

KOL ECHAD



December 2012
Kislev/Tevet 5773

FORESTDALE HEIGHTS LODGE, B'NAI BRITH CANADA

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

For the past two years, Kol Echad has used Jewish-themed artwork to adorn its covers. We are now moving in a different direction, inviting members to submit photographs, which will be considered for the cover of Kol Echad. Digital photos should be e-mailed to jelijo@sympatico.ca. This month's cover is of silver Chanukiah, courtesy of Wikimedia Commons.

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

December 3	Dinner Meeting
December 9	BBC Chanukah Basket Delivery
December 11	Bingo
December 16	Chanukah Party
January 7	Dinner Meeting
February 4	Slate Presentation/Dinner Meeting
March 4	Nominations & Dinner Meeting
April 8	Election & Dinner Meeting
May 6	Dinner Meeting
June 3	Dinner Meeting

Dinner at 6:30; Meeting at 7:15

Dinner Charge: \$7.50 members; \$10 non-members

If you plan to attend, please RSVP

Harvey Silver at (416) 223-0780

PRESIDENT'S PEN



When I was eight years old, our family had the first TV on the street. The first programme I saw was the Howdy

Doody show. I thought it was fabulous. I fell in love with Clarabell the Clown, my favourite character on the show. Since that time, I always enjoyed seeing clowns – whether they were at a circus or a parade; they always seemed to make everyone happy.

About 25 year ago, I registered for a three month clowning course at Seneca College. I really enjoyed learning magic, how to apply clown make up, making animal shaped balloons; learned about costuming and rules of clowning. I even had a costume designed and made for me (with oversized shoes). One of the instructors was the president of a group called North York Clown Alley and persuaded me to join their club. We met weekly and I learned more about clowning from experienced people and it was great fun.

Through Clown Alley we did a lot of charity work for the Hospital for Sick Children, parties for kids with cancer,

or underprivileged kids and also performed at some seniors' homes. We marched in parades and attended other special events. Once I put on that costume and make up, I was in another dimension - helping people and bringing joy and happiness to myself as well as others. There was also a feeling of accomplishment and satisfaction.

I continued for about five years and after my mother passed away (one of my biggest fans), I hung up my clown shoes. One of my goals had been to march in the Santa Claus parade. So this year, after 20 years of clown retirement, I'm putting on my costume again to march with a group of celebrity clowns which will lead the Toronto Santa Claus Parade – the largest parade of its type in the world.

Each celebrity clown has to donate to the Hospital for Sick Children to march and the parade will be broadcast world-wide. By the time this article is printed, I will have walked the five miles and completed an important goal in my life and been able to support the Sick Kids Hospital at the same time.

No matter what your age, if you have a goal and have been keeping it in the background - go for it! You'll be glad you did.

Ray Mosece

LODGE MOTION

At the October 15 Lodge meeting it was decided that effective January 1, 2013 the price of dinner at meetings will increase from \$7.50 per person to \$10 per person.

A discussion was held as to whether non-members should pay a higher price. It was decided that the motion would be tabled to the November 5 meeting in order to publicize the proposal and give all members a say in the decision.



At the November meeting, a vote was held, resulting in a tie. As a result, it was decided to hold a second vote at our December 3 meeting. If you will be unable to attend the meeting, you can still have a say by sending your vote and comments to Jeff Rosen at jelijo@sympatico.ca.

COMING IN 2013

April 8 Meeting

Alf Kwinter: THE HISTORY OF JEWISH HUMOUR

GoodLife Fitness Toronto Marathon will be Sunday May 5, 2013

If anyone would like to purchase Lodge Donation cards, they are three cards for \$10

Contact Michael Kates at (905) 669-2408

EDITOR'S DESK



They did it, they really did it. Despite all the naysayers, Americans decided to gamble on President Barack Obama and gave him another four years in the White House.

In a way, I also decided to gamble, as

I headed south on Election Day, touching down in Las Vegas. For a political junkie like me, it was great to be in the U.S. during this process of renewal.

One of the things that fascinates me about the American electoral system is their real commitment to democracy. They decide not just who governs their country, but get to weigh in on local ballot positions. These range from government supported health care to gay marriage to whether marijuana should be legalized. Imagine Canadians actually having a say on crucial issues. Then again, it seems we have moved past many of these contentious items.

