Project](#).

The women spin thread from the wool of sheep from local Bedouin shepherds and create carpets, cushions and accessories. Traditional Bedouin women demonstrate the entire weaving process and talk about the Bedouin way of life.



17 Israeli companies pioneering artificial intelligence By [Abigail Klein Leichman](#), Israel 21C, October 2017

More than 430 Israeli startups use AI as a core part of their offering.

Artificial intelligence (AI) gives machines the ability to “think” and accomplish tasks. AI already is a big part of our lives in areas such as banking, shopping, security and healthcare. Soon it will help us get around in automated vehicles.



By 2025, the global enterprise AI market is predicted to be worth more than \$30 billion. Israeli industry can expect a nice piece of that pie due to its world-class capabilities in AI and its subsets: big-data analysis, natural-language processing, computer vision, machine learning and deep learning.

[Daniel Singer of Medium](#) recently mapped more than 430 Israeli startups using AI technology as a core part of their offering — nearly triple the number since 2014. Israeli AI startups have raised close to \$9 million so far this year.

“The AI space in Israel is certainly growing and even leading the way in some fields of learning tech. Also significant are Israeli tools integral to AI functionality. For example, [Mellanox Technologies](#)’ super-fast data transmission and interconnect solutions make AI possible for customers including Baidu, Facebook, NVIDIA, PayPal, Flickr, Microsoft, Alibaba, Jaguar, Rolls Royce, NASA and Yahoo.

In October 2017, Intel Israel announced the establishment of an AI center on the company’s campuses in Ra’anana and Haifa, as part of a new global AI group.

[Aldoc](#) is one of Israel’s start-ups, based on Artificial Intelligence

Aldoc uses artificial intelligence to help radiologists read images more precisely.

Aldoc of Tel Aviv simplifies a radiologist’s task by integrating all relevant diagnostic and clinical data into a comprehensive, intuitive, holistic patient view. This is done with a combination of computer vision, deep learning and natural language processing algorithms.

Modest Fashion Is All the Rage: Can the Trend Last? by [Judy Gruen](#), December 2017, [aish.com](#)

Ladies, the world of haute couture has you covered better now than it has in many a year. Gone are the body-hugging and revealing fashions in which size 0 models slouched down the catwalks season after season. Today's hottest fashions are decidedly more conservative and include a startling range from the sophisticated and demure to boxy beige numbers that resemble something from the Pilgrims' first Thanksgiving. Designers including Céline, Rachel Comey, the Row, Creatures of Comfort, Vaquera and Vetements are showing long, baggy dresses and ankle-length sheaths, long-sleeved turtlenecks, suits, and traditional blouses with below-the-knee skirts. Orthodox clothing designers are also gaining popularity, including the labels Frock NYC, MimuMax, and Linear Collection, while Orthodox bloggers Rachele Yadegar ([notwithoutmyheels.com](#)) and Adi Heyman ([fabologie.com](#)) have thousands of followers watching their recommendations for stylish outfits that are also modest. Today's fashion trends are also driven by increasing demand by Muslim and Christian women, and these communities have their own fashion designers bringing new offerings to the market. A modeling agency called Underwraps only sends out models who wear modest styles.

Fashion reporters don't see this as just another quickie cycle in the ever-fickle fashion industry, but a more fundamental shift. As one writer for the *New York Times* recently observed, in an age of extreme oversharing and overexposure in the media and online, women are declaring their need to feel more protected and more empowered through clothing that covers more than it reveals. "The 'naked' look is dead," the writer stated. I'm glad that the fashion world now realizes (at least for the moment) that allure and beauty are actually more compatible with *tzniut* (modesty) than they are with the show-it-all approach. As designer Michael Kors observed, "I am convinced that there is something far more alluring about women wearing things that give them confidence, that don't make them feel as if they have to tug at their hemlines or yank at their straps."

The laws of modesty apply to both men and women, beyond how we dress. The simple translation of *tzniut* is "modest," but I like my rabbi's definition much more: discretion. With discretion, you reserve for the private domain what should be kept private. It has nothing to do with prudishness or colorlessness. Halacha, Jewish law, provides healthy guidelines for both women and men to help us identify those boundaries. The laws of *tzniut* apply to both men and women, beyond how we dress. Conversations and behavior also require *tzniut*, to demonstrate that we are using judgment, foresight and responsibility before we speak or act. Today, where almost every day a once powerful or influential man is dethroned from his position for sexual misconduct, isn't it crystal clear how desperately men need a remedial course in using discretion?

