

Forestdale Heights Lodge, B'nai Brith Canada

# KOLECHAD

December 2014

Kislev/Tevet 5775

חגיגה

# 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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Aaron Pacter

Michael Pacter

# COVER ART

It's time to spin those dreidels and enjoy some latkes as we usher in another Chanukah. The first candle is lit this year on Tuesday, December 16.

## 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

Dec. 1	Speaker & Dinner Meeting
Dec. 13	Chanukah party
Jan. 5	Dinner Meeting
Feb. 2	Speaker, Nominations & Dinner Meeting
March 1	Elections & Breakfast Meeting ( <b><u>new date</u></b> )
March 4	Purim Programme
April 13	Dinner Meeting
May 11	Dinner Meeting

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, you must RSVP Albert Ohana

at [salonpiaff@rogers.com](mailto:salonpiaff@rogers.com) or call (905) 597-1999

DEADLINE FOR ALL ISSUES IS 10<sup>TH</sup> OF THE MONTH  
UNLESS OTHERWISE CHANGED

**KOL ECHAD WOULD LIKE TO THANK CATHY INDIG, WIFE OF LODGE VICE-PRESIDENT STEWART INDIG, FOR HER ASSISTANCE IN EDITING THIS MONTH'S BULLETIN.**

# PRESIDENT'S PEN



Torontonians love their sports teams. We have six professional teams in Toronto. The most notable are the Maple Leafs, the Blue Jays, the Argonauts, the Raptors, the Rock (lacrosse) and the FC (soccer).

The only one that has recently won a championship is the Argos. In 2012, they defeated the Calgary Stampeders at the Rogers Centre. It was the 100th Grey Cup.

Now, let's go back. The last time the Leafs won the Stanley Cup was in the spring of 1967. The Blue Jays have not won since their back-to-back World Series in 1992 and 1993. The Rock has won four or five championships in different seasons. The FC has never been in playoffs and the Raptors are just starting to make moves worthy of being called league championships.



This city is starving for a winning team. It would be nice to see one give Torontonians something to celebrate. How many more years are fans going to buy tickets to see a sports franchise that doesn't compete or players who don't seem to want to play in Toronto? As a true fan, I find it hard to believe we shell out our hard-earned money on losing clubs. Don't blame them though; blame the fans who continually support them. It's about time we, the fans, boycotted all sports franchises in Toronto. It would tell the owners we want them to spend more money, so the fans can watch competitive, successful sports in this city.

I know they can't win all the time, but I get frustrated that not one of them can get their act together. I remember, as a kid, the Leafs winning three consecutive Stanley Cups. I don't know if I will ever see another winning team in this city. Wouldn't it be nice, if in one season, they all won their championships? Oh, I must be dreaming.

So, here's to the hardy sports fans of Toronto. There is always next year. I hope so!!

*George Garten*

Stay up-to-date with Forestadale Heights Lodge. Go to [kolechad.ca](http://kolechad.ca) for the latest happenings, including our visit to Woodbine.



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# EDITOR'S DESK



In October, Lisa and I headed down to the Portlands' district to see the Cirque du Soleil show, Kurios – Cabinet of Curiosities. Now, this was not my first Cirque experience. Back in August, I had the opportunity to see Love at the Mirage in Las Vegas. Although I had talked with my family about wanting to see this show for years, the timing was perfect, so I booked a ticket.

I'm not sure how many of you have seen Love, or any of the other Cirque du Soleil shows. However, I would bet most feel as I did after seeing the show in Las Vegas. Simply put, I was blown away by this show. It was truly an amazing experience to see the artistry and work that went into creating the production. Still, I could not help but think; the performers were sharing the top billing with another four artists who appeared only through their music. Truth be told, it's hard to compete with the Fab Four. The music that John, Paul, George and Ringo created over four decades ago still ranks as the best on most music charts.

Going to see the Toronto show was different. The music was created for the show, performed by musicians performing behind screens. Here, the performers took centre stage and did not have to share the spotlight with anyone. The result was, well, perfection.