So now, Obama gets another four years in power. Did the Jewish community support their leader? I imagine many Jewish Democrats did. Many people tend to look at all the issues in play before casting their ballot. This is as it should be, because choosing a leader or party to run a country is too important to be determined by any one single issue.

As I was saying, it was great to return to my favourite place in the U.S.



There is so much to see and do there. It's a city in a constant state of renewal and expansion. Toronto could use some of that energy. I realize Las Vegas is not a perfect place and it has its share of problems (which city doesn't?), but the city gives off its own unique energy which was perfect to allow me to renew my weary batteries.

Now it's onward and upward as we prepare to celebrate Chanukah and then to usher in a new year.

Shalom,

Jeff Rosen

CHANUKAH BASH

We're going to spin those dreidels on

**Sunday, December 16
6:00 p.m.**

Join us for an evening of food,
bingo and great music

Menu: (Strictly Kosher)
latkes, latkes and more latkes
(and of course lots of other great
food)

PLACE: Party Room, 10 Tangreen Court in Yonge-Steeles area

COST: \$18 per person

RVSP by December 2 to George Garten at
candgarten@hotmail.com or 416-221-2407

If you plan on attending you **MUST** pay in advance
Payment can be made at our monthly meetings or send a cheque
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10 Tangreen Court, Apt 1707
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*We look forward to seeing you all!
Tell your friends and bring them along
for an evening of fun!*



CHANUKAH 2012

B'NAI BRITH CHANUKAH BASKET DELIVERY

B'nai Brith Canada's annual Chanukah Basket Delivery will be held this year on Sunday, December 9. If you are interested in helping to deliver food parcels, please show up at 15 Hove at 8 a.m. Baskets will be packed on the Thursday and Friday preceding delivery date. For more information please contact Ray Moscoe at raym@tes.net or (416) 652-6363.



FHL CHANUKAH PARCEL DELIVERY

In keeping with Lodge tradition, members will be delivering gift parcels to our dedicated police/firefighters/EMS personnel. If you know of a station, you would like to deliver a parcel to, please contact Ray Moscoe.

BINGO

Bingo – Tuesday, December 11
4300 Bathurst Street.
Please arrive by 7:15 p.m.
For more information,
contact Richard Kotzen,
(416) 783-2737 or richkotzen@rogers.com





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SANDY'S SCRIPT



Well, what can I say? One of the worst hurricanes ever has the name Sandy. To be remembered fondly would have been my wish, but to be remembered or associated with a

hurricane is another thing entirely.

So what to do? Look on the bright side...see how people come together in times of despair and how cities help

one another and countries come to each other's aid. Unfortunately, it is during hardships that people are pulled together. Maybe this is a lesson for all of us! We should not wait until the going gets rough to do things for others. We should be motivated to help whenever a need arises. That's what B'nai Brith Forestdale Heights Lodge is all about – "People Helping People," something we, as a Lodge, take very seriously! "People Helping People" is really doing mitzvahs to help others in need. It's really what

Judaism teaches, that the more mitzvahs you do, the more you think of your fellow man (woman) and less about your own material needs, and to be thankful for what you have!

So when you think of Hurricane Sandy, think of what you can do to make someone's plight more bearable.

You will be doing a mitzvah!

Until the next time.

Sandy Gordon

Hurricane Sandy on October 25, 2012. [Photo courtesy Wikimedia Commons]



NOTES FROM NATE

Never letting the truth get in the way of a good story



Would you give a look, it's almost Chanukah, and each year the shopping list gets longer. I would love to meet the person who decided we should treat Chanukah like Christmas.

Better yet, he then came up with the even better idea of gifts for each one of the eight days.

When the kids were little, they got a few *chachkes*, a little bit of chocolate Chanukah gelt and daddy was a hero. I bet you know how long that lasted, because once they became teenagers, they couldn't be bought off so cheap.

Now, gevalt! The grandkids, G-d bless them, know all about iPhones and iPads and Zaidy says, "I pay."

You know something my fellow Forestdaleniks, for my *kleinikeh*, I pay with a smile, because I sit in awe at the technology. Neither their parents nor I could dream of that at their age.

Chanukah is also a special time, when the whole family sits together at our dining room table (with extension seating) and shares a homemade meal highlighted by fluffy latkes, made from my late mother-in-law Lila's unwritten recipe.

