



Come Together
RIGHT NOW

March 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

- About CHW.....1
- Message from Your Executive1
- Annual Campaign Kickoff.....2
- April Birthday Lunch3
- French Resistance Socialite Heroine 4/5
- Shiva Meal Fund5
- First Aging Innovation Lab 5/6
- CHW Cards/Certificates6
- Good and Welfare7
- A Peek in our Members' Kitchens7
- Interesting Fact about Israel7
- Famous Quote8
- Upcoming Events8
- Important8
- Toiletries8
- Executive Members8

Message from your Executive – by Eleanor Mintz, Newsletter Editor

In spite of some rain and torrential storms, we have to say we've had a good winter here in Victoria, especially compared to the rest of Canada. When I see fellow Victorians walking outside in shorts at this time of year, I realize we are doing okay weather wise. However, this past January has been a very difficult one within our CHW Victoria community, having lost 3 husbands/fathers, who were closely connected to our group. May the upcoming months bring us a renewal of spirit.

We have just celebrated Purim (also known as the Feast of Lots.) Queen Esther saved her people from Haman, who was planning to kill all the Jews throughout Persia. At the end of March we celebrate the festivities of Passover -a celebration of spring, of birth and rebirth, of a journey from slavery to freedom. Also for accepting responsibility for ourselves, and doing what we can to help in our community, and the world. This is a time for each of us to reflect, enjoy and appreciate one another.

On a different note, our last Birthday Fundraising event, on February 6, 2018 was a huge success, with 22 people in attendance. We thank you for supporting the CHW Hadassim Children and Youth Village.

We look forward to seeing you at our upcoming events. Whether you join us for an afternoon of cultural information, a hike and picnic lunch, a celebratory lunch at a restaurant, or all three, we are happy to see you and encourage you to come. Please let us know if you need a drive.

Chag Pesach Sameach!



March Program

CHW Victoria

Invites Members to attend

Annual Campaign Kickoff.

International Cultural and Culinary customs of Passover

With speaker presentations

At the party room of

Amber Cameron-Johnson

918 Collinson Street, Victoria BC

Sunday March 18, 2018

From 2:00 pm to 4:00 pm

Please bring a sweet or treat for 8 to 10 people

This program is for ladies only

Please RSVP to Eleanor Mintz at (250) 995-1414 or eleanor.mintz@shaw.ca by Sunday March 11, 2018

April Luncheon:

CHW Victoria
Invites Members to attend

Our Birthday Party Fundraiser
Romeo's Restaurant,
1581 Hillside Ave.
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 Eleanor Mintz at eleanor.mintz@shaw.ca or (250) 479-2425 by Sunday April 15, 2018

The French Resistance Socialite Heroine who Saved 60 Jewish Children

Everyone should know about Suzanne Spaak's remarkable courage. by [Menucha Chana Levin](#), Aish.com



As the daughter of a successful Belgian banker and sister-in-law of the Belgian foreign minister, Suzanne Lorge Spaak was accustomed to an upscale lifestyle. Her husband Claude was a successful dramatist/film maker. Fellow Belgian René Magritte, a talented surrealist artist, painted her portrait. Relocating to Paris in 1936, the Spaaks found a home at 9 Rue de Beaujolais, in the same building as famous French novelist Colette.

A highly devoted mother to her children, Lucie and Louis, Suzanne found fulfillment in raising her family while enjoying the life of a wealthy socialite in Paris. With the outbreak of World War II and the occupation of France by Germany, Suzanne Spaak's life would never be the same again.

Feeling angry about the suppression, brutality and racial intolerance of the Nazi occupation, she decided to do something highly unusual for a woman of her affluent background. In 1942 she joined the French Resistance movement. However when she volunteered to work with the underground National Movement against Racism (MNCR), she was greeted with skepticism by their members. They wondered how - or if - this wealthy socialite would survive the difficult, dangerous conditions of their organization. At first they assigned her to simple tasks such as typing, distributing leaflets, and shopping for everyday supplies. After a while Suzanne asked for greater challenges. "Tell me what I must do, it is all the same for me to do this or that work... so I'll know that I am serving in the struggle against Nazism."

Mr. Aronson, a fellow member of the MNCR, who initially doubted the new recruit's abilities, began to realize he had misjudged her deep commitment to the cause. "We were not very optimistic regarding the capabilities of our new collaborator but how great was our mistake. She belonged to the category of idealists for whom their private lives and personal needs cease to exist the moment a great idea comes to possess their heart and soul."

