

Forestdale Heights Lodge, B'nai Brith Canada

KOL ECHAD

April 2017
Nisan/Iyar 5777

Volume 15, No. 8



FORESTDALE HEIGHTS LODGE
50th ANNIVERSARY
1967-2017

COVER ART

It's time to get ready for Pesach. The first seder will take place this year on Monday, April 10. We would like to thank all Lodge members and advertisers for their Passover greetings.

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PRESIDENT'S PEN

Stewart Indig

I usually sit down to write this column with a specific goal in mind and I try hard to set a positive tone. This time, I didn't feel that way. This time I am sitting here with a shadow of sadness surrounding me.

We are hearing of more and more threats and defacements against Jews and Jewish organizations throughout North America. These acts are meant to instill fear and to intimidate us. Whether they do indeed instill fear is really of little relevance. These acts are causing upheaval in our world and our communities.

The latest of these threats came way too close to home; Cathy was involved in a threat that resulted in a building-wide evacuation. I witnessed first-hand how something like this can disrupt the lives of everyone involved.

Something that Cathy mentioned after this was all over is resonating in my mind. She said that the community really came together to help out. It was truly impressive how many wonderful people there are surrounding us, and how being part of a giving community can give you comfort and take you away from all the turmoil that you are going through. This is also why I am involved in the Chanukah and Purim basket deliveries. It is truly a great feeling. The same is true of helping out at the Yellow Brick House, and the deliveries to the EMS Personnel.

I reflected on this and came to realize that is one of the main reasons that I am a part of Forestdale Heights Lodge. Being part of a community gives me a sense of comfort and belonging. Our Lodge has always demonstrated compassion for each other and is there to help any of us out who need that extra moment. I know that we are all here for each other through good and bad and that is a great feeling.

Thank you for making our Lodge into a community. The more we do for each other and for others makes us all better people. Please give your time and help when and where needed. It will make you feel better.

Cathy and I want to wish you a happy and healthy Passover.

KOL ECHAD

Kol Echad is the official publication of Forestdale Heights Lodge, B'nai Brith Canada. It is also an associate member of the American Jewish Press Association.

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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Lisa Rosen, Debbi Silver

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AT A GLANCE

April 3	Dinner Meeting
May 8	Speaker & Dinner Meeting
May 9	Bingo
June 4	Gala 50 th Anniversary Installation

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

ALLOCATIONS

Allocations will be considered at the Lodge's April 3 meeting. If you would like FHL to make an allocation to a particular charity, please send requests to debbisilver@rogers.com.

CVS

Thanks go to Stewart Indig, Mark Spergel and Carl Zeliger for taking part in B'nai Brith Canada's Purim Parcel Delivery Programme.



EDITOR'S DESK

Jeff Rosen



As with many North American innovations, it usually takes Canadians a few years to catch up with their American counterparts. Visiting Buffalo years ago, I was amazed at the vast selection of food products that could not be found north of the border. Today we do so little grocery shopping when visiting Buffalo as the selection in our fair city has greatly improved.

Another breakthrough I was particularly impressed with during a visit to New York City in 2014 was that restaurants listed the calorie count of everything on their menus. I thought that this was fantastic and a real revelation. Meal choices I assumed were low in calories were often the ones that I knew I had to avoid. Of course, there is always a difference between knowing and doing. Still, it made me think twice when ordering a meal I could see packed enough calories for an entire day.

From my research, I learned, an average woman needs to eat about 2,000 calories per day and an average man needs 2,500 calories.

After this eye-opening experience down south, it was disheartening coming home, always trying to figure out the best meals to order in restaurants. You see, just because something is labelled “light” or “lite” does not necessarily mean it is healthy or great for the waistline.

Needless to say, I was thrilled when Ontario’s own calorie count law came into effect on January 1 this year. There are still times when the heart overrules the mind and I order things that may not be in my best interest. However, more and more, I am examining all the food choices offered, weighing the calorie counts for the particular meal in my mind and choosing a lower calorie choice than I would have if this legal change were not in place.

You know, governments are blamed for so many things. This particular provincial government has rightfully taken its share of hits. However, in passing Healthy Menu Choices Act, they finally got it right. Everyone’s digestive system thanks you.

In conclusion, on behalf of Lisa and myself, and my daughter Jordana, still living in the wilds of Oakville, I wish everyone a healthy and happy Pesach.

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MAY MEETING

Mark Silver will be our guest speaker at our May 8 meeting.

Mark, the son of Harvey and Debbi Silver, has been a central figure in the most ambitious digital, sports media initiatives in Canada, who prior to founding Stadium Digital spearheaded the re-structuring of TSN's digital media businesses, including the launch of TSN GO TV everywhere app and BarDown.com, and the re-launch of TSN.ca.