It brings back memories of my late father-in-law Jack, sitting for hours, grating the potatoes on the little box device, getting a little blood in from time to time.

My mother-in-law would then strain the potatoes, add just so much matzo meal, just so much chopped onion and exactly the right amount of salt and pepper and just so many eggs and then she would mishmash the whole bowl just so much. The cooking oil in the electric fry pan had to be just so hot and then she would spoon in exactly so much of the mix. Moments later, there appeared light fluffy taste tempting latkes to die for.

My contribution was to bring the blender into the picture, so Pa wouldn't have to hand grate the potatoes and Ma was happy with the texture and the speed.

One thing is she never did tell us the exact quantities added to the mix, exactly what temperature and for how long to cook. After all these years, according to my assorted latke eaters, I am doing a good job. Better than that, my three now grown up *balebostes*, have also learned the recipe, so the tradition will carry on.

Continued on next page

Since I am so famished with latkes this column, I will point out a unique situation. My father was Russian and we would eat latkes with salt and sour cream. Andrea's parents were of Polish background and they would eat with sugar, sour cream or applesauce. The kids, bless their hearts, like them both ways. Who knew?

I would also like to again thank, past presidents Al Goldberg and Harry Warga, who gave every member's kids free goldfish at our Lodge Chanukah party some 25 years ago. While I got to write about 10 columns in Kol Echad's predecessor Horizon about

them, by the time I bought the tank, the milchig and fleisedick fishy food, the lights, the pumps and the filter, those free fish cost me many hundreds of dollars. You know what, the kids loved them and that is what counted.

Oy, I nearly forgot your Pincus Punim story.

It seems that a few weeks ago, some nogoodnik stole Pincus's identity. The guy showed up at his house a week later, begging him to take it back.

Nate Salter



Rosalie Moscoe RHN, RNCP



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GOOD & WELFARE

Birthdays

Albert Ohana
Marla Matlow
Allan Brown

December 9
December 14
December 24



Rosalie and Ray Moscoe will be sponsoring our December dinner in honour of their granddaughter, Aliyah Moscoe-Meade, who is celebrating her 5th birthday.

Happy Birthday Aliyah!

If you have any special moments in your life that you wish to share with the Lodge, please send announcements to jelijo@sympatico.ca. If you wish to sponsor a dinner meeting, please contact Ray Moscoe.

ONLINE AUCTION



Forestdale Heights Lodge has launched an online auction on our website.

If you have items, you would like to put in the auction, please send photos to Michael Kates at [**katesfamily@sympatico.ca**](mailto:katesfamily@sympatico.ca) or call him at (905) 669-2408 for more information.

This will be part of the Lodge's fundraising and all funds raised will go to the Lodge.

The online auction can be found at: [**www.kolechad.ca/auction.htm**](http://www.kolechad.ca/auction.htm)

FORESTDALE FUNNIES

For several years, a man was having an affair with a Jewish woman.

One night, she confided in him that she was pregnant.

Not wanting to ruin his reputation or his marriage, he said he would pay her a large sum of money if she would go to Israel to secretly have the child.

If she stayed in Israel to raise the child, he would also provide child support until the child turned 18.

She agreed, but asked how he would know when the baby was born..

To keep it discreet, he told her to simply mail him a post card, and write

'Lokshen' on the back. He would then arrange for the child support to begin.

One day, about 9 months later, he came home to his confused wife.

'Honey, she said, 'you received a very strange post card today.'

'Oh, just give it to me and I'll explain it later,' he said. The wife obeyed and watched as her husband read the card, turned white, and fainted.

On the card was written:

Lokshen, Lokshen, Lokshen

One with kneidlach, two without.

Send extra soup.

A Jewish woman goes to see her Rabbi and asks, "Yankele and

Yosele are both in love with me, who will be the lucky one?"

The wise old Rabbi answers, "Yankele will marry you. Yosele will be the lucky one."

If a married Jewish man is walking alone in a park and expresses an opinion without anybody hearing him, is he still wrong?

My father says, "Marry a girl who has the same belief as the family." I said, "Dad, why would I marry a girl who thinks I'm a schmuck?"

COMMUNITY VOLUNTEER SERVICE



The Yellow Brick House is currently seeking donations of certain items (diapers in larger sizes, formula, baby wipes, winter coats and boots for women and children, pyjamas and underwear for women, etc.)

