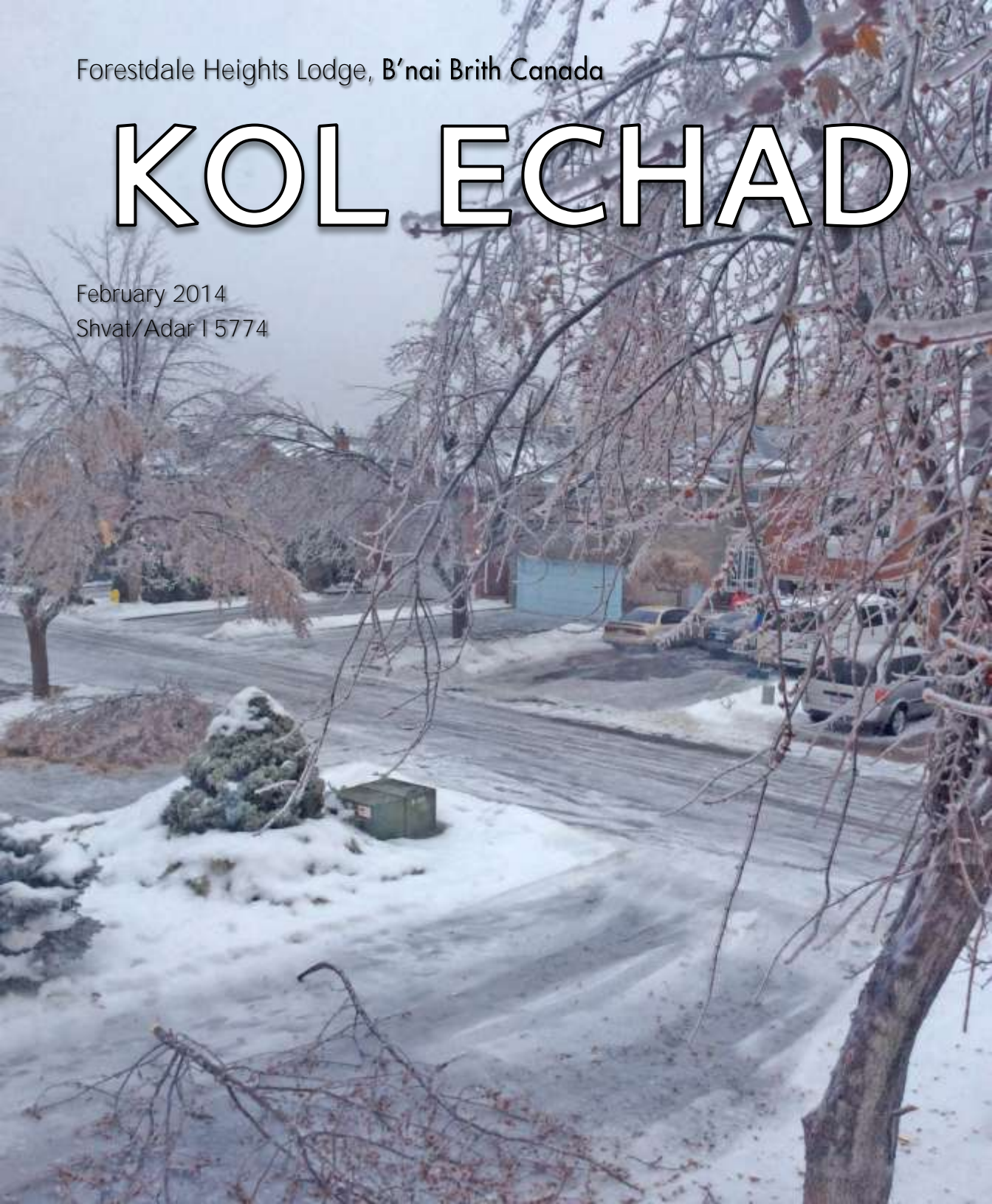


Forestdale Heights Lodge, B'nai Brith Canada

KOLECHAD

February 2014

Shvat/Adar I 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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Jeff Rosen

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Harvey Silver

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Marc Kates

Lisa Rosen

Debbi Silver

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Aaron Pacter

Michael Pacter

COVER ART

February's cover was always meant to depict a winter scene. With the ice storm in December 2013, the focus shifted to the storm's aftermath. A request for photos was sent out to the Lodge membership and Michael Kates sent in this compelling photo.

