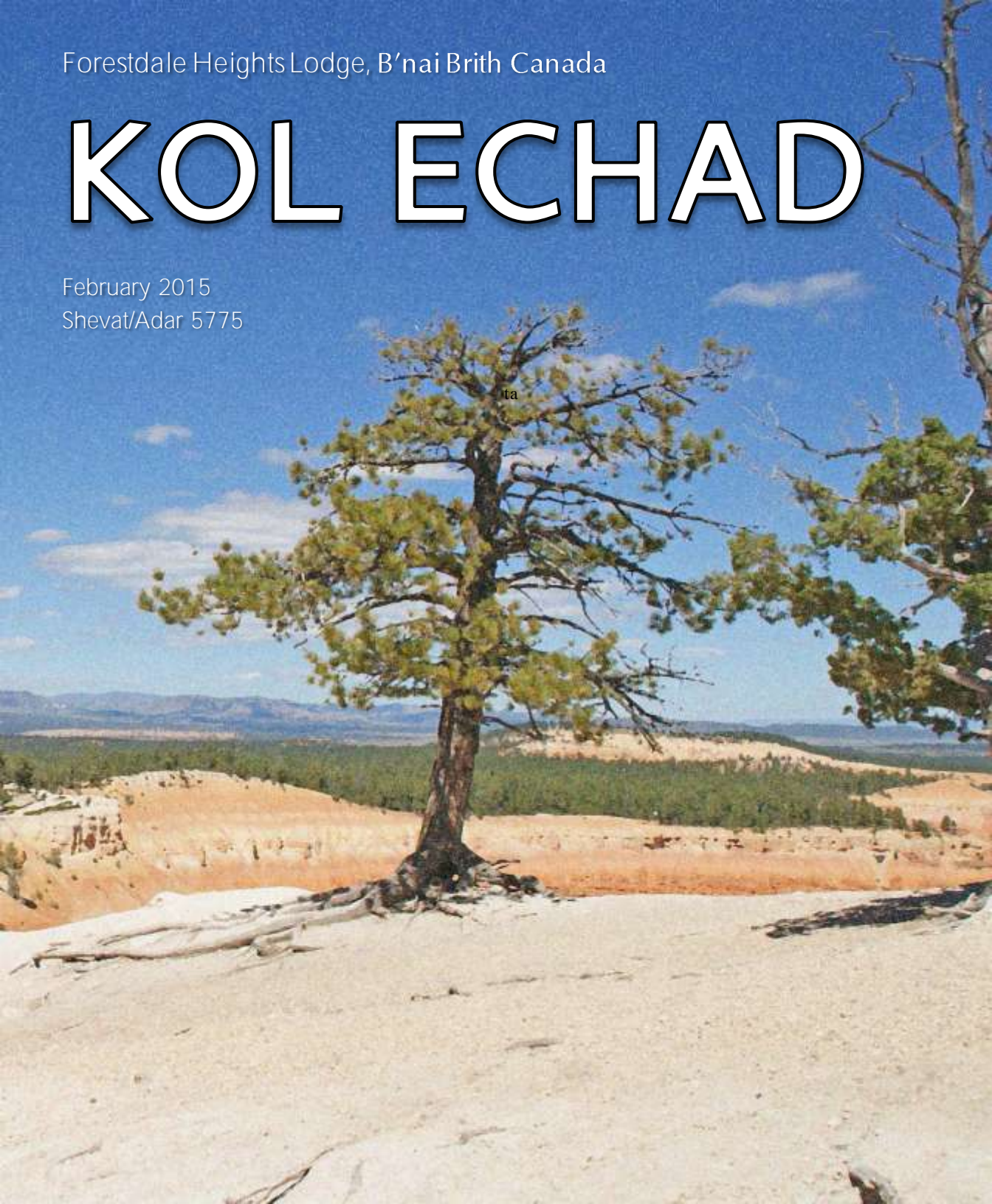


Forestdale Heights Lodge, B'nai Brith Canada

KOL ECHAD

February 2015

Shevat/Adar 5775



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

It's February and that means Tu B'Shvat which falls this year on February 4.

