

Forestdale Heights Lodge, B'nai Brith Canada

KOL ECHAD

January 2018

Tevet/Shevat 5778

Volume 16, No 5



Happy New Year!

2018

COVER ART

How secure are all your technological devices? Come on out to our first meeting of the year and learn more about Technology & Security from former FHL member Lloyd Lindsay.

Our website has most of the regular features found in print, plus much more.

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PRESIDENT'S PEN

Stewart Indig



HAPPY NEW YEAR!!! 📢🎵

2018 is looking to be a great year. With a New Year upon us, a lot of people make resolutions. What is yours? What do you resolve to do for the Lodge? My resolutions as President, would take me down a lot of roads. There is a lot that I would like to do for the Lodge. There is a lot that I would like to see the Lodge accomplish. The trouble that I am having is trying to do it all alone. I need help. The Lodge needs help. As a team, we can make Forestdale Heights great again (borrowed line from Donald Trump).

As the current sitting President, some of my Lodge resolutions are as follows:

1. To stop the Lodge meeting while members are having their own meeting. It's difficult to listen to two or three voices at the same time. There is no way Eddie Arkin can write down everything while he takes the minutes.

2. To have a chairperson for fundraising. Logic tells me that if we keep on giving out CVS money and do not raise funds, we will run out of money to give. The pushka cans and the Entertainment books are not quite cutting it. They are, however, better than nothing.

3. To have a social chair. We all like to have a good time. Participation is down. We need someone to concentrate on that aspect of the Lodge.

4. To have a programme chair. I would like to see a programme at the very least every second meeting. It appears to me that when we have a guest speaker, members are attentive and seem to enjoy the topic.

I could go on, however, I have learnt that resolutions or goals must be realistic and achievable. I believe these are. I don't think asking for 10 new members is unrealistic or unobtainable.

If you think the Lodge will fail let me tell you that this is fake news (again borrowed from Donald Trump). Although our numbers are going down, there are a few members that make up the nucleus of the Lodge. Everything happens because of these people. I am very thankful and grateful for them.

Cathy and I want to wish you all a very happy, healthy and prosperous New Year.

KOL ECHAD

Kol Echad is the official publication of Forestdale Heights Lodge, B'nai Brith Canada.

It is published 10 times a year.

We welcome all articles and letters from members of the Lodge and their spouses.

All material submitted is subject to editing.

The editor may consult with members of the bulletin committee regarding suitability and editorial decisions.

All opinions expressed in Kol Echad are those of the individual writers and do not reflect the views of either Forestdale Heights Lodge or B'nai Brith Canada.

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AT A GLANCE

January 8	Speaker & Dinner Meeting
February 12	Nominations & Dinner Meeting
February 28	Purim Programme
March 12	Elections & Dinner Meeting
April 9	Dinner Meeting
May 6	Toronto Goodlife Marathon
May 14	Dinner Meeting
June 11	Dinner Meeting

Dinner at 6:30; Meeting at 7:15

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\$15 non-members & guests**

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FHL SURVEY

Should the Lodge continue to hold meetings every month during our September-June season or should the number of get-togethers be reduced. If so, how many meetings should be held? Send your responses to jelijo@sympatico.ca

BINGO

The Lodge's monthly CVS bingo programme is on hold until further notice.



EDITOR'S DESK

Jeff Rosen



Here we go again, time for another reset. This time we are saying goodbye to 2017 as we prepare to mount new wall calendars. Of course, for us this is our second reset in just a few months, having ushered in 5778 back in September. Now, as members of Forestdale Heights Lodge, we are getting ready to start our own reset, as we prepare to say goodbye to one executive and welcome a new president and executive.

As a member of Forestdale Heights and chair of the communications committee for over two decades, I have had the pleasure of working with a number of our Lodge's presidents. Each has brought their own unique ideas and styles to the position. The common factor in each person's term has been their determination to keep Forestdale Heights moving forward into the future. As someone who had the honour of leading this group, I understand and respect what they hoped to achieve.