He earned an MBA from the Schulich School of Business and is on the school's faculty, where he teaches Social Media for Marketing and Management. He is also part of the leadership team for the Sport Innovation Hub at the Ted Rogers School of Management.

Mark also lead the digital program for the joint Bell and Rogers Media broadcast of the London 2012 Olympic Games and received a Gemini Award for his role in the groundbreaking digital coverage for Vancouver 2010. In 2013, he was named "5 to Watch" in the Canadian Sport Business by George Brown College and currently serves on the award's selection committee.



FUNNIES

During a lull between the speeches at the recent presidential swearing-in ceremony, Melania Trump leaned over to chat with the Secretary of State, Rex Tillerson.

"You know, I bought Donald a parrot for Christmas. That bird is so smart; Donald has already taught him to pronounce over 200 words!"

"Wow, that's pretty impressive," said Tillerson, "but, you do realize that he just speaks the words...he doesn't really understand what they mean."

"Oh, I know," replied Melania, "neither does the parrot."

SOCIAL



At a recent meeting, we discussed going to the Toronto Blue Jays game as a group.

The date is **Sunday, August 27 at 1:07 p.m.**

It's the Jays Back to School Game.

With this in mind, we have contacted the Blue Jays ticket office. The price for the 500 level right or left field is \$23 per ticket. In order to get that price we require 20 or more people who are interested. In order to secure this price, it is IMPORTANT to order these tickets as soon as possible. The money is required immediately upon your decision to join us.

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You are cordially invited to join in the celebration

*Forestdale Heights Lodge
50th Anniversary Gala*

*Sunday June 4, 2017
Cocktails begin at 5:30 p.m.
Dinner to Follow*

*The Party Room
7 Townsgate Drive
Thornhill, Ontario*

*Members & Spouses: \$25 per person
Non-members: \$36 per person*

*Please RSVP by May 10
To Albert Ohana
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*Cheques should be mailed to
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*Please indicate your dinner preference:
Chicken Maribella or Teriyaki Salmon*

TALKING POINTS

Debbi Silver



Where has the time gone? Purim is over and Passover is around the corner.

Passover brings to mind so many wonderful memories growing up in Montreal. My mother's family was huge so we always had large seders with my aunts, uncles, Gramma and Zaidy, and cousins. The smell of the gefilte fish, soup, brisket, carrot tzimmis, etc. always reminds me of those times.

Now that Harvey and I have our own family, the seders are smaller, but the food is the same. I look forward to the grandkids doing the Four Questions. My daughter and I always try to make a favourite recipe of my mom's. I've tried her carrot tzimmis twice, but alas, it just doesn't taste the same. What I do make, which everyone adores, is a lemon-filled sponge cake...that's our tradition. One recipe I've given to everyone is my raspberry sponge cake...delicious!

It's hard to think about the holidays when you are missing the people near and dear to you. The timing is never good and the memories are always there. Right now, I'm thinking about our friend, Michael. I wonder how his kids and grandkids will deal with the holiday. We miss you, Michael.

Once Passover is over, we are looking forward to the 50th Anniversary Installation of Forestdale Heights Lodge. Wow, what a milestone! I hope all of you join us for this gala affair. Stewart, Albert, and Harvey have been working very hard on this event. Jeff has been helping with an anniversary booklet, as well as, a video.

That's about it for now...Harvey and I wish all of you a wonderful Pesach, good health and much happiness.

Debbi's fantastic holiday recipe can be found at the end of Rosalie Moscoe's Health in Harmony column.

Toronto City Councillor James Pasternak

Wishes everyone in the
community a Happy Pesach!

חג כשר ושמח



You are invited!



Second World War V-E Day Ceremony

Monday, May 8th at 12:30pm
Nathan Phillips Square, 100 Queen St. W.

*Help us honour the courage and
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Yom Ha'atzmaut Israel Flag Raising

Tuesday, May 2nd at 9:00am
Toronto City Hall, 100 Queen St. W.

Light refreshments to follow



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PASSOVER GREETINGS

A happy and healthy Passover to all
Cathy & Stewart Indig & 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 Passover with our families and friends

Wishing everyone peace, good health and happiness
Chag Sameach
Harvey & Debbi Silver and family

We wish everyone a Happy, Healthy Pesach
Ivan & Elizabeth Bloom



**To the Members of
Forestdale Heights Lodge**

**Wishing you and your family
a joyful Passover celebration!**



**Valerie Burke
Councillor Thornhill Ward 1
905-479-7747
vburke@markham.ca**



PASSOVER GREETINGS

The Kates Family extends to its FHL family its best wishes for a חג פסח כשר ושמח
Marc, Rachel, Seth, Eve and Joelle

Eddie & Marilyn Arkin want to wish all the members of Forestdale Heights Lodge and their families a happy and kosher Passover.

