

Forestdale Heights Lodge, B'nai Brith Canada

KOL ECHAD

April 2015

Nisan/Iyar 5775

*Happy
Passover*



Toronto City Councillor James Pasternak

Wishes everyone in the
community a Happy Pesach!

חג כשר ושמח



You are invited!



**Yom Ha'atzmaut
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PRESIDENT'S PEN

George Garten

Recently, Charlene and I went to Niagara Falls for a couple of nights to see some shows. They were good, but even more exceptional was seeing the American Falls almost completely frozen. What a sight! We all know what the Falls look like in the spring, summer and

fall. The beauty and the power of Mother Nature was a sight to be seen. You could barely see the water running. I believe with the temperatures at -26°C or lower, that as soon as the water hit, it froze.

The icebergs were at least 25 to 30 feet high. It was not my imagination that they were big and covered most of the American side. Meanwhile, the Horseshoe Falls, which is on the Canadian side, had very little ice. The forces of Mother Nature are amazing – one side almost completely frozen and the other side was flowing as usual. How pretty the Falls were with the lights on, even with the ice.

Until the next time when I may be thawed out.



MAY MEETING



Due to the 49th Annual Installation of Forestdale Heights executive, the May 11 meeting has been cancelled.

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.

Editor

Jeff Rosen

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Debbi Silver

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COVER ART

It's time to discard the chometz and get the house in order for Pesach, as we prepare for the first seder on Friday, April 3. Later in the month, Yom Hashoah is on Wednesday, April 15, Yom Hazikaron is on Wednesday, April 22, and Yom Ha'atzmaut is on Thursday, April 23.

COMMUNICATIONS

Due to the recent increase in the cost of postage, Kol Echad is seeking additional advertising to offset our increased expenses. Members are welcome to take out a business card size ad at \$40/year. These can be used to place a personal message in the bulletin each month. If you can assist in either area, please contact Harvey Silver at (416) 223-0780.

AT A GLANCE

April 13	Speaker & Dinner Meeting
May 3	Toronto Marathon
May 3	Installation
June 8	Dinner Meeting

Dinner at 6:30; Meeting at 7:15

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

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

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

YEARLY AD RATES

Full Page \$200

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1967

2015

*Join the celebration for the
48th Annual Installation of*

Forestdale Heights Lodge

Sunday May 3, 2015
Cocktails at 5:30 p.m.
Dinner to Follow

4300 Bathurst Street
Toronto, Ontario

Price: \$30 members/\$35 non-members

Please RSVP by Monday, April 20

For further information contact
Albert Ohana (905) 597-1999 or salonpiaff@rogers.com

EDITOR'S DESK

Jeff Rosen



Imagine sitting in a courtroom and being asked to testify in a trial. Before that happens, the judge demands that you remove your kippah. As a religious Jew, you would explain that it is a symbol...a part of your faith. The next thing you know, the judge refuses to hear the testimony and postpones the case.

Does this sound impossible...the stuff that only takes place in a far off land with a backward justice system?

Unfortunately, it happened in Quebec in February, when a judge refused to hear the case of a Muslim woman, simply because she would not remove her hijab.

According to a courtroom recording by the CBC, Judge Eliana Marengo told Rania El-Alloul, "In my opinion, you are not suitably dressed. Decorum is important. Hats and sunglasses, for example, are not allowed, and I don't see why scarves on the head would be. The same rules need to be applied to everyone."

What if this woman had been undergoing treatment for cancer and had been wearing the same scarf to cover up a baldhead? Would the judicial pronouncement have been the same? What if the woman was a Haredi Jew, covered in black from head to toe?

I know there are too many questions and too many permutations to explore in this short space. However, Jews more than anyone, should understand what is happening and speak up. Actually, they should be outraged! It was not too long ago that we were the victims of such racist garbage.

We should be demanding that our national leadership in B'nai Brith Canada take a firm stand and come to the defence of this woman. That is the purpose of our League for Human Rights. Make no mistake about it; this was a violation of the woman's religious rights.

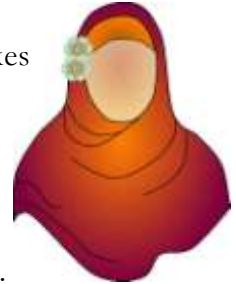
More precisely, it is the result of what happens when wedge issues get out of control. I think most of you know how those work. A group's rights are slowly eroded. If no one objects or makes a fuss, a few more are watered down, demonization of the group is encouraged and spreads like a virus, and hatred towards an entire culture multiplies.

Before you know it, once proud citizens are being stripped of their citizenship, removed from general society and marched into camps.