I also realize that no matter how lofty a president's ideals and dreams, he or she is just one person and cannot do it all by themselves. I was fortunate to have an amazing executive behind me to implement my ideas.

However, that was over a decade ago. Our membership base was larger and everyone seemed eager to pull together to maintain FHL's strong CVS/social traditions. I know our current president, Stewart Indig, has done his best to maintain and advance our great institution. To that end, he should be applauded.

His time is almost at an end though. As the current decade winds down, I wonder who will step up to the plate and lead the Lodge into the future. Remember, whatever happens with FHL in the coming years is everyone's responsibility.

Happy New Year! May we have a successful reset in 2018.



MEMBERSHIP

B'nai Brith Canada is going paperless. The organization is no longer sending out invoices by mail. You can now renew your membership online. Dues are \$125 for members and \$50 for a spousal membership.

Go to <https://bnaibrithcanada.nationbuilder.com/membership>.

If you are a SPORTS member, please go to URL: <https://bnaibrithsports.ca> to register and pay your membership dues.

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SLATE COMMITTEE

In keeping with Lodge tradition and procedures, FHL's slate committee will meet on Wednesday, January 17 at 7 p.m. to choose a slate for the Lodge's 2018-2019 executive. The meeting will be held 27 Elise Terrace, at the home of Harvey Silver, chair of the slate committee and head of the Lodge's board of governors.

CVS

The following message is in regard to our holiday parcel delivery:

Good afternoon Mr. Indig, just a short note to thank you for the kind letter and well wishes you recently sent our way. We appreciate your support and are looking forward to a continued partnership in the New Year. Together we can accomplish so much more!
Happy Chanukah.

Robert Johnson

Superintendent (5909)
Toronto Police Service

CORRESPONDENCE



November 07, 2017

Jeff Rosen
Forestdale Heights Lodge
B'nai Brith Canada

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For more than 35 years, Blue Door Shelters has opened doors to families, youth, women and men without a safe place to stay. Each year, over 900 people from babies to seniors stay in one of our three shelters. Yet our hard work and our best efforts are never enough in reducing the impact of homelessness. Blue Door Shelters believes everyone deserves a home. It's a basic right and necessary for anyone to have a chance to live their life with dignity, autonomy and self-determination.

We truly depend on the support of the community to enable us to continue our work providing valuable services to vulnerable communities. Without the support from people like you, we simply could not provide our clients with the much needed essential items they so urgently need. Please accept our sincere appreciation for the generosity you have conveyed with your donation of goods.

Please visit our website at www.bluedoorshelters.ca or our facebook page www.facebook.com/bluedoorshelters to follow our work. We thank you for helping to reduce the impact of homelessness!

Yours truly,

Anne Stubleby
Executive Director

Good afternoon Jeff,
I wanted to take a moment to thank you and your organization for the generous donation to the charity of my choice. It was certainly appreciated and unexpected. Please keep up the good work!
Aaron Arkin

From: Andrew W <awhitte64@gmail.com>
Date: December 17, 2017 at 6:08:53 PM EST
To: Stewart.indig@gmail.com
Subject: **Thanks from paramedics!!**

Hello.

Just a quick thanks for your recognition and gift to our station #58 on Canterbury Place. It was very much appreciated!!

Wishing you a joyous holiday season as well.

Sincerely
Andrew Whittemore
Paramedic

To: stewart.indig@gmail.com
Subject: **Thank You!**

Good afternoon Stewart,

Thank you very much for the kind letter and the chocolates.

Both will be shared with the platoons over the holidays.

We send our wishes to all of you for a healthy, happy and safe holiday season.

Thank you again,

Andree

**Andree Vincent
Badge #1097
Staff Sergeant
York Regional Police
5 District
Whitchurch Stouffville , Community Substation**

From: Schellhorn, Heidi #526
To: stewart.indig@gmail.com
Subject: letter

Good afternoon,

My name is Heidi Schellhorn and I am the officer in charge of 2 District here in Richmond Hill.

We received your letter today and I just wanted to say thank you for taking the time to send it.