It is also called "Rosh Hashanah La'Ilanot" (Hebrew: ראש השנה לאילנות), literally "New Year of the Trees."

In Israel the day is celebrated as an ecological awareness day and trees are planted in celebration.

[Jeff Rosen photo]

COMMUNICATIONS

Due to the recent increase in the cost of postage, Kol Echad is seeking additional advertising to offset our increased expenses. As well, 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

Feb. 2	Speaker, Nominations & Dinner Meeting
Feb. 21	Social @4300 Bathurst Street
March 1	Elections & Breakfast Meeting
March 4	Purim Programme
April 13	Speaker & Dinner Meeting
May 11	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
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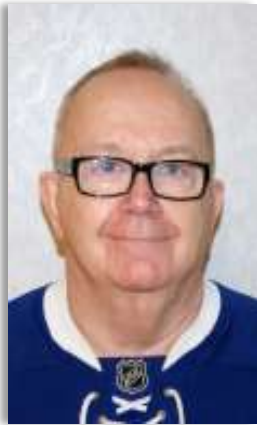
Full Page \$200

Half Page \$100

¼ Page \$50

Business Card \$40

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PRESIDENT'S PEN

George Garten

By the time you read this, the slate committee will have met to decide on their choices for the executive for the coming year.

I wish to take this opportunity to talk for a few minutes to those people who are afraid to get involved.

When I first joined the

Lodge, I never dreamed of being president. I was a little leery of joining another executive. I came from another lodge where the executive and general meetings were nothing but shouting matches. I joined the executive of our Lodge, first as a trustee, and went up the chain of command to being your president. Our meetings are quiet, organized and well run, if I do say so myself. That first step is the hardest one to take.

I say to all the members: get involved. The slate committee tries to pick the best candidates possible to run the Lodge. The February meeting is nomination time. Yes, the slate committee gives their suggestions for the executive, but they are not written in stone. If you want to be on the executive, you can have someone nominate you from the floor. There is no fun in being put onto the executive by acclamation year after year. We need some new blood on the executive.

I ask all members to come out and exercise their right to nominate on February 2, and their right to elect on March 1 (Sunday morning meeting).



PESACH GREETINGS

To all members of Forestdale Heights Lodge:

This year we will be running Pesach Greetings in the April issue of Kol Echad. Greetings will be \$5 each (just one size). Deadline to put a greeting in is February 28. Please send wording for your greeting to jelijo@sympatico.ca.

All payments must be made no later than the Lodge's March 1 meeting. Cheques (made out to Forestdale Heights Lodge) or cash can be handed in at the meeting or mailed to Jeff Rosen, 150 Harris Way, Thornhill, Ont. L3T 5A8.



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EDITOR'S DESK

Jeff Rosen

Can you teach an old dog new tricks? I guess that depends on the “dog” and the “trick” in question. It is a riddle that I hope to soon resolve.

Back at our December meeting, audiologist Phyllis Bensoussan from Hearing Solutions spoke about the problems related to hearing loss. She stressed that most people over 50 should have their hearing tested, pointing out a hearing problem can get worse as a person ages if not properly treated. As a result, Lisa and I took advantage of the free test to determine how well our auditory system was functioning.

It came as no surprise when I was told that I had a hearing loss. It is something I have learned to live with for over the past four decades. A number of years ago, I tried an assisted hearing device, but found the contraption both uncomfortable and, in the end, quite useless. On one occasion, the thing stopped functioning while logged in my ear, blocking out all sound. This time out, I was impressed by how the technology had changed and decided to try it. After all, what did I have to lose?

It took me a few days to learn how to put it on, especially when I attempted to do so in front of the mirror, where everything appears backwards. However, I soon mastered the manoeuvre.