You know what happens next.

Let us remember, NEVER AGAIN, must apply to Jews, Christians, Muslims and to all people on this beautiful planet.

Be well.





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UPCOMING

Monday, April 13
Michael Mostyn



Please join us at our April meeting as we welcome Michael Mostyn, the new CEO of B'nai Brith Canada, who will address our Lodge.

TORONTO MARATHON



Sunday, May 3

Forestdale Heights Lodge has participated in the Goodlife Toronto Marathon for close to a decade. 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 email at debbisilver@rogers.com.



BINGO



Tuesday, April 14
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 12, and June 9.

PASSOVER GREETINGS

Our best wishes to all members and their families for a healthy, happy Passover.
Charlene and George Garten

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



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PASSOVER GREETINGS

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 and Doron, Rebecca & Josh Zeliger

Wishing all members and their families a healthy and happy Passover

Ruth and Aaron Pupko

We wish everyone a Happy, Healthy Pesach

Ivan & Elizabeth Bloom

Happy Passover

The Ohana family

We would like to wish families and friends a good and healthy Passover

Avery & Marla Matlow

Best wishes for a Happy, Healthy and Kosher Pesach

Sandy & Barry Gordon and Family





ALL STEW

Stewart Indig

Passover will be upon us before you know it, so I thought I would include a great, moist Passover brownie. The truth is not too many things that are for Passover are moist. These are. Give them a try. They are sure to be a hit!

PASSOVER BROWNIES

INGREDIENTS

2 eggs
1/2 cup sugar or sugar substitute to equal 1/2 cup sugar
1/2 cup peanut oil
6 tablespoons cake meal
2 tablespoons potato starch
2 tablespoons water
2 tablespoons unsweetened cocoa

DIRECTIONS

Preheat oven to 365 degrees. Spray a 9 x 9 pan with non-stick spray such as Pam.

In a medium bowl, beat the eggs until light and fluffy.

Add sugar, sugar substitute, and oil and beat again.

Beat in cake meal, potato starch, water and cocoa.

Pour mixture into the prepared pan.

Bake at 350 degrees for 20 to 25 minutes. DO NOT over bake. Brownies will appear light on top. Remove from oven and cut into bars immediately.

Makes 24 and they are 80 calories each!

Did you notice that everything was made and mixed in one bowl? It is not only great but and easy cleanup as well.

Enjoy!

Happy Passover

This recipe is for those who follow Sephardic traditions because peanuts are legumes and forbidden according to Ashkenazi tradition.



SOCIAL

The day was snowy, breezy and cold but it didn't stop a few of us from getting together at our Lodge social on Saturday evening, February 21.

Bernard Rachlin, accordionist, entertained us with a variety of Jewish/English music.

A trivia challenge took place a couple of times during the evening and everyone took at least one prize home.

The evening was enjoyed by Barry and me, George and Charlene Garten, Morris and Dena Stein, Shai and Ellen Askenazi and her mother.

A good time was had by all.

Respectfully submitted,

Sandy Gordon
Social Chair



**Above, Shai Ashkenazi and
Charlene Garten
[Sandy Gordon photos]**

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PURIM 5755



The Purim Megillah contains a story that we have all heard before, but with terrorist activities increasing around the world, perhaps the tale takes on new meaning.

Each year for over the past two decades, members of Forestdale Heights Lodge have gathered at the B'nai Brith Seniors' Residence to sponsor the Purim Megillah reading.

The building's demo-

graphic has changed over the years and our members have grown a bit older, but the fact remains that the 21 people from 4300 Bathurst Street who attended this year's programme on Wednesday, March 4, undoubtedly enjoyed it just as much as those who have come out in past years.

Everyone sat quietly as Rabbi Jay Kelman, surrounded by his children, flawlessly recited the Megillah.

After the celebration, everyone enjoyed delicious treats including, of course, hamantaschen, clementines, and drinks.

On hand to help serve up delicacies were Carl Zeliger, as well as Ruth Pupko, Michael Kates, George and Charlene Garten, Albert Ohana and his grandson, Jacob Reich, Sandy and Barry Gordon, Lisa Rosen and me.

All too quickly the evening was over, residents returned to their apartments and Lodge members went their separate ways.

Once again, Haman's evil was thwarted and we rejoiced. Unfortunately, modern day evil remains a constant threat.

Special thanks for this annual programme go to Carl Zeliger who makes it a success each and every year and to Rabbi Jay Kelman and his family for supporting our endeavour.

