



Come Together  
RIGHT NOW

May 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 Damaris Notte, Secretary

This is such a busy time of the year! We have just finished a significantly busy April with Pesach, Yom Hazikaron, and Yom Ha'atzmaut, with the "Israel at 70" celebration commemorating the re-establishment of the State of Israel in 1948.

The Declaration of the Establishment of the State of Israel begins with such significant words: "Eretz-Israel, the Land of Israel, was the birthplace of the Jewish people. Here their spiritual, religious and political identity was shaped. Here they first attained to statehood, created cultural values of national and universal significance and gave to the world the eternal Book of Books. After being forcibly exiled from their land, the people kept faith with it throughout their Dispersion and never ceased to pray and hope for their return to it and for the restoration in it of their political freedom..."

Celebrating with those of us who had birthdays in March and April at the CHW Birthday Luncheon was not only a lovely time but a reminder of the bonds we share with those of us who love Israel.

As we come into the month of May, it also promises to be very active with the celebration of Yom Yerushalayim, first prophesied by Zechariah who proclaimed, "Old men and old women shall once

again dwell in the streets of Jerusalem...and the squares of the city will be filled with boys and girls playing in its streets..."

"Har Habayit b'yadenu, the Temple Mount is in our hands!"

We also have the celebration of Shavuot when G-d gave the Torah to the Jewish people gathered at Mount Sinai.

It is with regard to the latter words of the Declaration of the Establishment of the State of Israel that CHW works to fulfill: "We appeal to the Jewish people throughout the Diaspora to rally round the Jews of Eretz-Israel in the tasks of immigration and upbuilding and to stand by them in the great struggle for the realization of the age-old dream – the redemption of Israel..."



## The secrets of Israelis' long, satisfying lives

National Geographic Travel reveals the likely reasons why Israel ranks 5th for healthy longevity as cited in the UN World Happiness Report 2018. By [ISRAEL21c Staff](#) April 1, 2018

Herbs, spices, seeds, nuts, olive oil and other plant-based foods are the backbone of the Mediterranean diet.

The combination of a Mediterranean-style diet, low alcohol consumption, strong family and cultural values, and an excellent healthcare system could be the main factors that put Israel in fifth place worldwide on the longevity scale, according to *National Geographic Travel*.

As of 2015, the longest average healthy lifespan is enjoyed in Japan, Korea, Switzerland, Italy and Israel, in that order.

This ranking was one of the aspects noted as significant by the authors of a newly issued UN report on the level of happiness in 156 countries.

In the overall happiness ranking, Israel came in 11th behind Finland, Norway, Denmark, Iceland, Switzerland, Netherlands, Canada, New Zealand, Sweden and Australia. The Jewish state was in 12th place in terms of happiness among foreign-born citizens.



## 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)

Sunday June 3, 2018

10:00 am to 3:00 pm

We will be walking a pre designated route in the park. Spouses, friends, children, grandchildren and dogs are welcome. Lunch will be provided, along with water bottles. Bring your own picnic chairs.

*Minimum* donation to participate is \$25 including lunch. You will receive a tax receipt for \$7 less than your donation, as this covers your 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

**CHW Victoria  
Invites Members to attend**

**Our Birthday Party Fundraiser  
Oak Bay Marina Restaurant  
1327 Beach Drive  
Victoria, BC**

**Thursday June 21, 2018  
At 12:30 pm**

**We will be honouring the May and June birthdays of the following members:  
Jocelyn Abrams, Eve Battan, Ruth Cooperstock, Chen Dror, Dina Gelfand,  
Susan Halpert, Susan Kendal, Daryl Levine, Bev Merson, , Fiona Prince, Lindy  
Shortt and Marilyn Weisbart**

***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 Thursday June 14, 2018**

## 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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The CARTOON KRONICLES

## Good and Welfare

We wish a Very Happy May birthday to: Eve Battan, Fiona Prince, Dina Gelfand, Susan Halpert, Daryl Levine, Bev Merson, and Marilyn Weisbart.

Get well, to Jill Swartz.

Welcome to Leah Smith, who has recently joined our Chapter. Leah arrived in Victoria from Ottawa, in November and is pleased to be a member of our community.

