

Forestdale Heights Lodge, B'nai Brith Canada

KOL ECHAD

April 2014

Adar II/Nissan 5774



KOL ECHAD

Kol Echad is the official publication of Forestdale Heights Lodge. It is published 10 times a year.

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

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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COVER ART

It's that time of the year again, time to clean the kitchen cupboards, get rid of all your chometz and prepare for Pesach, which starts with the first seder on Monday, April 14.

KOSHER FOOD BANK

Forestdale Heights is a supporter of the Pride of Israel Kosher Food Bank. Members are requested to bring an item of non-perishable kosher food to each Lodge meeting. The food items should bear a kosher certification. Donations of sealed toiletry items are also welcome. Donations collected at each meeting will be delivered the following day.

AT A GLANCE

April 6	Kol Echad May Issue Deadline
April 7	Elections & Dinner Meeting
May 4	Goodlife Marathon
May 5	Dinner Meeting
May 25	Installation
June 1	FHL@Woodbine

**Watch your e-mails and
our website for dates of upcoming programmes.**

Dinner at 6:30; Meeting at 7:15

Dinner Charge: \$10 members/\$15 non-members & guests

**If you plan to attend, please RSVP Albert Ohana at
salonpiaff@rogers.com or call (905) 597-1999**

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**DEADLINE FOR ALL ISSUES IS 10TH OF THE MONTH
UNLESS OTHERWISE CHANGED**



PRESIDENT'S PEN

April showers, spring flowers..... really? Do you think we will have flowers in April? Hopefully the ground will thaw out before May in time to plant our vegetable garden, flowers, etc.

With the coming of spring, it is time for a new executive to take over the reins in Forestdale Heights Lodge. Congratulations to the new executive. I know that Forestdale Heights, under the guidance of George Garten, will continue our CVS, social and many other programmes.

In April we have our election meeting. This will be a **“free”** dinner meeting. The only charge is that you come with a bag of kosher food items for the Kosher Food Bank. We encourage all of you to come out and support this very important evening.

In February, there was discussion on the possibility of having a Niagara wine tour. If you are interested please contact me at (416) 223-0780 or debbisilver@rogers.com.

Don't forget the Toronto Marathon on May 4. Call me if you would like to help out.

By the time you receive this bulletin, Passover will be around the corner. From our family to yours, we wish all of you a very healthy and happy Pesach.

Harvey Silver



Notice of Return of Motion to Amend the Forestdale Heights Lodge Constitution

Take Notice that the proposed amendments to the constitution of Forestdale Heights Lodge as further discussed and considered at the General Meeting of the Lodge on March 9, 2014, will be voted upon at our next Lodge Meeting on April 7, 2014.



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EDITOR'S DESK

In February, our finest athletes headed off to Sochi and showed the world that Canadians are true champions both on and off the podium.

When the Olympic Games finally ended, Canada finished with 25 medals, including 10 gold, 10 silver and 5 bronze, just one medal shy of its superb performance in Vancouver four years ago. Of course, that included gold medals in both men's and women's hockey.

I've always found it interesting that silver and bronze medalists are often dismissed as lesser athletes than their golden counterparts. What hogwash. These are all elite athletes and capturing any medal, makes them a champion in my book. In fact, I consider all those who participated to be real champions.

The Olympic Games received plenty of media hype and coverage, starting a year ago and continuing until the Olympic flame was finally extinguished. Unfortunately, how many people were aware of the Paralympic Games, which followed a few weeks later? The media coverage was significantly reduced and even when Canada picked up three medals on the opening day, the news was relegated to the inside pages of the Toronto Star sports section, rather than on the first page of the paper. You really had to go looking to find this great news.

What a travesty. The athletes taking part in the Paralympic Games are definitely not second-class athletes and should not have to take a back seat to anyone. These individuals have overcome numerous, challenges and obstacles, both physical and psychological to get to this point in their lives. Like their Olympic brothers and sisters, they are real champions.

Perhaps one day, society will see past the labels - abled and disabled athletes - and host just one set of games for everyone. There would be separate events for both groups, but all sporting events would be held under one banner.

I can hope and dream, but I know that this will take place far in the future, if it ever does come to pass.

After all, society as a whole still has a ways to go to provide full equality for all its citizens.

Chag Sameach,

Jeff Rosen





GOOD & WELFARE

Birthdays

Elizabeth Bloom
Avery Matow

April 4
April 7



FHL expresses condolences to Avery and Marla Matlow on the passing of Avery's beloved brother, Shalome. May they know no more sorrow.

If you have any special moments in your life that you wish to share with the Lodge, please send announcements to jeliyo@sympatico.ca.