Never refusing an assignment, Suzanne walked all over the city of Paris in an effort to find a hospital willing to take the risk of treating Jews in hiding who needed urgent medical attention. Using her influence with the upper class of Parisian society, she knocked on the doors of lawyers, educators, judges, clerics, movie stars and writers asking for their support.

Aware of the growing atrocities of the Nazis, Suzanne devoted herself to ridding France and her native Belgium of their oppressors. She joined the Red Orchestra intelligence network, a Soviet-sponsored organization founded by Leopold Trepper, a Jewish communist from Poland. This group conducted very effective intelligence gathering in Germany, France, Holland and in neutral Switzerland with members known as the "Lucy Ring". The network grew so successful at infiltrating the German military intelligence service that the Nazis set up the Red Orchestra Special Detachment to eliminate it.

In early 1943, information concerning the deportation of Jewish children leaked out. As the loving mother of her own two children, Suzanne felt so overwhelmed by the danger facing the Jewish children it affected her personal life. Working tenaciously to save the lives of these Jewish youngsters about to be sent to the German death camps, she actively participated in a daring operation initiated by Pastor Paul Vergara and Marcelle Guillemot. They managed to smuggle to safety more than 60 Jewish children, ranging in age from three to 18.

Suzanne initially sheltered some of the children in her own home, despite the great personal risk. With the assistance of her comrades, she provided the children with ration cards and clothing, moving them to safe havens in various parts of France. Meanwhile in Belgium the Nazis traced and monitored Red Orchestra operative radio transmitters and started making their first arrests of the agents. Captured members were so brutally tortured that several divulged names and network secrets. As a result, during the next 18 months, more than 600 people were arrested.

Aware of the impending danger, Suzanne, who had already risked her life to save other people's children, realized the time had come to save her own, Lucie aged 16 and Louis, 12. In October 1943, she managed to flee with them to the safety of her sister's home in Belgium.

However, a few days later Suzanne was arrested by the Gestapo. She'd had the presence of mind to give the lists of Jewish children and their addresses to an underground comrade, saving their lives. Taken to the notorious Gestapo-held Fresnes prison near Paris, the second largest prison in France was a horrific place with cold, filthy cells. Members of the French Resistance and captured British special operations executives imprisoned there seldom survived. Righteous gentile Mary Elmes of Ireland (featured on Aish.com, August, 2017) had also been confined in the Fresnes prison but, due to the efforts of the neutral Irish government, she was released a few months later.

Unfortunately Suzanne Spaak was destined for a different fate. Imprisoned for nine horrifying months, she was subjected to torture and sentenced to death by a German military court. As the Allied forces broke through at Normandy and started to fight their way to free Paris, the Gestapo prepared to flee. But before leaving they executed some of the prisoners, including members of the Red Orchestra. On August 12, 1944, Suzanne Spaak was shot to death in the prison, only 13 days before Paris was liberated by the Allies.

All the Jewish children she rescued managed to survive the war. Unlike many Righteous Gentiles who risked their lives to save Jews, Suzanne did not live to a ripe old age, enjoying her grandchildren and seeing the generations she had saved. Only 39 at the time of her death, this heroic woman had written on the wall of her cell: "Alone with my thoughts, there is still freedom." In 1985, [Yad Vashem](#) recognized Suzanne Spaak as [Righteous Among the Nations](#).

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Editor's note: Menucha Levin is a friend of Eleanor Mintz. She is an author who lives in Jerusalem.

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, 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. We thank [Orli Kalfon and Susan Halpert](#) for donating to the Shiva Fund in February.

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.

First aging innovation lab opens in Israel

Innovation Lab for Healthy Aging at Ben-Gurion University will address seniors' challenges with new products and technologies. By [Abigail Klein Leichman](#) January 17, 2018, Israel 21c

Israel's first Innovation Lab for Healthy Aging has been launched in Beersheva, simulating the challenges in the everyday living environment of senior citizens in order to inspire solutions. The new project is backed by a ₪5 million investment and has a partnership with Sheba Medical Center in Ramat Gan to test its approaches and technologies.

The Innovation Lab for Healthy Aging is jointly sponsored by the Center for Digital Innovation (CDI) Negev, Ben-Gurion University of the Negev (BGU), the National Insurance Institute of Israel, the Beersheva municipality, the Joint Distribution Committee (JDC) and the Amal & Beyond Group. "In 10 years, Beersheva will become the center of senior citizen-focused research and innovation," CDI founder and CEO Ziv Ofek said.