Jeff Rosen

PURIM 5755



To view additional photos, go
to kolechad.ca/purim15.htm
[Jeff Rosen photos]



MARCH MEETING



What a great start to the new month! On Sunday, March 1, members of Forestdale Heights Lodge gathered at 4300 Bathurst Street for a delicious breakfast, followed by another well-run meeting. Thanks to Albert Ohana for arranging the meal from Tov Li.

Report & Photos by Jeff Rosen



CVS - PAN AM/PARAPAM GAMES



Before we know it, the Pan Am/Parapan Games will be upon us. We are still looking for volunteers. We need over 23,000 in order to pull off the biggest sporting event in Canadian history. Please join Harvey Silver and me in one of the most inspiring and life-changing bits of volunteering in anyone's lifetime.

Michael Kates
Team Uniform Supervisor

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FHL@50



We are counting down to our 50th anniversary celebration in June 2017. Each month we will look back in time, outlining key events in history. For a complete list of what transpired that year, go to kolechad.ca/fhl50.htm.

April 13 – An oxygen tank in the Apollo 13 spacecraft explodes, forcing the crew to abort the mission and return in 4 days.

October 16 – Pierre Trudeau introduces the War Measures Act to deal with the Front de libération du Québec (FLQ) threat which started on Oct. 5 with the kidnapping of British Trade Commissioner James Cross. This was followed by the kidnapping of Quebec Labour Minister Pierre Laporte on Oct. 10.

FORESTDALE FUNNIES

A Jewish grandma and her grandson are at the beach. He's playing in the water, she is standing on the shore not wanting to get her feet wet when all of a sudden, a huge wave appears from nowhere and crashes directly onto the spot where the boy is wading. The water recedes and the boy is no longer there... he was swept away.

The grandma holds her hands to the sky, screams and cries: "How could you do this? Haven't I been a wonderful grandmother? Haven't I been a wonderful mother? Haven't I kept a kosher home? Haven't I given to charity? Haven't I lit candles every Friday night? Haven't I tried my very best to live a life that you would be proud of?"

A voice booms from the sky, "All right already!"

A moment later, another huge wave appears out of nowhere and crashes on the beach. As the water recedes, the boy is standing there. He is smiling and splashing around as if nothing had ever happened.

The voice booms again. "I have returned your grandson. Now are you satisfied?"
She responds, "He had a hat."



AS I SEE IT

Marc Kates



Her name was Aileen Romberg, but to even those who were not related to her, she was simply “Auntie Aileen.”

On February 14, I lost one of the most important people in my life. My Auntie Aileen was my Bubbie Helen’s sister, but equal in all regards. Whenever I had something to share, whether it was something I had learned in school, or the fact that I had made pishy in the toilet, the chorus I heard in my household was always the same, “Call your Bubbie, your Booby and

your Aunt.”

My Auntie Aileen was omnipresent. She knew what my brother Lonny and I were up to, where we were going, and with whom. She would inquire after my friends by name. My Auntie Aileen rarely never said no whether it was the four of us plus the dog coming to live with them while our house was under construction, or whether it was taking my mother to get her ears pierced while my Bubbie was in hospital recovering from surgery. She doted on everyone as family was very important her. She, together with my Uncle Sammy, created a home that was akin to Grand Central Station. Everyone was welcome in their home, and a plate of cookies and a cup of tea were always in the offering.



Even though it was my Uncle Sammy who was in the military, my Aunt also demonstrated military precision. She could bake like no other person I know, and each of her cookies was identical, as if they were machine made. She was famous for her covert military operations that took place in the dead of night that somehow produced meals that could serve an army for all *yom-toyvim*.

My Aunt was also my teacher. She taught me how to discern “the good stuff” from the rest. I’ll never forget how my mother complained to her that I had emptied out her china cabinet to check whether the crystal was real by ‘pinging’ it, or holding up the bone china to the chandelier to see if I could see the pattern through it. (It never dawned on me that reading the words Wedgwood or Royal Doulton would have sufficed.) My Aunt taught me about delicacies such as candied ginger, greiben and schmaltz. She taught me that the best place to dance is the kitchen. Most of all, my Aunt taught me about the importance of family and caring for each other.

Even though my Auntie Aileen is no longer here, I hope to be able to pass down those stories and her teachings to my children.



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As well, Kol Echad thanks all those
who supported our annual Passover
Greetings fundraiser.

SANDY'S SCRIPT

Sandy Gordon



I really can't remember when it was so cold like it was in Toronto for about 39 days in February and March 2015!

I have lived in three cities. During my younger years in Halifax, it never felt so cold that you could not endure some outside fun. I can remember building forts in the snow.