So, you're probably going to ask, has the hearing aid helped? For the first time in many years, I can sit in a crowded room and actually hear what people are saying, rather than just smiling and nodding, pretending to understand. If Lisa is sitting on my left side and talking to me, I can hear her. Believe me, it is a beautiful sound to hear.

Perhaps the biggest difference comes in the evening, when I remove it. I really notice the difference as the world around me becomes just a bit quieter.

Now that an AHD (assisted hearing device) has joined my trifocals as an aid to help me get through day-to-day living, I face a new challenge (and hence the new trick). Since I acquired a hearing problem early in my life, I learned to adapt. Where possible, I would orient myself so that my good ear was closer to a speaker. When using a telephone, I would position it so that it was easier to use with my right hand/ear.

Continued on next page



After I picked up my new hearing buddy, I listened to someone on the phone with what had previously been my bad ear. It was a strange sensation, not only understanding what the person on the other end of the conversation was saying, but holding the phone with my left hand.

So the real question is, can I modify my behaviour or will I continue to favour what used to be my good side?

We will just have to see. Of course, given the time lag between writing this piece and its publication, I may have already answered my own question by the time you read this.

Whatever happens though, I think that most of us will agree that December's guest speaker was one of the best we have welcomed in years. Thank you Sandy and Barry for bringing her out.

Be well.

PURIM 5775

On **Wednesday, March 4**, 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.



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.

SLATE COMMITTEE MEETING

A meeting of Forestdale Heights Lodge's slate committee was held on Wednesday, January 14 at the home of Michael Kates, chairman of the board of governors. The purpose of the meeting was to choose a slate for FHL's executive for the 2015-2016 year. The following individuals have been slated for FHL executive 2015-2016. Nominations for all positions will be held at our February 2 meeting.

President: George Garten
Senior Vice-President: Stewart Indig
Vice-Presidents: Richard Kotzen, Ray Moscoe
Treasurer: Charlene Garten
Financial Secretary: Elizabeth Bloom
Recording Secretary: Sandy Gordon
Trustees: Barry Gordon, Rhona Leviston, Avery Matlow,
Ruth Pupko, Lisa Rosen
Chaplain: Harvey Silver (this is a non-elected position)

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UPCOMING

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

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 a number of environments including schools, synagogues, non-profit organizations, and the corporate world. Wherever she worked, Printz 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.



Monday, April 13

Michael Mostyn

Come out to what promises to be an interesting meeting, when Michael Mostyn, the new CEO of B'nai Brith Canada addresses our Lodge. Mostyn brings an established commitment to the Jewish community and to his new leadership position.

Mostyn has deep roots in the Jewish community, having attended both Associated Hebrew Day Schools and the Community Hebrew Academy of Toronto. A graduate of the University of Western Ontario, Mostyn is a lawyer in good standing with the Law Society of Upper Canada and was a senior law firm partner for several years, practicing in the areas of criminal law, family law, business law, and civil litigation. He went on to develop an exceptional reputation in government relations and human rights advocacy while serving as the National Director of Public Affairs for B'nai Brith Canada, directing its Ottawa office from 2006-2010. Most recently, Mostyn focused his knowledge and talents within the private sector.

SOCIAL



Please join us on Saturday, February 21 at 8 p.m. when we hold our first social programme of the year.

There will be live entertainment, noshes, and so much more, all for the low price of \$5/person.

Location: 4300 Bathurst Street

Please RSVP to Sandy Gordon at sandygord@gmail.com.

ALLOCATIONS

At the first meeting of 2015, on January 5, Forestdale Heights Lodge made allocations to the following organizations: **Jacob's Ladder, Covenant House, Yellow Brick House.**

If you would like the Lodge to allocate funds to a specific organization or charity, please contact Michael Kates at katesfamily@sympatico.ca

VENDOR'S MARKET

The successful Vendor's Market will return to 15 Hove St. on Sunday, March 8. Once again, Forestdale Heights Lodge will be operating a table. If you have items, you wish to contribute for sale or would like to help volunteer with this fundraising programme, please contact Michael Kates at katesfamily@sympatico.ca

BINGO



Tuesday, February 10

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 10, April 14, May 12, and June 9.