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PASSOVER GREETINGS

Wishing everyone peace, good health and happiness

Chag Sameach

Harvey & Debbi Silver and family

We would like to wish all members of FHL a very happy Pesach

Jeff, Lisa and Jordana Rosen

Ray & Rosalie Moscoe wish all our Forestdale Heights Brothers and Sisters a happy, healthy and freylekh Passover

May we continue our traditions and enjoy with our families and friends

Best wishes for a Happy, Healthy Pesach

George & Charlene Garten

Wishing everyone a Chag Pesach Sameach

Michael Kates and family

To all Lodge members and friends, we wish you a happy and healthy Passover
Chag Sameach!

Richard Kotzen & Rhona Leviston

A happy and healthy Passover to all

Cathy & Stewart Indig

Wishing all members and their families a happy, healthy and meaningful Passover holiday

Carl, Debby, Rachel, Rebecca & Josh Zeliger

Wishing all members and their families a healthy and happy Passover

Ruth and Aaron Pupko

We wish our family and friends a happy, healthy Pesach

Ivan & Elizabeth Bloom

Happy Passover

The Ohana family



NOMINATIONS

The following individuals have been nominated to serve on the executive of Forestdale Heights Lodge for 2014-2015:

President: George Garten

Senior Vice-President: Ruth Pupko

Vice-Presidents: Stewart Indig, Richard Kotzen, Jeff Rosen

Treasurer: Charlene Garten

Financial Secretary: Elizabeth Bloom

Recording Secretary: Stewart Indig

Trustees: Elizabeth Bloom, Ivan Bloom, Rhona Leviston,
Rosalie Moscoe, Lisa Rosen

As immediate past president, Harvey Silver, will serve as chaplain
Michael Kates is chairman of the Board of Governors

Elections will be held on April 7.



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INSTALLATION 2014

Join the celebration

48th Annual Installation of Forestdale Heights Lodge

Sunday May 25, 7 Townsgate Dr., Thornhill, Party Room

Cocktails at 5:30 p.m., Dinner 6:30 p.m.

Price \$25 per person for members, \$30 per person for guests

Please RSVP to George Garten by May 15 at [**garten1707@gmail.com**](mailto:garten1707@gmail.com)
or (416) 221-2407



WOODBINE

On Sunday, June 1, members of Forestdale Heights Lodge will head to Woodbine Racetrack for our annual popular Day at the Races. Cost is \$40/person, which includes buffet lunch, programme and reserved seating.

Doors open at 11:00 a.m.

Don't miss one of FHL's premiere social outings.

If you are interested in joining us, you **MUST** RSVP to George Garten [**candggarten@hotmail.com**](mailto:candggarten@hotmail.com) or (416) 221-2407 by **May 5**.

**DUE TO PASSOVER, THE DEADLINE FOR THE MAY ISSUE
OF KOL ECHAD WILL BE SUNDAY, APRIL 6**



BINGO

Tuesday, April 8

4300 Bathurst Street

Please arrive by 7:15 p.m.

For more information,
contact Richard Kotzen, (416) 783-2737
or richkotzen@rogers.com

Future Bingo Dates: May 13

TORONTO MARATHON

Sunday, May 4

Forestdale Heights Lodge has participated in the Toronto Marathon for over eight years. Our Lodge is responsible for the first water station at 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 e-mail at debbisilver@rogers.com.



LODGE BBQ

Please join us on Sunday, August 17, for our annual Lodge BBQ at the home of Stewart and Cathy Indig.

Details to follow.



MARCH MEETING

On Sunday, March 9, the Lodge held a breakfast meeting at 4300 Bathurst Street. After a delicious breakfast with food from Sobey's, members got down to tackling a full agenda, including passing the annual budget.

Before we got down to business, Steve Fishman, volunteer co-ordinator for the 2015 Pan Am Games, addressed the Lodge, explaining that they are in need of thousands of volunteers to serve in a variety of positions. These include interacting with athletes and spectators at the various sports venues, working behind the scenes in transportation, information technology, press operations, communications, protocol services, accreditation, workforce services and many more areas. Volunteer recruitment for the games will begin in April.

Volunteers will be required to contribute 12 shifts over 18 operating days during the Pan Am Games, from July 10-26, 2015. Volunteers at the Parapan Am Games, from August 7-15, 2015, will be required to contribute six shifts over nine operating days.

A website has been set up for those interested in applying. Go to www.toronto2015.org.





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ALL STEW

The “Best Ever” Passover Brownies

Ingredients

5 eggs
2 1/2 cups white sugar
1 1/4 cup vegetable oil
1 1/4 cup matzo cake

meal

1 1/2 cups unsweetened cocoa powder

1 1/4 cups chopped walnuts

Directions

1. Beat eggs and sugar. Add oil. Mix in cake meal and cocoa. Add nuts (or use as a topping).

2. Bake in a greased 9 x 13 inch pan at 325 degrees F for 35 minutes.

The secret to moist brownies, Pesach or otherwise, is to under bake them. Check them at 30 minutes.