I hope that other Lodge members had the opportunity to see the show.

Of course, I know not everyone did. How could they, as Kurios only played Toronto for two months?

To that, I say...what a shame. Wouldn't it be great if the city had its own permanent Cirque show? As it is, the city seems starved of grand attractions. We have a few good museums and managed to acquire an aquarium (which I have yet to visit) this past year. Still, it is not enough. If you want a steady stream of tourists passing through this fair city, then you need a wide variety of attractions. Luring a permanent Cirque de Soleil show would be a real coup.

Then you need a venue surrounded by other amenities such as theatres, restaurants and even casinos. Unfortunately, Toronto's civic leaders (as well as those in most of surrounding municipalities) rejected the latter option earlier this year. In most cases, the argument was the same; create a casino and it will lead to an increase in gambling.

**Continued on next page**



Of course, anyone with a gambling problem can easily get their “fix” at numerous other casinos situated around the province and in nearby American cities. By this very logic, LCBO should be closed down as it provides an easy outlet for anyone with a drinking problem.

To boost tourism, the city should have even considered constructing a Ferris wheel at the now shuttered Ontario Place. While some may view such an attraction as tacky, quite often people on vacation are looking at just such a diversion.

I know I certainly enjoy such amenities when I get away. Speaking of vacations, I have to say that 2014 proved a banner year for getaways for the Rosen clan. However, like all good things, it’s time to put the luggage away, hunker down, and deal with other pressing issues.

I hope 2014 has been a good year for everyone. For me, it’s been a strange one, what with being diagnosed with diabetes, losing my job of 30 years and dealing with other issues. Still, talking with other members and friends, I realize that everyone has their own problems they have to deal with.

So, as we head into a new year, I would like to make this wish:

May we all have a healthy and amazing 2015; may all your dreams and hopes come to pass in the next 12 months.

Be well and talk to you in the new year,

*Jeff Rosen*

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## GOOD & WELFARE

### Birthdays

Albert Ohana  
Allan Brown

December 9  
December 24



Forestdale Heights Lodge welcomes its newest member, Shai Ashkenazi, from Oshawa.

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

# CVS@CHANUKAH



In keeping with Lodge tradition, members will be delivering gift parcels to the brave men and women who dedicate their lives to keep our streets safe. These people include police, firefighters and paramedics. If you know of a station you would like to deliver a parcel to, please contact Barry Gordon at [barrysgordon@sympatico.ca](mailto:barrysgordon@sympatico.ca)

## FHL CHANUKAH PARTY

We're going to spin those dreidels on Saturday, December 13, 7:00 p.m. Join us for an evening of food, bingo and great music

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

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

COST: \$20 members/\$25 non-members

RSVP: Sandy Gordon, [sandygord@gmail.com](mailto:sandygord@gmail.com)



## BINGO

Tuesday, November 11

Tuesday, December 9

4300 Bathurst Street.

Please arrive by 7:15 p.m.

For more information, contact Richard Kotzen,

(416) 783-2737 or [richkotzen@rogers.com](mailto:richkotzen@rogers.com)

*Monthly bingo is held second Tuesday of the month*



# UPCOMING

*Please join us for the 2014-2015 season when the Lodge plays host to a number of interesting speakers.*

## **Monday, December 1**

### **Hearing Solutions**

Phyllis Bensoussan, Audiologist

Phyllis Bensoussan began university at the age of 16. She received her Bachelor of Science from Brooklyn College in New York and went on to complete her Master of Science degree at Brooklyn College at age 22.

She was accepted to Long Island Jewish Hospital/Queens Hospital Center where she completed her clinical fellowship tour. She was then hired as a full time audiologist. In the hospital setting, she was involved in developing the first neonatal intensive care hearing screening program in New York.

Her work included intraoperative brainstem and ENG testing. She was drawn to the profession from a deep desire to help people improve their hearing health and quality of life.

She remained in the hospital setting for 10 years until relocating to Toronto for her husband's job as senior cantor at Beth Emeth Bais Yehuda Synagogue 15 years ago. In Canada, her focus and passion shifted to the fascinating world of hearing aids.