That was very thoughtful.

It will be shared with the dedicated members (both civilian and sworn) in our District.

Best wishes,

Heidi

Heidi Schellhorn
Superintendent #526
York Regional Police
2 District

PROGRAMMING



Former Lodge member Lloyd Lindsay will be our guest speaker at the first meeting of 2018, on **Monday, January 8**. He will speak about **Technology & Security**.

Lindsay is a life member of CPA Ontario, a CA, a Licensed Public Accountant, and a Certified Management Consultant.

He became a Chartered Accountant in 1964, a Certified Management Consultant in 1969, completed the three-year CICA In-Depth Tax Course in 1985, and has been in Public Practice for over 50 years.

Technology Background

Lindsay joined the Toronto Texas Instrument 9T9 Users Group in in 1983, served on its executive as president in 1984, and as its past president until 1989.

In 1987, Lindsay joined the Personal Computer Club of Toronto and is still an active member today. He hosted the club's MS Office Special Interest Group for many years, currently hosts the Club's online monthly meetings, and organized a trip to the PC Museum in Brantford Ontario last September.

In 2012, Lindsay joined the Durham PC Users group. Since then, he has made several presentations at its monthly meetings.

B'nai Brith Canada

Lindsay was a member of FHL in its early years and later was a founding member of the Halton Peel Lodge. When he became president of the lodge, he began attending the TRCC meetings and met with lodge representatives from FHL and other lodges in the GTA. In addition, Lloyd joined Upper Canada Lodge.



TALKING POINTS

Debbi Silver



It's hard to believe that 2018 is here. I remember when we celebrated the year 2000. Lucky for us, we were here at the turn of the century.

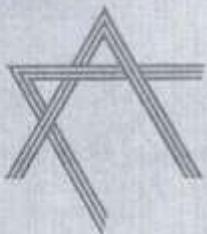
There were so many celebrations and sadness in 2017 for Harvey and myself. We lost our dear friend, Michael, and my cousin, Brenda. Both of them succumbed to cancer. Do you think there will be a cure in our lifetime? I know that scientists have done so much. Women with breast cancer are living longer; men with prostate cancer are being given a new lease on life. And so it goes... we must keep our fingers crossed.

The celebrations were our granddaughter's bat mitzvah last February and Harvey and I celebrating our 50th anniversary. There were other fun things during the year, but I won't bore you with them now.

On December 9, the lodge celebrated Chanukah at Mark & Marla Spergel's home. The Spergels were the perfect hosts. It was a beautiful evening with lots of good food and even some music by Rosalie Moscoe. I can't forget my love-in with Mark's dog, Penny.

The slate committee is meeting in a few weeks, and although I said this in my last article, I hope that someone will step up to the plate and take over the reins of Forestdale Heights Lodge. The Lodge is made up of people who are very involved in community service. "People Helping People" was the B'nai Brith motto many years ago. Unfortunately, I believe B'nai Brith has forgotten the roots of the organization. I recently read the bulletin from Leonard Mazel/Don Mills Lodges. These two lodges have invited us to many of their programmes. They are very involved in community service. So the motto, above, is still in place for a few lodges. I am hopeful that Forestdale Heights Lodge will continue in the area that most suits our members.

That's about it for this month. See you all at the next meeting.



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FOOD SENSATIONS

CHICKEN IN TOMATO MUSHROOM SAUCE

Ingredients

Chicken breasts (or any part of the chicken)
Seasoned Corn Flake crumbs (bread crumbs also work)
1 onion
1 can Tomato Mushroom Sauce
Flour
1 egg, beaten



Preparation

Dip chicken pieces in flour, then egg. Coat with the crumbs.
Fry up your onions in a little oil til they are nice and brown.
Place chicken pieces in the oil to get them a beautiful golden colour.
Once all chicken is browned, place in a baking dish and pour on the sauce.
Cover and bake for 50-60 minutes.
Remove, eat and enjoy.

NOTES: Recipe is equally delicious with any type of sauce or even without. If you choose to prepare without sauce, drizzle the chicken with a little olive oil.