I also put nuts on top rather than in the brownies for two reasons: They make the top look good without having to frost them and, for those who don't or can't eat nuts, they are easily removed without having to search for them.

Happy Passover,

Stewart Indig



Watch for report and photos from our Purim programme at www.kolechad.ca

LOOKING BACK

From the files of Kol Echad

APRIL 2004

As I See It

The Passover experience has become a routine ritual in our family. Just like the sun rising in the East and setting in the West, the Pesach frenzy is on. From now until the first seder night of Passover, I go into my holiday preparation of turning “Casa Kates” inside out in preparation of Pesach.

Both of my parents have been gone a number of years now, but the tradition of going to my maternal aunt’s for seder has remained the same. *Ma nish tana?* – Why is this year different? My dear aunt has relinquished the seder traditions and has passed the torch on to me. I will be hosting the two seders this year.

What an awesome task. I’m not worried that my matzah balls won’t be light or fluffy, or my brisket tender and tasty. I’ve been cooking for years and perfected these Jewish delicacies. I even know how to roast a shank bone, and make my own *Khrain* that will bring tears to your eyes, and grow hair on your chest. However, I haven’t mastered the 12-egg sponge cake that is sheer perfection. I have tried just about every recipe in the 23 Jewish cookbooks that I own, including many recipes that are circulating the Internet, but



none of them comes close to the flawless structural design, towering nearly a story high, with the taste and texture of my Auntie Aileen’s Pesach sponge cake. It melts in your mouth, and is manna from the heavens. Family and friends travel days to come for a sampling of her famous sponge cake, *Chol Hamoed* Pesach.

I am sure my family will be disappointed when they will taste my feeble attempt, one more time at making the perfect sponge cake, but miss the perfection of our aunt’s cake by a cup of cake meal or tablespoon of potato starch. They will tell me, “It’s not Auntie Aileen’s,” and I won’t dispute it, but their long *poonims* will make it evident that I have not mastered their great aunt’s recipe.

Maybe, if we are lucky, our Auntie Aileen will show up on seder night with her famous sponge cake in hand, and in essence, she won’t be passing the torch, but continuing the tradition of all of us enjoying that famous sponge cake.

Bonnie Kates

AS I SEE IT



“Awesome” is one of those words that is overused in today’s society. Many of my students use “awesome” as a synonym for “really good,” not the classical definition of being “extremely impressive or daunting; inspiring great admiration, apprehension, or fear.”

Recently, I had numerous opportunities to truly be in awe: standing above the summit of one of the mountains in the British Columbia interior, seeing where ocean and mountain come together

in Vancouver, standing at the foot of ancient redwood trees in northern California, seeing the vastness of the Pacific Ocean on the beach in San Francisco and seeing a half-frozen Niagara Falls.

It was at these special moments that made me pause and reflect upon the awesomeness that is G-d’s creation. I can’t imagine what the Israelites must have experienced during the exodus from Egypt.

As it states in the Haggadah, “Has any G-d ever tried to take for himself a nation from the midst of another nation, with trials, signs and wonders, with war and with a strong hand and an outstretched arm, and with great manifestations, like all that the L-rd your G-d, did for you in Egypt before your eyes!” The 10 plagues, the actual exodus, the parting of the sea, manna from heaven, the pillars of smoke and fire could only have been described as awesome.

My mother was correct in her article; preparing for Pesach is an awesome task. Preparation for the coming Passover begins just as the previous one concludes. Lists are made and inventories are reconciled. Despite the fact that it is daunting creating a home that is *kasher le’Pesach* following Halacha and making sure that everything is just so, the awesomeness of Pesach, as my mother’s article can be interpreted, is the passing of the torch and the continuation of our traditions from one generation to the next. The awesomeness is found in the recitation of the *Ma Nishtana* by my almost 5 and 3 year olds and recounting to them the awesome journey that forged the Jewish people nearly 3,300 years ago.

May you find awesomeness in your own lives, and from my family to yours, *chag Pesach kasher ve’sameach*.

Marc Kates





HEALTH IN HARMONY

Four Foods to Ditch & Some Awesome Substitutes

I always look at people's shopping carts when I'm checking out. Do you do this too? Some carts are filled with diet pop, chips, frozen dinners and often those people seem to be larger than most other people are. Then there's the cart with low fat everything, 100-calorie snack packs, soy milk and tofu being pushed by a thin, pale, tired looking woman. I want to run over and tell them to put everything back! I don't do that, yet I know whatever goes down the hatch reflects how we look and feel. On your next shopping trip, you're welcome to try some other foods that will help you feel healthier; your body will thank you!