## **Monday, February 2**

### **Rabbi Irit Printz**

Rabbi Printz serves as senior administrator at A World Without Bullying and executive assistant at Motek Cultural Initiative.

She was ordained in 2005 and is an expert in bullying in the workplace. She has over 15 years experience teaching in both formal and informal settings. She has worked in different environments including schools, synagogues, non-profit organizations, and the corporate world. Regardless of where she worked, she found bullying to be depressingly prevalent. She realized that bullying was not limited to just the schoolyard. Every organization she worked for had some people who bullied their co-workers, their underlings, and sometimes even their supervisors. She realized that if bullying was to be eradicated, it had to be dealt with in a top-down way. Just as teachers and administrators are the driving force behind eradicating bullying in our schools, it is executives and HR personnel who need to be the driving force behind eradicating workplace bullying.





# SANDY'S SCRIPT



Why do people volunteer? We volunteer because we know that our life experiences could potentially benefit a number of very important not-for-profit causes and we want to give back to the community and help make a difference.

Volunteering also gives us an opportunity to use our own unique expertise within the confines of a particular group or organization. The organizations are usually open for suggestions and welcome the involvement of volunteers.

I personally have a volunteer recruiting background. One of the terms we would use after a volunteer was successfully placed was “It’s a good fit.” You don’t volunteer just for the sake of volunteering. There has to be the need and a person who is passionate about giving their time.

# Volunteers!



Not everyone wants to do all jobs; it has to be a good fit. There has to be a rapport between the volunteer and the representative of the organization.

Never expect more than what a volunteer is able or willing to do. Not only does a volunteer wish to give of their time and expertise, they would like to get something out of the experience and it doesn’t always need to be money. It could be satisfaction, meeting new people, gratitude, learning something new, a feeling of making a difference...it could be any one of these and more.

In many not-for-profit sector organizations, the amount of hours worked by a volunteer is calculated and reported to the government. This helps to document the number of volunteer hours. It is measured against how many paid workers it would have taken to do the same jobs. This exercise has in the past and still could lead to the awarding of grants to not-for-profit organizations to continue their work.

Volunteerism is a unique sector within the not-for profit community. It can be a very rewarding and meaningful experience.

Until the next time,

*Sandy Gordon*



October 20, 2014

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Forestdale Heights Lodge  
B'nai Brith Canada  
c/o Jeff Rosen, 150 Harris Way  
Thornhill ON Canada L3T 5A8

Dear Mr. Rosen:

On behalf of the volunteers, staff and especially the residents of Blue Door Shelters, I would like to thank you for your charitable direction of items to our agency.

Blue Door Shelters plays a pivotal role by providing a safety net for the men, women and children in York Region who face the abyss of homelessness. We provide not only shelter, but the support that people who are homeless need to find and maintain permanent housing. We are a not-for-profit registered charitable agency led by a volunteer Board of Directors. Blue Door Shelters operates three emergency shelters; Leeder Place Family Shelter; Porter Place Men's Shelter; and the York Region Youth Shelter.

Our agency depends on the support of the community and donors such as yourself to enable us to continue our work providing shelter services. With the many generous gifts we receive such as yours allow us to extend our provision of basic need items to our clients while in residence and in support of their move to housing in the community.

Please accept our sincere appreciation for the generosity you have conveyed with your donation of goods.

Yours truly,

Anne Stubleby  
Executive Director

*Many thanks for the generous gift of toiletries.  
Your kind support to the many men, women &  
children we serve each day is greatly appreciated!*



Ten years ago it was called Transitional and Supportive Housing Services of York Region. Today its name is Blue Door Shelters. The mission of this agency remains the same though: to provide safe, supportive, emergency shelter and services for people who are homeless or at risk.

Once again, Forestdale Heights has launched a CVS initiative with this agency. We will be working with Blue Door Shelters and doing what B'nai Brith Canada and Forestdale Heights Lodge does best: People Helping People.