Well done to Zelda Dean, Director of Bema Productions, for an excellent play run of 'Lessons'

Kudos to our members who attended the fabulous Israel @70 in celebration of Yom Ha'atzmaut. Our table took in \$60 in donations. Thanks to Damaris Notte and Leah Kinarthy who staffed the table. Thanks to Lindy Shortt and Iris Green-Starr for their delicious desserts. Thanks to Amber Cameron-Johnson for her food distribution skills. Thanks to Josie Davidson, Celia Negin, and Jan Wilson for stepping in to help organize the food distribution for the tables.

## Nisco Museum of Mechanical Music



Nisco is at the outer edge of Ein Hod, an artists' colony in the Carmel Mountains south of Haifa. Owner Nisan Cohen, a New York transplant, gathered this awesome collection of antique music boxes, hurdy-gurdies, gramophones, player pianos and other mechanical musical instruments over the course of 40 years and he loves demonstrating them to visitors. The museum is open seven days a week from 10am to 5pm and also hosts concerts. Information: [niscomuseum@bezeqint.net](mailto:niscomuseum@bezeqint.net)

### Did You Know?

Per square kilometre, Israel has one of the highest levels of bird traffic in the world. Over 500 million migrating birds cross its airspace.

## Members' Corner

**My First Visit to Israel**—by Jan Wilson. Thank you to Jan for sharing her story.

It was September 17, 1978, that I left Amsterdam to fly to Tel Aviv. That was the historic day that the Camp David Accords were signed that led to a peace treaty between Israel and Egypt in March 1979. Security was very tight at the airport with armoured tanks surrounding the El Al plane on the runway. This being my first trip to Israel, I was both very excited and apprehensive. Little did I know that the following year I spent in the Land would be life-changing for me, creating in me an enduring connection and love for the Land and the people.

Many signposts in my life had led me to Israel and the privilege of living in Jerusalem for a year. The *People*, the *Land*, the *Language* – I absorbed each of these day by day. My landlady Yona, an immigrant from Poland in the early 1920's, and I did not have a common language –hers were Polish, German, Yiddish and Hebrew – mine English and French, so she became my first teacher of spoken Hebrew – always giving me a commentary on the weather – either too cold, or too hot! (noting if I was appropriately dressed for it, or not!). I progressed to using Hebrew for shopping in the colourful outdoor Mahane Yehuda market. I once needed to ask a shopkeeper to keep some tomatoes aside for me while I finished my other shopping – mistakenly saying I would return in 'two years' instead of twenty minutes. Gales of sympathetic laughter erupted from the other customers at his stall! Every effort I made to try and speak this 'ancient' and now 'living everyday' language was appreciated and encouraged.

Travelling around the land gave me some unforgettable experiences. To mention just a few, I remember sleeping outdoors under the brilliant stars in the Sinai peninsula, snorkelling amongst the strikingly coloured fish in the Red Sea, riding the old British Mandate railway between Jerusalem and Tel Aviv through glorious wheat fields, and visiting the Galilee hillsides covered in the gorgeous anemones and poppies of Springtime.

I was from Victoria, perhaps then the most 'British' part of Canada, but I have to say that I felt more at home in Israel than when I spent several months in England. An invitation to visit meant you were expected to drop by in the next day or two – and if not, *why not?* The warmth and hospitality of Israeli's to me, a young woman far away from home in Canada, touched my heart deeply.

Those were the days before cell phones and the extensive building of highways, high-speed rail, large malls and supermarkets. I have returned many times to Israel and seen these remarkable changes. What remains unchanged is the warmth and caring of Israelis, the immediacy and beauty of life being lived to the full each day in this wonderful country.

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### Birthday Lunch:

On April 22, 2018, a beautiful spring day, we once again honoured the birthdays of four March/April birthday ladies, at Romeo's restaurant. Sixteen ladies attended our lively celebration. We may have been a little "noisy" but we had a lot of fun catching up with our friends, and as well we were delighted to welcome new ones. We are pleased to say we raised \$115. Todah Robah. Thank you.

Our birthday lunches have added a new dimension to our programming which has caught on well. We look forward to seeing you at our next event at the "Oak Bay Marina" on June 21. And remember, if you have not yet told us when your birthday is, please do, as we wish to honour you as well.

## Famous Jewish Quotation:

“Who is wise? One who learns from every man... Who is strong? One who overpowers his inclinations... Who is rich? One who is satisfied with his lot... Who is honorable? One who honors his fellows.” – Ben Zoma, Ethics of the Fathers, 4:1

### Upcoming Events for 2018

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---12:30 pm. Oak  
Bay Marina.

Sunday August 19, 2018—Birthday Lunch for  
July/August Birthdays—12:30pm. 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