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

February 4	Nomination/Dinner Meeting & Speaker
March 9	Election/Breakfast Meeting & Speaker
March 15	Purim Program
April 7	Dinner Meeting
May 4	Goodlife Marathon
May 5	Dinner Meeting
June 1	FHL@Woodbine
June	Installation

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our website for dates of upcoming programmes.**

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UNLESS OTHERWISE CHANGED**



PRESIDENT'S PEN

Here's hoping everyone survived the ice storm of 2013. Debbi and I were happy to bunk down with our daughter, Lisa, for four days. A good time was had by all.

Our guest speaker for the **Tuesday, February 4** meeting is George Brathwaite, who consults with agencies and community outreach groups on the construction and industry safety activities for the Toronto-York Spadina Subway Extension. This meeting is open to all members and guests. If your guest is attending dinner, the cost is \$15 and \$10 for members. Please let your family and friends know about our meeting.

There has been some discussion about going on a wine trip to Niagara by chartered bus. We are presently looking into prices, etc. If you are interested in participating, please let me know by phone (416) 223-0780 or e-mail debbisilver@rogers.com.

The 2014-2015 slate of officers is listed in this bulletin. Thank you to the members who have agreed to serve on this coming year's executive. Thank you to Michael Kates and Jeff Rosen for sitting on this year's slate committee.

The Lodge continues to participate in the Pride of Israel Kosher Food Bank. Please don't forget to bring an item or two when coming out to a Lodge meeting.

Please mark this date on your calendar, **Sunday, May 4**. This is the date of the Toronto Marathon. We are looking for volunteers to get involved with this annual program. Please let me know, as soon as possible, if you are interested in getting involved.

I look forward to seeing you at our next Lodge meeting.

Harvey Silver



EDITOR'S DESK

So, how did everyone fare during the ice storm of 2013? For my family, it marked only the second time since we moved into our house that we were forced to leave our home due to circumstances beyond our control (the first was a Chanukah candle-induced smoke fire in 2001). It also gave me a greater appreciation for the forces of nature.

It's one thing watching nature's fury on news reports; very different when your home and city are affected.

When the freezing rain started Saturday night, Dec. 21, I thought it would be one of those winter weather wonders that receives a lot of play on the news and quickly dies out. When the power went out at approximately 9:30 p.m., it really was no big deal. Actually, it was kind of nice as the three of us sat in a candle-lit room and chatted. Under normal circumstances, we would all be in separate rooms.

The next day, we were surprised to see the amount of tree limbs strewn around our townhouse complex. Still, living in the house was bearable. I got an old transistor radio working and a couple of older-style phones, the type that do not rely on an electric current to operate. It's funny, how we have become so reliant on electricity to run all our technological marvels.

By that evening, we had said goodbye to our daughter who returned to Oakville. Lisa had decided it was too cold to eat in the house, so we went out for dinner. While the place we chose is usually fairly quiet, that night the lineup was long and service was slow, as half the serving staff had failed to show up to work. Despite the situation, you just had to smile and deal with it. It was so obvious to see how hard the staff was working.

That night we dressed in layers and added an extra blanket and, believe it or not, I had a great sleep.

The next morning, Monday, Dec. 23, we woke to a very chilly house. We dressed quickly and were out of the house in record time. After taking care of some chores, we decided to find a place to enjoy breakfast. Normally this is a routine outing, but then again, the day was anything but routine.

Continued on next page



We entered one restaurant, but they had to keep their doors open. There was no way we were going to eat in the cold, after all, we could have done that at home. So we headed south on Yonge, only to encounter traffic reduced to a crawl as traffic lights were out.

You would expect everyone to know the golden rule of driving in such circumstances: you come to an intersection with a traffic light out of order and treat it as a four way stop. Unfortunately, many people are either ignorant of this law or chose to ignore it, at both their and everyone's peril.