When you come out to Lodge meetings, please bring toiletries which will be donated to the agency. The items most needed are men's disposable razors, shaving cream, men's deodorant and shampoo. They would also appreciate toothbrushes and toothpaste.

As well as asking Lodge members to bring needed supplies for Blue Door, we are asking members to reach out to organizations and individuals (such as their dentists) they feel could assist in this endeavour.

If you are unable to attend a Lodge meeting and would like to make a donation, please contact Jeff Rosen at [jelijo@sympatico.ca](mailto:jelijo@sympatico.ca).

\* \* \*

Forestdale Heights Lodge extends its appreciation to the following businesses and individuals for their generous donation to our Blue Door Shelters CVS programme.

Rosedale Family Dental Centre, 531 Atkinson Avenue, Thornhill  
Mona Pasternak, Kosher Trends, 363 Canarctic Drive, Toronto  
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wish everyone a healthy  
and happy Chanukah***



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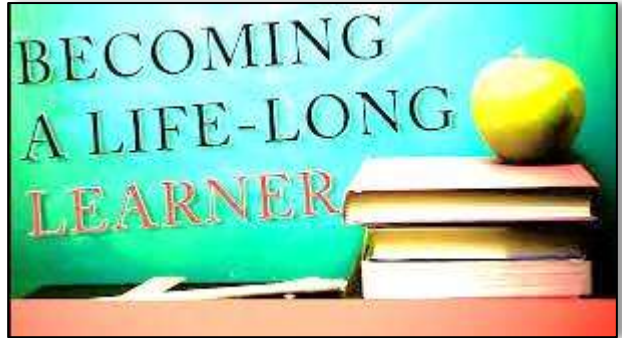
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# AS I SEE IT



The phrase “life-long learner” is one of those “in terms” that people include in their everyday lexicon. The image I conjure up is of a mature person taking classes, attending lectures, and doing what he/she wants to without the necessity of a daily commute and parental obligations. These are the retirees who do something “just because.”

As this article is now being crafted, I now find myself in Boston attending an rigorous Hebrew educational training session. While I agreed to attend as part of my professional responsibilities, the tables have now turned and it’s me who is playing the role of student. Since classes are conducted entirely in Hebrew, I have to intensely focus my attention to the instructions and to the material being presented. This isn’t an easy task!



The more I learn, the more I realize that I have even more to learn. I am trying to make sense of it all and become a better teacher. As I sat in class and contemplated what I was doing, I reflected briefly on the term “life-long learner.” I came to the conclusion that I have to change the mental picture I associate with that term. Here I was, sitting in class, learning in a formal setting.

However, being a “life-long learner” doesn’t necessarily mean learning in a formal way. I came to the logical deduction that learning never ends. As Jews, the first thing that we do following the completion of reading the Torah is to roll it to the start and begin reading it all over again. In our everyday lives, education of some sort is ever present, but it is up to us to deduce those “teachable moments,” just as being stuck in traffic and getting mad at the drivers in front of me means that I have to learn to have more patience.

Albert Einstein once said, “Intellectual growth should commence at birth and cease only at death.” Every day affords us the opportunity to learn. It is up to us to pay attention to those lessons, ask the hard questions, and learn from our mistakes. May we all continue to be life-long learners.

*Marc Kates*



# ALL STEW

## SPICED PEANUT BUTTER COOKIES

### INGREDIENTS

1/2 cup canned chickpeas, NOT drained\*  
16 tbsp. reduced fat peanut butter, creamy variety  
1/4 cup regular butter softened  
3/4 cup packed light brown sugar  
1 tsp. vanilla extract  
1 large egg  
1 cup whole wheat flour  
1/2 tsp. table salt  
1/2 tsp. baking soda  
1/4 tsp. red pepper flakes, more if  
you want them spicier



### DIRECTIONS

Preheat oven to 350 degrees. Line two large cookie sheets with parchment paper (or coat with cooking spray).

Set aside.

\* Pour chickpeas into a 1-cup measuring cup and pour in enough chickpea liquid just to cover beans. Puree chickpeas and their liquid in a blender or food processor.

