



# Victoria

## CHW Mission Statement:

CHW passionately supports programs and services for Children, Healthcare and Women in Israel and Canada.

## Tu Bishvat at CHW Youth Villages, Israel

**When:** January 21, 2019 all-day

Tu Bishvat, THE NEW YEAR FOR TREES, is a special holiday in Israel. Throughout the entire country, everyone spends the day outside planting trees. Tu Bishvat is celebrated at CHW Hadassim Children and Youth Village and CHW Nahalal Youth Village with all the children planting trees for a new year!

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## CHW Projects In Israel: From Your Executive Secretary

The Hadassim Children and Youth Village, located east of Netanya, north of Tel Aviv, was founded in 1947 for European Jewish refugee children. Hadassim is one of the largest residential schools in Israel. Today, Hadassim serves both immigrant and Israeli children from disadvantaged families. Many children living at Hadassim come from families unable to protect and care for them, having experienced emotional, sexual and physical abuse. It is the hope that by living in a vibrant environment, such as Hadassim, these children will feel at home and excel in their studies. *Children At Hadassim Youth Village Near Netanya In 1953*



The CHW Nahalal Youth Village, located on Moshav Nahalal in the Jezreel Valley of Northern Israel, was founded in 1923 as an agricultural school for Eastern European immigrant women. In the 1940s, The Nahalal Youth Village became a co-educational high school. Many of Nahalal's youngsters come from all over Israel and live in the residential dormitories, as their families are unable to protect and care for them. Many have experienced emotional, sexual and physical abuse. Others are new immigrant students who have arrived in Israel without their parents. Students from the nearby area attend school with those in the residential program. A state-of-the-art education complex features a library, classrooms and the Dan Auditorium. *Putting In Tomato Plants at Girls' Agricultural School in Nahalal, c. 1930*





## February Birthday Luncheon

CHW Victoria

Invites You to attend

Our Birthday Lunch

At the Taverna Village Restaurant

1075 Pendergast Street,

Victoria, BC

Sunday February 24, 2019

At 12:30 pm

We will be honouring the January and February birthdays of the following members:

Jenny Briker, Selma Linzer, Noemi Masson,

Celia Negin, Raya Sitwell & Jan Wilson

*minimum \$5 donation is requested, which will be donated to the  
CHW Hadassim Children and Youth Village Therapeutic Centre*

*"Please note that donations under \$10 do not generate a tax receipt"*

*If you are paying cash and require a tax receipt, please put your donation in an envelope and  
write your name and amount on the outside*

Please RSVP to Celia Negin at [morcel@shaw.ca](mailto:morcel@shaw.ca) or (250) 995-1414 by Sunday February 17, 2019



## **Launch of CHW Victoria Annual Campaign**

**CHW Victoria  
Invites You to attend**

**Our Annual Campaign Launch**

**Thursday March 7, 2019 from 1:30 pm to 4 pm**

**At the party room of Amber Cameron-Johnson**

**918 Collinson Street, Victoria BC**

**Guest Speaker**

**Lynn Greenhough**

**Lay Leader, Kolot Mayim Synagogue, Victoria**

**Her topic will be:**

**“My Journey: Choosing the Pathway of Judaism”**

**Please bring sweets and treats for 8 to 10 people**

**Please RSVP to Celia Negin at [morcel@shaw.ca](mailto:morcel@shaw.ca) or (250) 995-1414 Thursday February 28, 2019**

### 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.

### A peek in our members' kitchens



**Tuna Casserole**—Thank you to Frances Aknai for sharing this recipe

1 1/2 cups plain or three-colour rotini  
1 Tbsp. butter, plus some for the baking dishes

1/4 tsp. dried oregano  
2 Tbsp. all-purpose flour

1/2 medium red bell pepper, finely chopped  
1 small onion, chopped  
5 or 6 mushrooms, chopped (optional)  
1/2 tsp. minced garlic

3/4 cup warm milk  
1 cup grated old cheddar cheese  
Salt and white pepper to taste  
1 (120 g) can chunk tuna, drained well and flaked

#### Method:

Boil the rotini until tender in 1½ cups water, about 8 minutes.