We got a lot of snow, but not the degree of coldness we experienced in Toronto. It was a barrel of fun playing in the snow during the winters in Halifax. The snow was so easy to build things with as Nova Scotia is surrounded by the ocean. Good sticky snow makes excellent snowballs! Having said all that, we know that while we were having the constant coldness in Toronto, Halifax was being strangled by huge snowstorms. I hope they have dug out and have gotten rid of the white stuff for this year!

I didn't realize that snow was removed and trucked away until I moved to Montreal in 1966. One day I was walking on St. Catherine Street and there were snow banks galore. The next day when I went to work, I noticed they were gone. Whoopi! Magic. Not so, during the night, the roads department would remove all the snow!

Toronto, on the other hand, was not as much of a shock after having been through winters in Halifax and Montreal, But I have to say that the last cold snap we had was the most "chilling" one I have ever experienced. Yes, I know, I am not getting any younger and as you age, you feel the elements are harsher than they were when growing up. However, I hope I have seen the end of that cold snap and experience warmer weather from now on.

Spring is not far away and the cold and snow will be behind us for a little while. So enjoy the warm sunny weather when it arrives, and don't think about the snow until next year, when it arrives again, and you can be sure it will.

Until the next time.



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HEALTH IN HARMONY

Rosalie Moscoe

As we age, we think it's normal to forget things, – your keys, wallet or what did you come into the kitchen for? However, you can still enhance your brain. Concentration instead of multi-tasking is one strategy. Exercising to get oxygen into your muscles and brain will also energize (and relieve mild depression). Feeding the neurotransmitters in your

brain also gives you a wake-up call.

Many people are afraid of fats. The cholesterol scare has sent many looking for low fat products (that are often made with fillers, starch and more calories than even the original full fat product!) Small amounts of good fats will suffice and bring benefits.

The Brain Needs Good Fats

The brain is composed of over 60% fat; it needs fatty acids (from good fats) to create cells to help you think and feel. Avoiding all fat can lead to anxiety, depression and other mental health problems. Eating the wrong ones – hydrogenated fats and too many fats from animals, for instance – is not beneficial for the brain (or heart). However, some natural fat in organic eggs, grass-fed beef, organic chicken, and small amounts of butter can be valuable. Wild game such as duck and goose also contain healthy Omega 3 fats. Just don't deep fry them!

The Good Mood Fats

Monounsaturated Fats support good moods. Myelin, the protective sheath that covers communicating neurons, is composed of 70% fat. A common good mood fatty acids in myelin is oleic acid found in olive oil, almonds, pecans, macadamias, peanuts, and avocados. Having a handful of nuts or a splash of olive oil on salads each day will help prevent mood swings, hyperactivity, depression and other physical ailments. Look for cold pressed (or cold processed) oils for freshness and to avoid rancidity.

Polyunsaturated Omega 3 fats are particularly important for heart and brain health. They are found in oil-rich fish such as salmon, mackerel and sardines along with pumpkin seeds, walnuts, ground flax seeds or their oils. Chia seeds, sea vegetables, and green leafy vegetables also contain this important fat as do Omega 3 rich eggs. (The chickens that produce these eggs have been fed flax seed meal.)

Continued on next page



Bad Fats

Stay away from these - processed fats sold freely in grocery stores as ‘vegetable oil.’ They’ve been heated to high temperatures for long shelf life. Very little of the nutrients are left in these oils. (J. Finnegan, “The Facts About Fat”)

Hydrogenated Fats have been highly processed having had hydrogen pumped into them. Run; don’t walk away from hydrogenated fats that are unhealthy for both heart and brain – negatively affecting learning and memory. Hydrogenated fats are found in margarine, vegetable shortening and widely used in packaged foods such as cakes, cookies and bread for the last 50 years – to extend their shelf life. Read labels.

“Unfortunately, a longer life for the product may mean a shorter life for you.” — Dean Ornish, MD and author.

Trans Fats are a health hazardous side effect of hydrogenation and have been limited in foods by Health Canada. Cardiovascular researchers found that trans fatty acids significantly raise LDL (bad) cholesterol levels while lowering the HDL (good) levels - indicative of coronary heart disease.

Isn’t it time to make an oil change?



GOOD & WELFARE

Birthdays

Elizabeth Bloom

April 4

Avery Matlow

April 7



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

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.

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Again, we thank you for all your support. Tizku Le'mitzvot.

A handwritten signature in black ink, appearing to be 'Ariel Oziel', written over a horizontal line.

Ariel Oziel, C.P.A., C.A.



Rosalie Moscoe

RHN, RNCP



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