In a large bowl with an electric mixer, cream peanut butter, butter and sugar until light and fluffy. Add vanilla and egg. Mix well again. Add pureed chickpeas and blend thoroughly with mixer. Add flour, salt, baking soda and red pepper flakes. Mix again.

Shape rounded tablespoons full of cookie dough into small balls. Place dough on prepared cookie sheets, leaving at least 2 inches between cookies.

When a cookie sheet is filled, press each ball down with the palm of your hand to flatten. Then flatten cookies even more by making crosshatch marks with back of fork.

Bake until cookies turn slightly golden (about 12 to 15 minutes). Let cool on cookie sheet for 1 to 2 minutes and then remove.

These large peanutty cookies not only taste great, they also pack a fibre and protein punch. The recipe should yield 30 cookies.

Enjoy

*Stewart Indig*

# HEALTH IN HARMONY



When someone has a broken leg, skin rash, or cancer, no one talks about stigma. When it's mental health there seems to be a "hush, hush" attitude. A similar mindset was prevalent with cancer, until many women started speaking out. Yet, too many people still live with cancer. For mental illness, the rates are also climbing and 30 percent of adults suffer some form of mental illness. If it's a child with mental illness, it's seldom discussed for fear of someone thinking that they had "bad" parents. If it's a sibling or parent, it's worrisome and often people disguise it. Those misguided attitudes are slowly starting to change, – even with massive advertising for years about "stigma and mental illness."

If someone had a vitamin or mineral deficiency, there's less of a chance they'd be stigmatized. A lack of vitamin B12, folic acid, vitamin D, zinc, or essential fatty acids doesn't strike terror in the hearts of most people – good thing. For in fact a large portion of those with schizophrenia, depression, bi-polar disorder, anxiety or dementia, ADHD and autism have just that – nutrient deficiencies. Some may also suffer from cerebral (brain) allergies to food or environmental factors.

For psychopharmacologic treatment of depression, the standard measure of treatment response is about 50 percent who will experience improvement of the primary symptoms of depression. Two thirds of patients treated for depression continue to have residual symptoms; 20–40 percent do not show substantial clinical improvement – not such a great record. However, with the addition of a better diet and some added nutrients as needed, those medications could be more effective and perhaps the dosage could eventually be lowered.

According to a September 2010 Whitehall-Robins Report, (a pharmaceutical company's Journal), entitled: *Micronutrients and Mental Disorders*, "several micronutrient deficiencies adversely affect the brain and hence could aggravate mental disorders like schizophrenia, depression and anorexia nervosa." The Report, based on much research, also finds that the diet of people with serious mental disorders is often inadequate and that metabolic, brain diseases can be aggravated by nutritional deficiencies. It is plausible that proper attention to diet, and when indicated, appropriate supplementation with vitamin C, folic acid niacin, thiamine, iron, zinc, omega-3 fatty acids, vitamin D and vitamin E could lower the dosage requirement for antipsychotic drugs and reduce their adverse side effects and toxicity.

**Continued on next page**





This micronutrient therapy is practiced by many doctors, psychiatrists or other health professionals practicing integrative medicine - for better outcomes. They use orthomolecular treatments (finding the right molecule) – a term coined by Nobel Prize winner, Linus Pauling. More information about this therapy can be found at ISF, [www.isfmentalhealth.org](http://www.isfmentalhealth.org). For over 40 years, ISF has promoted and educated the public, doctors and other health professionals on these beneficial and complementary, healing treatments for all forms of mental illnesses, including schizophrenia. I'm so proud to serve as co-chair of the board. Nutrient information for children's mental health issues including ADHD and autism can be found at [www.mindfulcharity.ca](http://www.mindfulcharity.ca).

*Rosalie Moscoe*

## SOCIAL

*Please join us for this upcoming programme on Wednesday, November 26, sponsored by LMOL Don Mills Lodge. It takes place at 15 Hove, starting at 7:30 p.m.*

**THE FORGOTTEN REFUGEES:** Two guest speakers from Egypt and Morocco will discuss the one million Jewish refugees from Arab countries who had to leave Arab countries since the 1940s. Their presentation will include a documentary on Jewish Middle East refugees, past and present.