Substitute Instant Oatmeal with Steel Cut or Whole Oat Flakes

Instant oats are processed, higher in sugar and do not contain many nutrients. Steel-cut oats are cut so that they retain the maximum amount of nutrients - easy switch. You can soak the oats in coconut milk, yogurt or water in a bowl overnight and then by breakfast time it's as simple as heating them up. It is so nutritious and delicious!

Substitute White Pasta for Brown Rice or Whole Wheat Pasta

Who doesn't like pasta? Pasta is made from refined, white wheat flour and acts like sugar in our bodies. Good news pasta lovers – brown rice pasta tastes almost identical to the regular pasta and for a new taste, try whole-wheat pasta with all the vitamins, bran, oils that are soooo good for you! Imagine, enjoying our food that's healthy as well!

Substitute Margarine with Organic Butter

What, you say - am I crazy? No. Sure, margarine is spreadable. However, margarine is a manmade food – processed, heated, with many additives. It can sit on the shelf for years. Maybe motor oil would be similar if it was emulsified and put in an attractive tub. This may be a hotly debated subject, but as a nutritionist that worked with a medical doctor who did not allow her patients to eat margarine, I stick to my guns! Also, remember that a margarine manufacturer funds the Heart and Stroke Foundation. Why butter? It's the real thing and has been around for thousands of years! The organic stuff contains amazing amino acids like butyric acid, which helps to lower inflammation, and studies show that it helps to increase metabolism. Organic butter is slightly more expensive but you don't usually need to use that much and the health benefits justify the cost! Check this link for 20 health benefits of butter: http://bodyecology.com/articles/benefits_of_real_butter.php and Why The Processing of Consumable Oils has Devastated America's Health http://bodyecology.com/articles/why_the_processing_of_consumable_oils_has_devastated_americas_health.php

Continued on next page

So you can't eat butter with meat. Use olive oil on your potato instead when you have a steak or piece of chicken!

Substitute Artificial Water Favourers for Natural Water Favourers

Why can't people enjoy the taste of pure water? Is this a new craze of the 21st century? Read the label, it's coloured water with some dyes that likely are not that good for you! Instead, get some strawberries and slice them. Add them to a big jug of filtered water. Wham bam – flavoured water au naturel! If you dislike strawberries, add limes, oranges lemons, limes, oranges, kiwis or cucumber. You'll feel like you're at a spa! It's a great look for the seder table.

Have a wonderful Pesach with your family. Remember, you don't have to eat chocolate covered matzah, or any of the Passover products, that are starch, fillers and low in nutrients. I'm sure these cake mixes, and other processed, sweetened 'foods' weren't around during the time of Moses! Use matzah instead of bread and eat as you usually eat – meat, beans, some low-fat cheese, eggs, fish, chicken, vegetables and fruit. Keep off the sugar. Have some prune compote! You'll get svelte!

Rosalie Moscoe

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FORESTDALE FUNNIES

MODERN HAGGADAH SELECTIONS

1. We were slaves to our employers, working seven days a week with no benefits, and then the unions were organized, and decreed a five-day working week and many days holiday during the year. Now if the unions had not gotten their act together, then we, and our sons, and even our grandsons, would still have to receive lowly wages. But our daughters and granddaughters still await their salvation.

2. There are four types of children who ask questions on Pesach: the wise one, the bad one, the simple one, and the one who does not know to ask.

What does the wise one ask? I don't know. I couldn't understand him either. Him you must send to a school for gifted children.

What does the bad one ask? He says, "What is this holiday to you?" Because he excludes himself from the community, you must exclude him from your table, and he will go back to his employer and get paid double-time and a half for working on Pesach.

What does the simple one ask? He simply asks, "What is this?" You will say to him, "This is dinner."

As for the one who does not know to ask, you must go to his room, wake him up and say, "Next year, remember to come to the table!"

OLD FRIENDS

Two elderly ladies had been friends for many decades. Over the years, they had shared all kinds of activities and adventures. Lately, their activities had been limited to meeting a few times a week to play cards.

One day, they were playing cards when one looked at the other and said, "Now don't get mad at me... I know we've been friends for a long time but I just can't think of your name. I've thought and thought, but I can't remember it. Please tell me what your name is."

Her friend glared at her. For at least three minutes, she just stared and glared at her. Finally, she said, "How soon do you need to know?"

SENIOR DRIVING

As a senior citizen was driving down the motorway, his car phone rang. Answering, he heard his wife's voice urgently warning him, "Vernon, I just heard on the news that there's a car going the wrong way on M25. Please be careful!"

"Hell," said Vernon, "It's not just one car...it's hundreds of them!"

Rosalie Moscoe

RHN, RNCP



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