According to World Bank data, the percentage of the world's population over 65 grew from 5 percent in 1960 to 8.5% in 2015. CDI was founded by Ofek along with fellow entrepreneurs Sharon Sasportas and Boaz Gur Lavie in collaboration with BGU and the Beersheva municipality to focus on promoting and managing digital innovations in health, welfare, education and smart cities. The new lab takes all of these fields into consideration.

"When I think about this lab, I think about my parents and the real challenges they face," Ofek said. "Instead of looking for merely technological solutions, we went back to analyze the problem. We developed a 360-degree approach that looks at all aspects of a senior's life." Not only technological solutions will be considered but also social project ideas such as connecting teenagers with seniors to alleviate loneliness and depression.

Model home

The new innovation lab is situated in a fully furnished model home that simulates senior citizens' living environment and routines. New technologies and product prototypes will be implemented in and around the home to meet challenges such as preventing falls, alleviating loneliness, slowing deterioration, treating pain, and assisting in basic activities like bathing and toileting. Startups and innovative projects already operating in the lab include: Uniper Care Technologies, a TV platform designed to improve the communication process between the elderly and their families; BetterCare, an application that provides caregivers at nursing homes and centers precise information and a means of monitoring their quality of care; Vitalerter, a wireless platform that monitors heart rates and respiratory systems, providing alerts when identifying potential falls, infections, depressions, anxieties and general deterioration; Healthy.io, a home urine-testing kit providing test results within minutes, which are then broadcast to the patient's physician using a smartphone camera; Story, a digital timeline platform designed to let senior citizens tell their life story and share it with their loved ones.

BGU President Rivka Carmi, a physician, serves as chairwoman of the board of the not-for-profit CDI Negev. Additional advisers include Dr. Gidon Sahar, director of cardiology at Soroka University Medical Center in Beersheva; and Ofir Ben-Avi, formerly head of the e-government unit of the Israeli Prime Minister's Office.

.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 please send your cheque to Esther Laredo, 4767 Elliot Place, Victoria, BC V8Y 3E4.

Good and Welfare

We wish A Very Happy March Birthday to Janis Diner-Brinley, Sharon Shalinsky, and Susan Watt

We wish Susan and Alan Kendal A Very Happy 50th wedding anniversary. Mazel Tov

Happy Anniversary to Eleanor and Ken Mintz

Mazel Tov to Sharon and Ed Fitch on the engagement of their daughter Leora, to Nick Fraser. An August 5, 2018 wedding is planned.

Refuah shelemah (get well) to Bill Dean, Zelda's husband, after his recent surgery.

Refuah shelemah to Raya Sitwell. Our thoughts and prayers are with her

Recent greetings from Eve Peraya, from Florida; Joyce Skolnick from Trenton Ontario; Ana Porzecanski from London Ontario; Adele Vernon from San Luis Obispo California.

It was lovely to see Jan Wilson from Saltair at our February birthday lunch.



A Peek in Our Members' Kitchens

Passover Rolls—Thank you to Janis Diner Brinley for sharing this recipe

My Mother and Grandmother made these delicious (can you say that about a Passover recipe) buns through out the holiday. We had them with Gefilte Fish, "sandwiches for lunch" or with jam for breakfast. It really is a favorite holiday recipe. Enjoy!

2 cups matzoh meal
1tsp salt
1Tbsp sugar
1 cup water
1/2 cup peanut oil
4 eggs

Combine matzoh meal with salt and sugar
Bring oil and water to boil
Add to Matzoh meal mixture and mix well
Beat in eggs one at a time.
Allow to stand 15 mins.
With oiled hands shape into rolls about 3 inches long and place on a well greased cookie sheet.
Bake 375 for 50 mins or until golden brown.
yield 12

Interesting fact about Israel

[Heart tissue regeneration](#) is possible in the U.S. thanks to Israeli stem-cell technology

Famous Jewish Quotation:

“Youth is happy because it has the capacity to see beauty. Anyone who keeps the ability to see beauty never grows old.” —Franz Kafka

Upcoming Events for 2018

Sunday March 18, 2018— 2 pm to 4 pm.
Annual Campaign Kickoff. Cultural and Culinary Passover traditions. At the party room of Amber Cameron Johnson, 918 Collinson Street, Victoria, BC

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. More details to follow

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—12:00pm. 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:

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