While the pasta cooks, preheat the oven to 350 degrees F.

Lightly butter two 1 1/2-cup baking dishes, OR one 3-cup baking dish. Melt the 1 Tbsp. butter in a small pot over medium heat. Add the onion, bell pepper, mushrooms (if using), garlic and oregano and cook 2 minutes. Mix in the flour. Slowly whisk in the milk, bring to a simmer, and then remove from the heat. Stir in the cheese, salt and pepper.

Drain the cooked rotini and add with the tuna to the sauce and then spoon it all into the baking dish or dishes. Bake 20 to 25 minutes, or until golden. *Makes 3 generous portions.*

**Biography about Suzie Deston z"l:** Written by Sharon Fitch, her friend since 1993.



### **Suzi Deston 1931-2018**

Suzi was born Feb 26, 1931, in Basle Switzerland. She had a brother, Alfred (Freddi) 5 years her senior. Suzi grew up in a warm, close knit Orthodox Jewish family, whose roots were in Switzerland for several generations. As a teenager, Suzi attended Bnei Akiva Zionist youth groups. Fortunately, the Jewish community of Switzerland was shielded from the horrors of World War 2.

One of Suzi's favourite memories was meeting Dr Reuven Feuerstein, world renowned psychologist and educator, who was famous for his work with child survivors of the concentration camps after the War. (CHW supported his treatment centre in Israel and fundraised for him for years). They met when Suzi was 17 years old and he was 27, in 1948, when he went to Switzerland to recover from tuberculosis. While there he gave a presentation at a seminar of the Mizrachi Youth movement. It was there that they struck up a friendship.

In high school Suzi studied dress design, then worked as a designer. Suzi learned to play the cello and was a great lover of classical music. Suzi met her first husband, Manny Ruben, from Copenhagen, at a youth camp in Switzerland. They were married August 3, 1952, in Copenhagen. For the next 24 years Suzi worked at the George Jensen gift and book shop at the Copenhagen airport. She learned to speak several languages from her customers, with whom she got along famously. Sadly, Manny died in June 1976.

Suzi decided to make Aliyah to Israel. While there in 1977, Suzi met Avi. Her plans changed. They married March 20, 1978, in Copenhagen. In 1980 Suzi and Avi moved to Umtata, Transkei, South Africa, where Avi was a professor of Applied Mathematics at University of Transkei. It was there that Suzi learned to speak Inhosa, the language of the Zulus.

In 1993, Avi retired and they moved to Victoria. They became staunch members of Congregation Emanu-El. Suzi joined CHW, and a French lunch group. Suzi never missed a social occasion, lecture or concert. She had a keen and inquiring mind, and a prodigious memory. She was fluent in German, English, French, Danish, and also spoke Hebrew, Swedish, Russian, Inhosa, and who knows what others. Suzi kept in weekly phone touch with relatives and friends in USA, Denmark, Switzerland, South Africa and Israel. She knew the names of every great niece-and-nephew in all generations. She never forgot a friend. Suzi's beloved Avi died in July 2011. Suzi died December 31, 2018. May her memory be for a blessing.



Your smile for the day:

The yiddish speaker

Sadie, an elderly lady, goes up to a man at a bus stop in Boro Park. She tugs on the sleeve of his coat and asks, "Farshtayn Yiddish?" The man answers, "Yes, Ich Farshtayn." Sadie then says, "Vot Time is It?"

## Good and Welfare

We wish A Very Happy February Birthday to Jan Wilson.

Continued get well wishes to Raya Sitwell.

Get well to Susan Kendal, Lindy Short and Marilyn Weisbart as they recover from their recent surgeries.

Mazel Tov to Celia Negin on her recent retirement.

Mazel Tov to Sarah Thoms on becoming a grandmother.

It is with great sadness we announce the passing of Laurel Nahshon z'l. May her memory be for a blessing. Sincere condolences to her family.

## Israeli buildings that will make you stop and stare—Israel 21C, January 2019

Israel may be famous for its extraordinary collection of simple, classic and functional Bauhaus buildings in Tel Aviv, but it's also home to some rather more unusual architectural structures as well.