We finally arrived at Pickle Barrel, Centrepont, only to find the restaurant and the mall closed. Interestingly though, Tim Horton's was packed with customers.

Off we went to Pickle Barrel on Leslie Street. It was open and very busy. While service was slower than usual, we really didn't mind, as we were in no rush to get back home.

When we did though, we managed to put the long ignored Yellow Pages to good use to find us a hotel to sleep that night. (Google doesn't work very well without power.)

Through a stroke of luck, we managed to get the last room at Hilton Garden Inn. The fact that it was a smoking room, didn't bother me in the least. What mattered was that we would have a warm place to sleep that night as temperatures plummeted.

We finally left for the hotel, but I guess I should have checked the address more thoroughly. I attribute this faux pas to the fact that my cell phone was almost out of power at the time, thereby forcing me to rush through the reservation process. (An important lesson: the best cell phone is only as good as its last charge.)

Arriving at the hotel on Highway 7 near Leslie, I was told that we were at the wrong location. So, off we went to Highway 7 and Jane.

It was fantastic to have a warm room, lights and television. It was also fascinating to watch the news and finally see what the storm had done to the city and surrounding regions. We enjoyed a nice dinner and our first relaxing evening in days.

The next day we learned power had been restored to our home, so we headed back, arriving to a very cold 51 degree home. Slowly, ever so slowly, the thermastadt crept up and by the end of the day, had returned to a comfortable living temperature.

We did indeed make it through the first blast of winter 2013. It is one I will remember for a long time.

Shalom,

Jeff Rosen



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GOOD & WELFARE

Birthday

Ruth Pupko

February 14



ATTENTION NEW MEMBERS: If you have not sent in your birthday and anniversary dates, we will be unable to publish the information. Please send all information to jelijo@sympatico.ca

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



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PURIM 5774

On **Saturday, March 15** at 8:30 p.m.
Forestdale Heights will be hosting its annual Megillah reading at 4300 Bathurst Street.

If you are coming, please RSVP to Carl Zeliger at (905) 669-2732 or e-mail czeliger@wza.ca.
(Volunteers please arrive by 8:00 p.m.)



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 email at debbisilver@rogers.com.

BINGO

Tuesday, February 11

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: March 11, April 8,
May 13*



FEBRUARY MEETING

Please join us at our **Tuesday, February 4** meeting, when our guest speaker will be George Brathwaite, Project Safety Manager at Herzog/Delta. He is responsible for the day-to-day compliance and oversight of all safety provisions of the Toronto-York Spadina Subway Extension. The subway extension will run from the existing Downsview station, which will be renamed Sheppard West, to Vaughan Metropolitan Centre.



Brathwaite has more than 30 years of experience specializing in the field. He consults with agencies and community outreach groups on construction and industry safety activities.

Education: BA, University of Panama, Executive Program for Occupational Safety and Health Managers University Santa Maria La Antigua.

Certifications: CPR/AED & First Aid Instructor Trainer/OSHA Authorized Construction Trainer.

If you plan on attending, RSVP George Garten at garten1707@gmail.com or call (416) 221 2407

WOODBINE

Mark the Date



On Sunday, June 1, members of Forestdale Heights Lodge will head to Woodbine Racetrack for our popular annual Day at the Races. Cost \$40/person, which includes buffet lunch, programme and reserved seating. Don't miss one of FHL's premiere social outings.

Watch this bulletin for further details.



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YOUR BUSINESS!

SLATE COMMITTEE

The Slate Committee met on January 6 and has recommended the following individuals serve on the executive of Forestdale Heights Lodge for 2014-2015:

President: George Garten

Senior Vice-President: Ruth Pupko

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

Treasurer: Charlene Garten

Financial Secretary: Elizabeth Bloom

Recording Secretary: Stuart 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

Nominations will be formally held at our February 4 meeting.