* * *

GET THIS RECIPE, PLUS MANY MORE, IN FOOD SENSATIONS, NOW ON OUR WEBSITE AT kolechad.ca/food.htm.

GOOD & WELFARE

If you have any special moments in your life (or the lives of your children and grandchildren) that you wish to share with the Lodge, please send announcements to jelijo@sympatico.ca.



HARMONY

Rosalie Moscoe

“I couldn’t sleep at all last night... tossing and turning all night!”
- *Tossin’ and Turnin’* by Bobby Lewis, 1961.

That sums up my adventure at the sleep clinic to find out why I can’t sleep. Yes, it was paid for by our publicly funded health care system, so it’s true that you paid me to lie awake all night!

It was a beautiful clinic, my own private room, bathroom, complete with a shower. I thought I’d be settled in for the night. Then electrodes were glued all over my head. There went my hairdo. More electrodes were pasted onto my face, an oxygen monitor was hooked in my nose and an annoying piece of plastic was hung in front of my mouth. Brightly coloured wires were glued onto my legs and chest. A heart monitor also was belted around my chest and a breathing monitor around my diaphragm. My “General-like” technician tied them so tightly I could barely breathe!



“Should they be so tight,” I meekly asked. “Yes!” she answered. “I will be giving you some instructions. Follow them exactly.” Was she going to ask me to enter a space ship? I felt like an alien being prepared for examination.

From another room the “General” shouted instructions through a speaker. “Lie on your back; open your eyes; look up, look down. Clench your teeth; don’t move your head.” The sleep study commenced, and I lay breathless due to the tight monitors, feeling like a calf going to slaughter. After two hours, I finally pressed the call button and another technician, (not as nasty as the “General”) came running in. “Loosen the monitors, I can’t breathe,” I screamed. He could tell I was not in a happy mood! He finally relented. I could take a full breath. But alas came more tortuous hours of tossing and turning. The “General” marched in and chided me for not sleeping – I was ruining the study! I tried deep breathing and visualization techniques. Unfortunately, I had no luck.

Continued on next page

After finally learning I could sleep on my side, I passed out at about 5 a.m. until I was jolted awake by an alarm at 7 a.m. (Waking time was supposed to be delayed for me). The study was over; I flunked – they got no data. At the follow-up assessment, the sleep doctor said I was likely depressed; I felt like bopping him one, but I retained my composure.

After two days of catching up on my sleep, I feel fantastic! I just needed this enlightening experience to realize I have “A Wonderful Life” – just like the movie! Wishing all of you just that for 2018, a chai year!

FORESTDALE FUNNIES

My New Year's resolution is to help all my friends gain 10 pounds so I look skinnier.

My resolution was to read more, so I put the subtitles on my TV.

I was going to quit all my bad habits for the New Year, but then I remembered that nobody likes a quitter.

My wife still hasn't told me what my New Year's resolutions are.

My New Year's resolution is 1080p.

New Year's is just a holiday created by calendar companies who don't want you reusing last year's calendar.

New Year's Eve forecast: Mostly drunk with a slight chance of passing out.

On New Year's Eve, Marilyn stood up in the local pub and said that it was time to get ready. At the stroke of midnight, she wanted every husband to be standing next to the one person who made his life worth living. Well, it was kind of embarrassing. As the clock struck, the bartender was almost crushed to death.



TORONTO MARATHON

GoodLife
FITNESS
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MARATHON



Sunday, May 6

Forestdale Heights Lodge has participated in the Goodlife Toronto Marathon for many years. Our Lodge is responsible for the first water station behind Mel Lastman Square.

Arrival time at the water station is 6:00 a.m. and we are usually done

by 9:00 a.m. The fun continues afterwards when we often go out for breakfast.

If you can volunteer your time for this great CVS project, please call Harvey Silver at (416) 223-0780 or email at debbisilver@rogers.com.



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FHL@50 explores what has been going on in the world since the Lodge was born in 1967. For a comprehensive look back, go to kolechad.ca/fhl50.htm.