ISRAEL21c took a look at some of these unforgettable architectural eye-poppers including the fluid feng shui-inspired Bubble House in Neve Daniel, the hectic Beehive apartments in Ramot Polin, the Spiral House in Ramat Gan, and the House on the Boardwalk in Tel Aviv – a building that was actually never supposed to make it off the sketchpad.

These buildings definitely show the quirky side of Israeli creative genius – and remember; beauty is in the eye of the beholder.

## Netflix and Amazon Israeli film pick: **Beauty and The Baker:**



First broadcast on Walter Presents, Channel 4's on-demand service for foreign language dramas, Beauty and The Baker tells the unlikely love story between Noa Hollander (Rotem Sela), one of the richest and most beautiful women in Israel and Amos Dahari (Aviv Alush), a modestly-earning baker who still lives at home with his family. The series was devised by Assi Azar and produced by Keshet International – the same Israeli company behind global hit, Homeland

and is available to view on Amazon Prime.

## Migraine relief from an Israeli neuro-modulation device

Portable, wearable device will offer over-the-counter alternative to pills or surgery, to be used as needed.

By [Brian Blum](#) December 5, 2018,

Fourteen percent of American adults suffer from migraines or severe headaches. Among women aged 18 to 44, the number soars to 23%. There is no cure for migraines, and over-the-counter pain relief medicines do not always work.



One of the most promising treatments is occipital nerve stimulation, where a small pulse generator is implanted at the base of the skull to send pain-relieving electrical impulses to the brain.

What if the same effect could be achieved without surgery – and for a lower cost than the tens of thousands of dollars required for an occipital nerve implant? That hypothesis launched Shmuel Shany and Amit Dar on their

journey to establishing [Neurolief](#).

Neurolief is developing a noninvasive neuro-modulation device that could be available for purchase in your local pharmacy for less than \$500. The device looks a bit like Geordi's visor in Star Trek: The Next Generation, except it sits on top of the head.

The Neurolief neuro-modulator stimulates six different nerve branches in the brain that regulate pain and mood. Each electrode in the device delivers a charge strong enough to penetrate the skull.

"It needs to be done without causing pain to the patient and not causing damage to scalp tissue," Dar tells ISRAEL21c.

The device is rechargeable, can be adjusted to a variety of head sizes and connects to both a mobile phone app and the cloud, so that a particular patient's experience can be compared with others to deliver a precise electrical "dose."

By "dose," Dar explains that the device can dial up and down the six electrodes individually, holding out the possibility to create a treatment plan personalized for each patient.

Neuro-modulation prevents the secretion of chemicals in the brain that trigger pain. But it also modulates the "activation threshold" of the neural system, so that the next time a migraine trigger is present (whether that's stress, lack of sleep or even chocolate), the nerves will not react as severely as before. Neuro-modulation is mostly side-effect free.



## Famous Jewish quotation:

Do not say something that should never be heard, because ultimately it will be heard (Hillel the Elder, Avot 4:2).

### Upcoming Events for 2019

Birthday Lunch—Sunday February 24 at 12:30 pm. Taverna Village Restaurant.

Annual Campaign Launch—Thursday March 7. At the party room of Amber Cameron-Johnson, 918 Collinson Street. Lynn Greenhough is our guest speaker

Birthday Lunch—Sunday April 7 at 12:30 pm. Moxies Restaurant

Birthday Lunch—Monday June 17 at the Lure Restaurant. 12:30 pm

Birthday Lunch—Wednesday August 14. Details TBA

### 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 2018/2019

#### Past President:

Sharon Fitch (250) 381-1166

#### Treasurer

Esther Laredo (250) 658-6550

#### Secretary:

(250) 656-0752

#### Membership:

Celia Negin (250) 995-1414

#### Newsletter/Website/Publicity:

Eleanor Mintz (250) 479-2425

#### Member-At-Large:

Selma Linzer (250) 381-9423

Josie Davidson (250) 889-7133

#### Advisor:

Susan Kendal (520) 339-6568

#### Chairpersons

#### Cards:

Esther Laredo (250) 658-6550

#### Telephone:

Helene Kadziora (250) 385-9094