GOOD & WELFARE

Birthday

Ruth Pupko

February 14



Congratulations to FHL past presidents Michael Kates and Harvey Silver for being accepted as volunteers in the 2015 Pan Am/Parapan Games.

FHL welcomed prospective member Brian Risman at our January meeting. What a great way to start the New Year.

FHL congratulates Lodge member Ivan Bloom, who was recently appointed to the Bench. The Honourable Justice Bloom was appointed a judge of the Superior Court of Justice.

Mr. Justice Bloom received a Bachelor of Arts (Political Science) from McMaster University in 1972 and a Bachelor of Laws from the University of Toronto in 1974. He was admitted to the Bar of Ontario in 1976 and was appointed Queen's Counsel in 1991.

Mr. Justice Bloom has been a Crown Counsel with the Ontario Regional Office of the Public Prosecution Service of Canada (formerly the Department of Justice) since 1980, where his main area of practice was criminal law and constitutional law. In Hamilton, he was a lawyer with Dubeck & Dudzic from 1977 to 1980, and with Katz, Swanborough from 1976 to 1977. He is a member of the Advocates' Society, the Canadian Bar Association, the Conference of French Speaking Members from Common Law Provinces and Territories and the Association des juristes d'expression française de l'Ontario. He has litigated before all levels of court, including the Supreme Court of Canada.

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

COMMUNITY VOLUNTEER SERVICE



FUNDRAISING/PUSHKA CANS

Over the last year and a half, Forestdale Heights Lodge has been fundraising by giving out pushka cans to a number of retail outlets, as well as to members of our Lodge. We are pleased to let you know that we have collected approximately \$375 to date. This initiative is a great way to fundraise. We hope that all members of the Lodge take a can home with them.

The following retail outlets are helping in supporting our Lodge programmes: **What A Bagel (Bathurst/Steeles), What A Bagel (New Westminster/Bathurst), Kiva's (Steeles/Bathurst), Centre St. Deli, Steeles Deli, Jacob's Deli, 3M Drugs (Bathurst/Steeles), Bagel World (Major Mackenzie/Dufferin).**

We would like to thank Jeff and Lisa Rosen for filling up their pushka can. If your can is full, please contact us at (416) 223-0780 or Michael Kates at (905) 669-2408 and we will be happy to pick it up.

Thank you in advance for your support to our Lodge.

Harvey Silver

Michael Kates

SANDY'S SCRIPT

Sandy Gordon



I write this column just two days after our January 5 meeting. While the events of our meeting are still very fresh, I can't help but think about the part that every member plays in the mix, to keep our Lodge a viable contributor for the better good of our community.

Forestdale Heights is made up of a diverse group of individuals; each of whom contributes in their own way. Whether they serve as a committee chair, an executive member or as a member at large, everyone's contribution is important.

However, to maintain a strong organization, the Lodge needs to have people who are willing to take on leadership roles. I applaud our past leaders and commend others who come forward to assume these roles in the future.

The only way we can keep up a healthy succession line to leadership is to get involved ourselves and try to increase membership. Forestdale Heights Lodge is indeed a very active Lodge in its community involvement by way of CVS and social initiatives.

Our membership is devoted and committed to improving the quality of life of people less fortunate than most. I am fortunate to be a member of Forestdale Heights Lodge and to work with members who take on a very important part of Lodge activities.

We see by the work that the Lodge does, that it indeed makes a difference. At the same time, it makes a difference in its members. The most important thing is to be true to yourself. With that combination, you can't lose.

May you go from strength to strength!

Until the next time.



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.

Sonny sez:



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AS I SEE IT

Marc Kates



New Year's resolutions are rarely kept. People set January 1 as the beginning of a change in their lives and the beginning of a new them. IF I were to make a resolution, I would attempt to implement a phrase my late mother often said to me whenever there was a situation I could not change – “Get over it.”