2012

FHL President: Ray Moscoe

Prime Minister Stephen Harper

Ontario Premier Dalton McGuinty

January 23 – Iran–European Union relations: The European Union adopts an embargo against Iran in protest of its continued effort to enrich uranium.



February 6 – The Diamond Jubilee of Queen Elizabeth II marks the 60th anniversary of her accession to the thrones of the United Kingdom, Canada, Australia, and New Zealand, and the 60th anniversary of her becoming Head of the Commonwealth.

September 7 – Canada officially cuts diplomatic ties with Iran by closing its embassy in Tehran, and orders the expulsion of Iranian diplomats from Ottawa, over support for Syria, nuclear plans and

human rights abuses.

November 14–21 – Israel launches Operation Pillar of Defense against the Palestinian-governed Gaza Strip, killing Hamas military chief Ahmed Jabari. In the following week, 140 Palestinians and five Israelis are killed in an ensuing cycle of violence. A ceasefire between Israel and Hamas is announced after the weeklong escalation in hostilities in Southern Israel and the Gaza Strip.

November 29 – The UN General Assembly approves a motion granting Palestine non-member observer state status.

December 8 – In Qatar, the UN Climate Change Conference agrees to extend the Kyoto Protocol until 2020.

Continued on next page

2013

FHL Presidents: Ray Moscoe / Harvey Silver

Prime Minister Stephen Harper

Ontario Premiers: Dalton McGuinty / Kathleen Wynne

February 11 – Kathleen Wynne is sworn in as premier of Ontario, following a leadership election, becoming Ontario's first female premier and Canada's first openly gay premier.

February 12 – North Korea conducts its third underground nuclear test, prompting widespread condemnation and tightened economic sanctions from the international community.

February 28 – Benedict XVI resigns as pope, becoming the first to do so since Gregory XII in 1415, and the first to do so voluntarily since Celestine V in 1294.

March 13 – Cardinal Jorge Mario Bergoglio of Argentina is elected the 266th pope, whereupon he takes the name Francis and becomes the first Jesuit pope, the first pope from the Americas, and the first from the Southern Hemisphere.

March 27 – Canada becomes the first country to withdraw from the United Nations Convention to Combat Desertification.



April 15 – Two Chechen Islamist brothers explode two bombs at the Boston Marathon in Boston, killing three and injuring 264 others. (See photo at left)

July 3 – Amid mass protests across Egypt, President Mohamed Morsi is deposed in a military coup d'état, leading to widespread violence.

November 24 – Iran agrees to limit their nuclear development program in exchange for sanctions relief.

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COMMUNICATIONS



There was a time when every business and organization wanted its own website. B'nai Brith lodges deemed them the way of the future and the best method to communicate with members. Unfortunately, best-laid plans often go astray. Some lodges shrank, some disappeared and plans were abandoned. As a result, there are only two lodge websites remaining in B'nai Brith Canada in 2018 (Don Mills/LMOL has the other one).

Twenty years ago, in 1998, Forestdale Heights Lodge decided to enter the digital age and create a rudimentary online presence at geocities.com/Area51/Nebula/4768. That's quite the tongue twister by today's standards.

Over time, the site evolved as our expertise progressed. Eventually, we moved servers and created a unique identity, finally arriving at kolechad.ca.

It's always fun to look back, but before anyone gets too proud of our accomplishments, I would like everyone to think of where we go from here. Our web viewing numbers are nothing to celebrate.

In an attempt to boost viewership to our site, we have recently added a number of news features. Everyone is welcome to tune in and read up-to-date stories from Jerusalem Post, CBC and Reuters. As well, we have added news widgets from Noozilla, an independent news aggregation service.

We have also added a page called Food Sensations at kolechad.ca/food.htm, which will compile recipes found in Kol Echad. If you have a recipe, you would like to contribute, please send it in.

These changes are beginning to make a difference in the number of people visiting our site. Like everything else though, the website (and print version) remains a work in progress. So, I put it to you, what is the future of our website? What do we do next? Does our website have a place in 2018?