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# DINNER DRAW

Garten, Silver, Kates, Moscoe, Pacter and Rosen.

Most of these were NOT the winning names at the 2014 LMOL Don Mills Dinner Draw held at the Venetian Banquet Centre on November 10. Still, it was a good night for Lodge Brother Michael Pacter who won \$1,000. As well, Steve Weisz, a friend of Michael Kates' also walked away with \$1,000. Steve generously decided to donate half of his winnings back to the Lodge.

Those Lodge members who were not as lucky, along with those who accompanied the ticket purchasers, still enjoyed a wonderful evening of great food and camaraderie.

This is the first year that Forestdale Heights was a co-sponsor in LMOL Don Mills Lodge's annual fundraiser. As a result, the Lodge itself became a winner, as it raised funds through the sale of tickets.

Although we had a small turnout this year, let's hope that next year we can increase our ticket sales for this worthwhile fundraiser.

Thanks to Harvey Silver and Michael Kates (who also won one of the consolation prizes) for their assistance on this project.

From left, FHL president George Garten and Lodge treasurer Charlene Garten, Steve Kates and Michael Kates.

For more photos, go to [kolechad.ca/dinnerdraw.htm](http://kolechad.ca/dinnerdraw.htm).

[Jeff Rosen photo]



# Rosalie Moscoe

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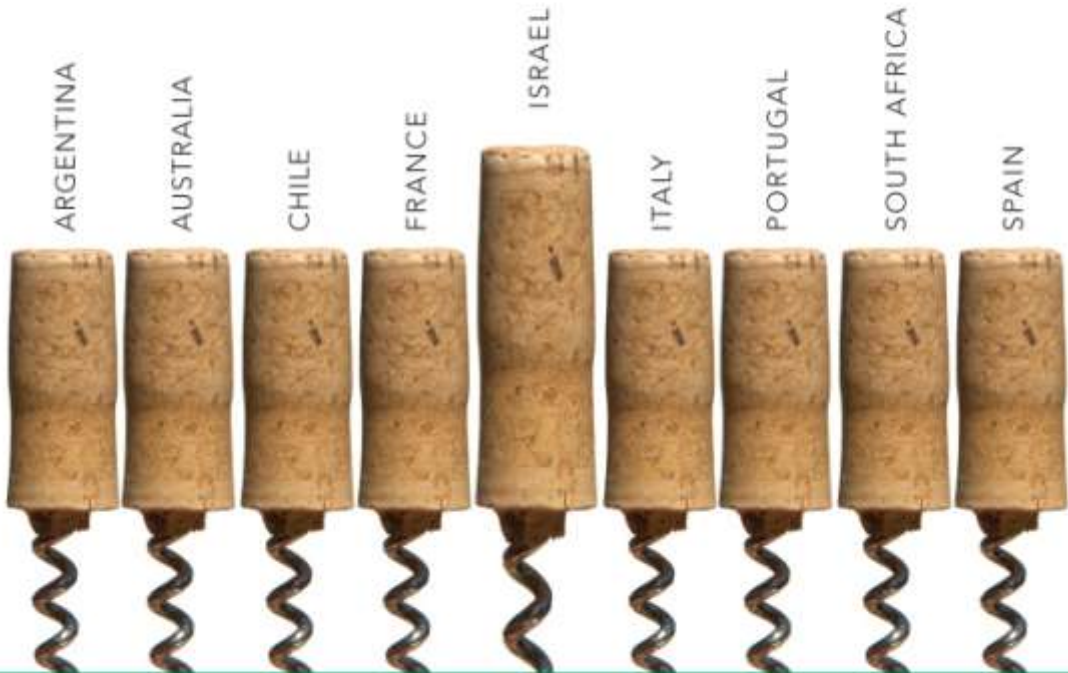
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