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TASTY TREATS

Simple BBQ Ribs

Ready in two hours

Ingredients:

- 2 1/2 pounds ribs (or a smaller amount if desired)
- 1-tablespoon garlic powder
- 1-teaspoon ground black pepper
- 2 tablespoons salt
- 1-cup barbeque sauce (of your choice)

Directions:

1. Place ribs in a large pot with enough water to cover. Season with garlic powder, black Pepper and salt. Bring water to a boil, and cook ribs until tender.
2. Preheat oven to 325 degrees F (165 degrees C).
3. Remove ribs from pot, and place them in a 9x13 inch baking dish. Pour barbeque sauce over ribs. Cover dish with aluminum foil, and bake in the preheated oven for 1 to 1 1/2 hours, or until internal temperature of meat has reached 160 degrees F (70 degrees C).



*I made these at home and verify that they are easy to prepare and fantastic to eat. –
Jeff Rosen*

2013 Allrecipes.com

ALL STEW



Tilapia with Spinach Pecan Pesto

Pesto

3 cups baby spinach leaves, packed, about 3 ounces

1/4 cup of olive oil

1/2 cup pecan halves

1/3 cup fresh shredded Parmesan cheese

2 medium cloves of garlic, smashed and minced

1/4 teaspoon of salt

Tilapia

2 to 3 cups baby spinach leaves packed

6-8 tilapia fillets

Salt and freshly ground pepper

Easy to make, great to eat. Lightly spray a 9 x 13 inch baking dish. Heat oven to 400 degrees.

In a food processor, pulse the three cups of spinach leaves, olive oil, pecan halves, Parmesan cheese, garlic, and 1/4 teaspoon salt until the mixture is a fine consistency. Arrange the remaining spinach leaves over the bottom of the baking dish. Place a tilapia fillet on the bed of spinach and put about 1 tablespoon of the pesto mixture on the fillet. Spread lightly to cover the entire fillet. Repeat with the remaining fillets. It is ok to overlap fish slightly.

Bake for 20 minutes or until tilapia flakes easily with a fork. Serve with cooked rice, pasta or even salad.

Chilled white wine would go great.

Enjoy,

Stewart Indig



PAN AM GAMES



The Pan Am Games are coming to Toronto in 2015. With that in mind, Forestdale Heights Lodge has been asked if we could help as volunteers.

At our Sunday, March 9 breakfast meeting, I have asked Steve Fishman, a volunteer co-ordinator with the Games, to facilitate a presentation. **The meeting will be held at 4300 Bathurst St., starting at 9:30 a.m.**

If you are interested in helping out, please be sure to come out to the meeting or let me know at debbisilver@rogers.com.

Thank you.

Harvey Silver

THANK YOU

From Yellow Brick House

Stewart, Michael
and Cyril,

Dec 24, 2013

Thank you for your assistance
in our warehouse with the YBH
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Kathy and the staff + clients
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HEALTH IN HARMONY

10 Ways to Achieve Positive Personal Power

Positive Personal Power. What does this mean? It means to grab hold of your strength of character, (even if you are afraid), and capture the essence of what is right for you. When you're frustrated or angry, it's often difficult to make positive choices. Life is trial and error and mistakes can become lessons to be learned. We need to galvanize our confidence, and implement ways to live healthfully.

It must start with thinking positively – that innate feeling that things will work out well, no matter what! Every great act or accomplishment in our world pioneered as a thought. The following are some positive thoughts that exist within you. You can echo these phrases daily to help inspire yourself to attain your highest Positive Personal Power. May this year bring you an open heart and the excitement of new projects to energize and fulfill you!

- 1) I choose to be calm, present and in charge.
- 2) I honour my boundaries and will practice saying NO, giving myself permission to seize time for me.
- 3) I formulate healthy choices for my food, my activities and fitness.
- 4) I love all the pursuits that I am engaged in, even some parts of those interests.
- 5) I surround myself with positive people and will not be brought down by those who are negative.
- 6) When I feel sad and small, I will honour that feeling but not let it overpower me.
- 7) I can create the power, confidence and strength to complete my goals.
- 8) I have faith that I can trigger a positive difference in this world.
- 9) I am grateful for all that I have and for the people in my life.
- 10) I will embrace love into my heart and send it out in small ways through positive deeds and messages.