Those three words irritated me whenever she would utter them when I would complain. It's not so simple. We are only in the first month of 2015, and there are so many things I can't simply get over. I can't get over the attacks in Paris, the murder of the journalists/cartoonists and the targeting of the kosher supermarket there. The journalists were doing what journalists do – engaging in the freedom of the press. Those innocent Jews were at a grocery store preparing for a Shabbes that would change their lives forever. Why are these the victims in the land that brought the motto and concept of “liberty, equality, and fraternity” to the world?



On a personal front, I find it very hard to get over watching my dear great aunt slowly deteriorate more and more. Her dementia has reached the point where she rarely recognizes me, and the lady I once knew, who served as my sounding board and who offered me advice, no longer knows what year it is, and lives in a different reality. (This is the kind of reality show that would certainly **not** be broadcast on television.) Getting older and witnessing what age does to people, not just to my great aunt, but also to those around me, only reiterates that getting older is not for the faint of heart. My mother used to say that “the ‘golden years’ are not exactly golden, but more of a shade of rust.” This piece of advice I can accept.

Professionally, I can't get over that children are ruder, more indulged, and absent-parenting is often the norm. I can't get over the fact that materialism is standard, and that my students *kvetch* when they don't have the next “it.” Each one of them is richer than most of the people on the planet, yet that doesn't seem to change their perspectives. I can't get over it.

So, as the middle of January is upon us, I can only get over one thing for sure – the fact that I won't be able to keep my New Year's resolution.

1968

Last month, we began a countdown to our 50th anniversary celebration in June 2017. Each month we will look back in time, outlining key events in history. This month: 1968! For a complete list of what transpired that year, go to kolechad.ca/fhl50.htm.

April 4 – Martin Luther King, Jr., right, is shot dead at the Lorraine Motel in Memphis, Tennessee. Riots erupt in major American cities, lasting for several days afterwards.



April 20 – Pierre Trudeau, left, becomes Canada’s 15th Prime Minister, replacing Lester Pearson. He goes on to win a majority on June 25.

June 5 – U.S. presidential candidate Robert F. Kennedy, right, is shot at the Ambassador Hotel in Los Angeles by Sirhan Sirhan. Kennedy dies from his injuries the next day.



July 23 – El Al Flight 426 hijacking: The only successful hijacking of an El Al aircraft takes place, when a Boeing 707 carrying ten crew members and 38 passengers is taken over by three terrorists of the Popular Front for the Liberation of Palestine (PFLP). The aircraft, El Al Flight 426, which was en route from Rome to Tel Aviv, is diverted to Algiers by the hijackers. Negotiations with the hijackers lasted for 40 days. Both the hijackers and the passengers, including 21 Israeli hostages, were eventually freed.



November 22 – “Plato's Stepchildren,” 12th episode of Star Trek 3rd season is aired, featuring the first-ever interracial kiss on U.S. national television between Lieutenant Uhura and Captain James T. Kirk, seen here left.

December 26 – El Al Flight 253 attack: Two PFLP militants attacked an El Al plane about to depart at the Athens International Airport, firing a submachine gun and throwing grenades at the plane as it sat on the runway warming up prior to take off. An Israeli mechanic was killed in the attack and two others were injured.



ALL STEW

Stewart Indig

This month I will keep with the low fat foods. You have to have a treat or a reward. Try these low-fat (50 calories each) blueberry muffins.

BLUEBERRY MUFFINS



INGREDIENTS

1 3/4 cups flour
2 tsps. baking powder
1/4 tsp salt
3/4 cup skim milk
1/3 cup sugar
1/4 cup oil
2 tsps. lemon or orange rind
1 tsp vanilla
1 large egg beaten
1 cup of blueberries

DIRECTIONS

Combine dry ingredients. Mix well. Now combine **ALL** the ingredients **except** blueberries. Mix well then fold in blueberries. Pour into a muffin tin using paper muffin cups. Bake 20 mins @ 400 degrees.