It's a relief to see more coverage in today's styles. Outside of small boutiques that cater to the "modest" crowd, clothes shopping for the *tzniut* shopper can become an exhausting scavenger hunt ("Look what I found! This top has sleeves AND a decent neckline!") that still often requires some fabric remediation at the local tailor. At least for now, both adolescent and teen girls and women can feel confident in clothes that are both stylish yet don't exploit their physicality at the expense of their personas. Today's fashions are attracting an unlikely amalgam of Jews, Muslims, Christians, and others who dislike having their bodies overly exposed. Ironically, while the skimpy styles were considered as a mark of women's liberation, in fact the opposite is true. Too-tight, too short, and too revealing clothing actually constrict women. Clothes that focus relentlessly on their sexuality at the expense of seeing them as whole human beings diminish and demean women. It is discreet clothing that provides women space for them to feel confident and secure. Many women have long wanted more conservative clothing. In a column called "What's Stopping the Most Relevant Style Subculture from Going Mainstream?" on the website *Refinery29*, Connie Wang wrote about helping friends shop for a new wardrobe, or find an outfit for a special occasion. She wrote, "And though they represent all ages, tastes, and degrees of bravery, the most common request is that whatever we find is cute and trendy, but has sleeves and 'isn't too short.'" And yet, she added, "If I tell these women that 'modest fashion' is what they are actually looking for, most would recoil, as if I'm also telling them that they're old-fashioned or uptight."

In my thesaurus, synonyms for "modest" include "shy," "unsure," "retiring," "meek," "unassertive," "humble," "plain," and "unpretentious." That's a totally unfair rap for modest clothing, which can be elegant, individualistic, ethnically colorful, sophisticated, stylish, and confident. These are the opposite of "plain," "meek," or "uptight." The mystery of the hidden, and the increasingly rare commodity of dressing with dignity, also adds an automatic element of class and distinction to a woman's appearance. The style pendulum will surely swing back again to an overemphasis on women's skin, so I'll stock up now while the selection is plentiful. But I bet that women who are now discovering the comfort, freedom and sense of dignity through today's covered couture will drum up a demand that will keep these fashions available for a very long time.

Member's Corner—by Leah Kinarthy

Chanukah has often been a depressing time of year for me. The dark days of the Pacific Northwest, the gloom of all the rain and amid the glowing lights of Christmas, it falls short.

I often compared the two holidays and wished that Chanukah had more traditions and more colour.

It has also reminded me of late of my nuclear family- my parents who are no longer living and my three brothers who are very much alive along with 7 nephews and one niece. I grew up in Montreal and spent many years in California until I moved back to Canada. Within a few years in British Columbia I became an orphan- no parents and not much contact with my siblings or my grown nephews who were busy having children of their own. My children made up for some of the loss of my original family and my husband is my best friend but the holiday of Chanukah had lost its ability to dispel the darkness of mood and spirit. Each year I felt less engaged in the celebration of Chanukah, a military victory that happened so many centuries ago.

Until this year- I attended a magical, spiritual Chanukah service with glorious prayers with lots of singing and meaning and I was transported to experience both the light of Shabbat and the glowing incandescence of the Chanukah lights. I went up to the Torah, for a special group Aliya for those who dream big and then work on interpreting and fulfilling those dreams like in the story of Joseph.

I have dreamed of finding a Judaism I can relate to and this year I have never felt more connected to Judaism and to the collected ancient wisdom of the Torah. I am beginning to discover a mystical, spiritual side and look forward to exploring the Kabbalah one day. I also realize that in a lifetime of studying Torah, I will never “know it all”. It is OK not to have to be the best all the time. Most of the time is it better just to “be”.

In many ways, Chanukah this year became a very reflective holiday- light having so many properties and made up of both wave and particle form, it is no wonder that light can be given and received in many different ways. For me this year, the light of Chanukah led me to an understanding of my limitations, that I cannot do it all, at all times. Sometimes a little light is just enough to illuminate my path.

Happy Holidays and may you have the joy of health, wealth and the love of family and friends in the New Year.

Did You Know?

Because of Daryl Levine's intuition, concern, interest in educating herself and proactive stance, her Mother's, her Husband's and her life, were able to be saved in time, by medical intervention.

Famous Jewish Quotation:

“Don’t be afraid of discovering that the ‘real you’ may be different than the ‘current you.’” Rabbi Noah Weinberg, zt”l

Upcoming Events for 2018

February 6, 2018— “Birthday lunch”.
Cordova Bay Restaurant. 12:00 pm.

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

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