They also require physical help in their warehouse in Richmond Hill in late November and December as they unpack and organize the incoming donations. They could possibly also be in need of some painting in their office in Richmond Hill.

If you are interested in knowing more about this program or helping out, please contact Stewart Indig at indigs@rogers.com

TASTY TREATS

Stewed Shoulder Steaks:

3 shoulder steaks or more (if you make 4 then you have one for your lunch the next day)

1 onion cut up

1-2 stalks of celery cut up

1/2 package of mushrooms cut up

1/2 a bag of baby carrots

1 bay leaf

Some garlic and pepper for taste

Open up one can of tomato sauce (any flavour that interest you)

Pour over meat and veggies and bake for about 1 1/2 hours at 350

Served over white rice, longer if the meat is not soft

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AS I SEE IT



This year, Rosh Chodesh Kislev and Remembrance Day are a few days apart. Remembrance Day and Chanukah, two commemorations created millennia apart, share a common bond. The theme of the few

against the many and fighting for freedom against insurmountable odds, resonate through the generations. Truly, Judah and the Maccabees had some *chutzpah* challenging the Syrian-Greek army of Antiochus, just as Allied soldiers challenged the Germans during two world wars.

The newspapers and television news programmes continue to make it evident how not much has changed since our ancient ancestors and our brave veterans chose to fight for freedom. The omnipresent terrorist threats, religious intolerance and the suppression of various freedoms we take for granted, can be inordinate. It is precisely at these moments that we look for some bright light in the darkness as a beacon for truth, rectitude, and honour.

The citizens of Florida, who still waited countless hours to exercise the

franchise, long after the presidential election results were made public and Malala Yousafzai, the brave Pakistani teenager who was shot by the Taliban for promoting girls' rights to education, are but two recent examples of sparks of light who send their light out into the universe. Our passion and our quest for righteousness need to be rekindled by these modern day fighters, and we too must continue the fight for freedom. John McCrae's poem, "In Flanders Fields," eloquently states:

*Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.*

As is our tradition, we will add one more light each night of Chanukah until all eight candles are brilliantly burning while the Chanukiah is placed in the window to illuminate the darkness of winter.

May Remembrance Day and Chanukah serve as reminders of our ability to banish evil and may the lights of your Chanukiah shine brightly and your spirit rekindled.

Mare Kates

HEALTH IN HARMONY



How to beat the 4:00 o'clock slump.

Are you sitting all day, becoming sedentary? Are you eating a lunch with no protein? Are you eating desserts with sugar in them – such

as ice cream, a piece of cake or pie? Do you have less than six or seven hours of sleep a night? If so, you may be prone to a 4:00 o'clock slump!

What can you do? Plenty!

1) Move your body either early in the day, or at lunch to build vitality; even a short brisk walk is beneficial.

2) Have protein three times a day, (small amount 2 – 3 ½ oz.) at breakfast, lunch and dinner. The amino acids in the protein feed neurotransmitters in the brain and give you a wake-up call. Also, have fats at every meal – such as sunflower or pumpkin seeds, almonds, hazelnuts, brazil nuts or olive oil. Your brain is 60% fat and needs replenishing all the time.

3) Enjoy a piece of fruit (or a few squares of dark chocolate) instead of pie or cake for dessert. Fruit has vitamins and minerals – anti-oxidant champs that give energy, fiber and fuel the body.

4) Try drinking some water late in the afternoon – you may be dehydrated. Or if you didn't have enough lunch – you may need a small snack; choose one: turkey slice wrapped around an avocado wedge, plain yogurt and some apricots or berries, raw nuts or pumpkin seeds and a small piece of fruit.

5) Reduce as much as possible non-foods: aspartame, white flour products, high salt (sodium) and sugar-laden foods. Read labels as these 'non-foods' can zap energy. Your body doesn't know what to do with engineered foods. Also, the digestion process takes energy and if the body isn't getting a payback from the foods you eat in the way of nutrients – you'll be exhausted from all of the digestion process.

6) Find ways to get seven hours sleep a night – enough exercise during the day, turn off your computer at a decent hour (not just before bed); sleep in a darkened room without flashing lights from technology so that your brain can build natural melatonin to help you sleep. A good night's sleep will provide more energy throughout the next day.

Try these tips for a week and you'll find your energy soar. Still tired at 4:00 p.m.? – take a short power nap!

Rosalie Moscoe



Happy Chanukah



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