To all Lodge members and friends,
we wish you a happy and healthy Passover
Chag Sameach!
Richard Kotzen & Rhona Leviston



Happy Passover
The Ohana family

Wishing all members and their families a happy, healthy and meaningful Passover holiday
Carl, Debby, Rachel and Doron, Rebecca and Daniel & Josh Zelig

Wishing all members and their families a healthy and happy Passover
Ruth and Aaron Pupko

Terry Goldfarb & Stan Horowitz would like to wish
their Forestdale Heights family a joyous Passover



פסח
שמח!

PURIM 5777



PURIM 5777



There are certain constants in life that help keep us grounded and remind us of what is truly important. One of these is the Lodge's commitment to providing a meaningful Purim programme at the B'nai Brith Seniors' Residence in North York. For well over the past three decades, Forestdale Heights Lodge has made sure that a member of the Kelman family was available to read the Megillah at 4300 Bathurst Street to residents and Lodge members alike.

This year was no exception to the rule.

On Saturday, March 11, nine members from FHL joined the festivities, as Rabbi Jay Kelman read the Megillah. Two of his four sons who came out for the evening, assisted

in this important endeavour.

While numbers were down slightly from last year, the 30 residents who turned to follow the story of Mordechai and Esther appeared to appreciate and enjoy the programme. As well, the evening was enhanced by the presence of Rabbi Uri Gelman, spiritual leader at the 4300 Bathurst Synagogue, and his two sons who recited Havdalah at the conclusion of the Megillah reading.

After the celebration, everyone enjoyed delicious treats including hamentashen, clementines, chips and drinks.

On hand to help serve up delicacies were Carl Zelig, as well as Eddie and Marilyn Arkin, Barry Gordon, Ruth Pupko, Harvey and Debbi Silver, Lisa Rosen and me.

Special thanks for this annual programme go to Carl Zelig who co-ordinates the evening and makes it a success every year and to Rabbi Jay Kelman and his family for supporting our endeavour.

For more photos, go to <http://www.kolechad.ca/purim17.htm>.

Jeff Rosen



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AS I SEE IT

Marc Kates



What is the future of Jewish education in Toronto? The answer is a hard one to come up with. The announcement was recently made that Tanenbaum CHAT Kimel Family Education Centre will be closing its doors and merging with Tanenbaum CHAT Wallenberg Campus. The same day, an announcement was made that tuition at CHAT would be reduced by \$10,000 for each student effective this coming academic year for the next five years without an increase.

For years, the cost of tuition has been excessive. Who, in these difficult financial times, can afford tuition of nearly \$30,000? The average parent simply cannot afford to pay that much in tuition. I remember the last time my mother sat on CHAT's tuition committee around 20 years ago. That year, tuition was set at \$19,100, and that was expensive. CHAT has completely priced itself out of the market. Yes, there is no price tag for a good Jewish education, but most parents aren't willing to sacrifice to that extent. My late parents were very proud that our basement remained unfinished, as a testament to the fact that they provided their children with a Jewish education, as that money could have been spent to creating an ideal living space, rather than a storage area. The joke has been made that Jewish day school tuition is the community's new form of birth control.

According to the CHAT website, "94% of its budget comes from tuition, with only 3% being supported from UJA Federation." If the community wishes to increase enrolment, or at very least, remain steady, more will have to be done. If, and I don't propose any solution, things don't change, more Jewish day schools will be forced to close and only the rich will be able to afford schools like CHAT and the like.

It is said that the great Rabbi Hillel used to lie down on the roof of the Beit HaMidrash and listen to the lessons being taught as he could not afford the tuition. The story tells us that he froze on the roof and only then did the students below notice that the light from the skylight was being blocked. This, however, is Canada, and how many of us are willing to freeze?



GOOD & WELFARE



Birthday

Elizabeth Bloom

April 4

FHL wishes a speedy recovery to Albert Ohana and Rhona Leviston.

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

FHL@50

We are counting down to our 50th anniversary celebration in June 2017. For a comprehensive look back, go to kolechad.ca/fhl50.htm. Correction: last month's issue repeated the same years as February. However, a lookback on the years 1995 and 1996 can be found in the online edition.

1997

FHL President Arthur Eisenbaum

Prime Minister Jean Chretien; Ontario Premier Mike Harris

January 19 – Yasser Arafat returns to Hebron after more than 30 years, and joins celebrations over the handover of the last Israeli-controlled West Bank city.

that French museums had nearly 2,000 pieces of art that had been stolen by Nazis.