Remember, the future of the website, and this Lodge, belongs to you.

Jeff Rosen

Postnote: To look back at earlier versions of our website, go to http://web.archive.org/web/*/http://www.ca.geocities.com/forestdaleheights

AS I SEE IT

Marc Kates



Well, he finally did it. Not that I'm a Trump supporter, but Mr. Trump finally did what no American president has done – he declared Jerusalem the capital of Israel and is planning on relocating the embassy from Tel Aviv to Jerusalem. For us, it's a no-brainer. Jerusalem has been our spiritual and political home for over 3,000 years since King David moved his capital there from Hebron. This was a gutsy and unpredictable move, but when one is discussing Mr. Trump, “unpredictable” seems to be the descriptor of choice.

On a recent visit to Paris, Israeli Prime Minister Netanyahu said to his host, French President Macron, “Paris is the capital of France, Jerusalem is the capital of Israel – it has been the capital of Israel for 3,000 years and the capital of the Jewish state for 70 years.” The Palestinian claim to Jerusalem is what concerns foreign governments the most. They argue that international law is being broken, and that Mr. Trump's announcement nullifies the United States as an honest broker in peace talks. Perhaps it's the continual discussion of peace talks and the passage of years, but there has been little movement in seeing a substantial peace agreement between the Israelis and the Palestinians since 1993. We, as Jews, seem so numb to the idea of something happening on the negotiation front. We've grown accustomed to the cycle of violence, the hatred of Israel, and the regular condemnation of her actions. We simply brush it off our shoulders and carry on.

Were you aware that on November 30, 2017, six new anti-Israel resolutions were passed at the United Nations? I wasn't.

Continued on next page



Even though we are celebrating Chanukah, I can't help but quote the Haggadah when it comes to anti-Israel sentiments at the UN – Ma Nishtana. Only six countries voted against these resolutions: Israel, the United States, Federated States of Micronesia, Marshall Islands, Nauru, and Canada! Way to go, Canada!

So, as we light the Chanukah candles, sing about the miracles of old, we still have the hope – Ha Tikva – that peace will come to Israel and that Israel, like the candles, will shine light into the darkness.

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CHANUKAH PARTY



Who knew a dreidel could stop in mid-twirl and reverse direction. Actually, it can't; it's simply an optical illusion caused by a certain type of overhead lighting. However, this novelty proved to be the entertainment portion at this year's Lodge Chanukah Party.

For the second consecutive year, members of Forestdale Heights Lodge gathered at the home of Mark and Marla Spergel on December 9 for some great food, interesting conversation, and entertainment.

The evening started with all gathered sitting around the fireplace enjoying noshes. Like last year's party, everyone sat round the dining room table, enjoying BBQ salmon, grilled veggies and, of course, latkes complete with

applesauce and sour cream. Then it was time for the desserts, which included cake, Chanukah cookies and grapes.

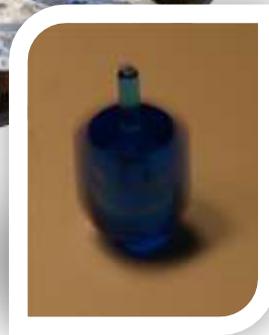
One of the highlights of the evening though came after Cathy Indig spun a dreidel. The top spun and, suddenly appeared to stop, and reversed direction. Even when Mark Spergel explained that the illusion was due to the dining room lighting, everyone sat transfixed. Only when a few members shone the light from their cellphones on the dining room table did the illusion vanish.

After much discussion around the dining room table, Rosalie Moscoe brought out her ukulele and provided musical entertainment.

Special thanks once again to the Spergels for hosting this social gathering, which included Stewart and Cathy Indig, Harvey and Debbi Silver, Ray and Rosalie Moscoe, Ruth Pupko, Lisa and myself. Thanks also to all those who helped plan this year's shindig. We look forward to great things in 2018 and next year's party.

Jeff Rosen

Happy Chanukah FHL



Check out all the photos at kolechad.ca/chanukah17.htm



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