When you surround yourself with positivity, which has been shown to boost immunity as well as mood, in turn you will more likely attract those qualities in others.

Rosalie Moscoe



FORESTDALE FUNNIES

DOWN AT THE RETIREMENT CENTRE

Eighty-year-old Bessie bursts into the rec room at the retirement home. She holds her clenched fist in the air and announces,

“Anyone who can guess what’s in my hand can have sex with me tonight!!”

An elderly gentleman in the rear shouts out, “An elephant?”

Bessie thinks a minute and says, “Close enough.”

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!”

SUPERSEX

A little old lady who had lost her marbles was running up and down the halls in a nursing home.

As she ran, she would flip up the hem of her nightgown and say “Supersex.”

She ran up to an elderly man in a wheelchair, flipping her gown at him, she said, “Supersex.”

He sat silently for a moment or two and finally answered, “I’ll take the soup.”

AS I SEE IT



Question: What is the definition of a genius? **A**nswer: A “C student” with Jewish parents.

January is the traditional time of year when people reflect upon the previous year and set plans for the year to come. January also coincides with report card writing, and the labourious task that that entails. For me, that means scrambling to eliminate the pile of marking that managed to accumulate and take the time to accurately assess each and every student. I must take into account a student’s work habits, participation, and what ‘next steps’ they need to undertake.

Some parents, on the other hand, have quite the skewed perception, I’ve found, about their child’s abilities. “Little Billy” can do no wrong, and the sun rises and sets because of their child. Any noted problems **must be** the fault of the teacher because Billy isn’t being challenged enough; he’s bored. How I sometimes wish I could truly say what’s on my mind and dispose of the pleasantries and the sugarcoating that often comes with critiquing. “Mrs. Smith,” I imagine myself saying, “Billy is just plain lazy. He’s not motivated to do any work, and he disrupts the class. He is rude and obnoxious. He is a pain in the neck and that stems directly from bad parenting. You set no boundaries, try to be his friend, and the word “no” isn’t used in your household. You simply can’t abandon your role as parent and expect me and the nanny to do it for you.” I know that the previous interaction is complete fantasy. In reality, the above conversation is very different. “Mrs. Smith,” I begin with a smile, “thank you for being such a supportive partner in Billy’s education. Billy is encouraged to demonstrate his capabilities on a regular basis. It would be beneficial for him to follow all classroom protocols and remain focused on the task at hand.”

As for me, I’m a realist with two feet firmly planted on the ground. I aptly apply my professional pedagogical and developmental knowledge to my own children without bias whatsoever. For the next four months, I am on paternity leave with my daughter Joelle. At four months old, she has already demonstrated her superior mental and physical abilities. Her propensity to bring fingers and hands directly to her mouth is a demonstration of her inclination towards the medical field and human physiology. She will no doubt be a superior communicator as she vocalizes much more than older babies. Perhaps this indicates her future oratory skills as a litigator. Whatever the case, I will support whichever field, medicine or law, she chooses to enter. Boy, how I wish other parents could truly see their kids through my impartial and unbiased lens.

Marc Kates

LOOKING BACK

From the files of Kol Echad

FEBRUARY 2004

Donuts and Coffee Delivered on Christmas Eve



Harvey Silver, Jeff Rosen, along with Ivan and Elizabeth Bloom and their children, Darryl and Diana, delivered donuts and coffee to the firefighters at the fire hall at Clark and Bathurst on Christmas Eve. An accompanying letter made clear that the goodies were being delivered on behalf of both Don Mills and Forestdale Heights Lodges. The donuts were kindly supplied by the Krispy Kreme franchise at Hillcrest Mall in Richmond Hill as a result of the efforts of Harvey, who also arranged for the coffee to be provided by his employer for free. To add to the mitzvah, food was donated at the

firehall by our “donuts delivery team.”

The firefighters showed their genuine gratitude by allowing us to view, from inside and out, their latest acquisition, a state of the art traditional red fire engine with custom decals announcing the Vaughan Fire Department.

We hope to expand this event next year to take in more fire halls. The firefighters truly are brave people who have earned the respect and admiration of us all.

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