May 31 – The 13-kilometer Confederation Bridge, the world's longest bridge spanning ice-covered waters, opens between Prince Edward Island and New Brunswick.

August 31 – Death of Diana, Princess of Wales: Diana, Princess of Wales is taken to a hospital after a car accident shortly after midnight, in the Pont de l'Alma road tunnel in Paris. She is pronounced dead at 3:00 a.m.

1998

FHL Presidents Arthur Eisenbaum/Shelly Luftspring

Prime Minister Jean Chretien; Ontario Premier Mike Harris

April 22 – Disney's Animal Kingdom opens at Walt Disney World in Orlando, Florida

July 2 – J. K. Rowling's Harry Potter and the Chamber of Secrets is published.



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HEALTH IN HARMONY

Rosalie Moscoe



Is it possible to think positive? Of course it is. However, often, it's easier said than done. Do you have a black cloud following you around?

All of us have a running commentary going on in our minds – thoughts that result from our past programming or belief system. Past programming comes from parents, siblings and teachers. Your own experiences and outlook on life also play a part.

Some of those commentaries in our head are positive; some are negative. Negative self-talk isn't all bad. Your good sense could be warning you; "If you take one more drink – you'll be in trouble" or "Don't touch the stove – you'll get burned." Our survival mechanism depends upon such types of self warnings.

However, if you continually put yourself down, self-confidence plunges. Do you think or say, "Nothing good ever happens to me?"

Four Steps to Think Positively

1. Catch Yourself Thinking Negatively: Notice when you bombard yourself with negative thoughts Remember that to think positively is to boost your immune system. Positive thoughts and actions actually boost your immune system by increasing the amount of killer cells in your body. These natural killer cells fight off disease and bacteria. You'll feel better too.

2. Challenge Yourself: If you find yourself with a negative thought, "I'll never make it," or "I'm an idiot," ask yourself, is this really true? Can you really be sure that you won't make it? Are you truly an idiot...all the time? Surely, you make a few good decisions! Challenge your assumptions and beliefs.

3. Change Your Thought: Arm yourself with phrases that strengthen your self-confidence, and immunity, such as:

- * I am a worthy person.
- * I'm doing the best that I can.
- * Look how far I have progressed and I'm still moving forward.
- * I know I am not helpless.

Continued on next page

4. Step Out Of Victim Mode: Notice if you are feeling sorry for yourself. Ask yourself, “What is the benefit for me to stay stuck in this ‘poor me’ state.

Think positive? Yes, you can, even if times are tough. Your mental and physical health depends upon it. Watch a funny movie; talk to a friend; hug someone you love; listen to music. Send your warm thoughts to others. Doom and gloom can rob you of a happy future and cause stress. When you look for a positive thought, you lighten your load, boost your energy, reduce stress, and most importantly – give yourself hope.

“No pessimist ever discovered the secrets of the stars, or sailed to an uncharted land, or opened a new heaven to the human spirit.” – Helen Keller

Debbi Silver’s

RASPBERRY JAM SPONGE CAKE

Ingredients

8 eggs separated

1½ cup sugar

1 lemon (juice & rind)

2 tbsp. Raspberry jam

2 tbsp. Crushed walnuts (optional)

1 cup cake meal (or ½ cup cake meal and ½ cup potato flour)

¼ tsp. Salt



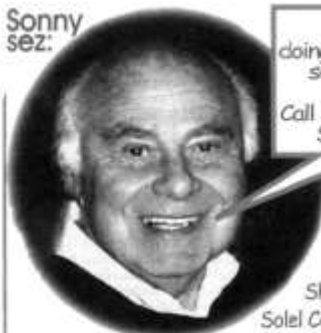
Method

Beat egg yolks and sugar together until very light; add lemon, jam, walnuts & cake meal. Add salt to egg whites, beat stiff and fold into mixture.

Put into a round tube pan (removal tube).
Bake at 325 degrees for 1 hour.
Turn upside down until cool.

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FHL EXECUTIVE

The following people will comprise the executive of Forestdale Heights Lodge for 2017-2018.

President: Stewart Indig
Senior Vice-President: Richard Kotzen
Vice-Presidents: Elizabeth Bloom, Ruth Pupko
Treasurer: Debbi Silver
Recording Secretary: Eddie Arkin
Financial Secretary: Jeff Rosen
Trustees: Rhona Levistan, Lisa Rosen
Chaplain: Harvey Silver (un-elected position)

Chairman, Board of Governors: Harvey Silver



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TORONTO MARATHON

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Sunday, May 7

Forestdale Heights Lodge has participated in the Goodlife Toronto Marathon for close to a decade. 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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