Enjoy, they are GREAT!

COMMUNICATIONS

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HEALTH IN HARMONY

Rosalie Moscoe

February is Heart Month! Three Ways to Love Your Heart

In 1938, at the age of 28, my father Sam somehow contracted pericarditis – inflammation and swelling of the sac lining the heart. It can be a fatal condition, not allowing the heart to beat properly and is caused likely by a viral infection or fungus. Sam’s family arranged for emergency surgery at the Cleveland Clinic whereby the whole pericardium (lining of the heart) was stripped away from the heart muscle. The procedure is called a pericardectomy, a technique that wasn’t available in Toronto at that time. While most cases of pericarditis can be treated in an easier fashion, this wasn’t the case for my father.

When I was growing up, the scar on my dad’s chest was often a topic of discussion. Sam was told to exercise and he loved taking long walks. A tall man, always dressed in a suit, he had a black shock of hair topped with his proper hat. Sam could often be seen walking – often for miles at a time, and certainly on Sunday mornings when we strolled to the corner store for ice cream.

Sam was the oldest living patient having survived the pericardectomy procedure and he passed away from another illness at age 89. He lived a robust life – swimming at the JCC, taking walks with his long stride, eating hearty meals, always laughing and talking to everyone he met. We can all benefit from Sam’s example of a hearty, exuberant life (which also rendered excellent care for his heart!) For our family, fitness became a way of life. I was swimming at three years of age, and later was part of a synchronized swim team. My brother loved swimming and hockey and my mother was an avid tennis player. While I was fortunate to have parents as good role models who enjoyed physical activity, it’s never too late to start!

The following three points are the best foundation for a healthy heart.

1) Exercise

Lack of exercise is the most important risk factor for heart health for both men and women. Health experts recommend at least 30 minutes a day of moderate physical activity. In a recent study in the New England Journal of Medicine researchers found that the top four risk factors for heart health in women are smoking, not getting regular physical activity, excess weight, and high blood pressure. Physical activity lowers blood pressure, inflammation, blood glucose levels, and body fat levels. It also improves cholesterol levels and blood fats. Even brisk walking, swimming or dancing helps relieve stress and depression, also linked to increased risk of heart disease.



Continued on next page

2) Simple Steps to a Heart Healthy Diet

Diet can truly make a difference between experiencing heart problems or robust heart health. Eat a diet rich in vegetables, fruits, whole grains, and fiber. Whole grain gluten free grains such as brown rice, quinoa or buckwheat, (kasha) are readily available. Eat fish twice a week.

Limit how much saturated fat, trans-fat, and cholesterol you eat. Only 30% of your daily calories should come from fat, with very little of that from saturated fats. Especially make sure to select 1% or 2% fat yogurt and other low-fat dairy products.

Cut back on foods containing partially hydrogenated vegetable oils to reduce trans-fat in your diet. (Instead, use olive oil on salads and cooked vegetables.) Limit your salt intake. Read labels and aim for low sodium levels in prepared foods. Investigate niacin, an important B vitamin as extra protection.

3) Enjoy life!

Is your life fun and rewarding? If it is, you may be less likely to experience a heart attack or stroke, so says a new study reported in the journal *Circulation* (medical journal for heart doctors). If you desire good heart health, seize the opportunity to have some fun in life. Consider the importance of taking time to relax and enjoy the many pleasures available every day – conversing with friends, ingesting good food, listening to pleasurable music, walking in the park, and enjoying fun times with family.

CORRESPONDENCE

To: Stewart Indig
Subject: Letter of Appreciation

Stewart,

I want to thank you and your organization for the kind letter of appreciation that was dropped off at Stn. 142 today on Jane St. I will post it on our info board for all shifts.

May you and your organization stay healthy and safe to continue the good work that you also do for our people in this wonderful city.

Sincerely,
District Chief 14 D
Michael Ancio

FORESTDALE FUNNIES

Old Dogs & New Tricks

An old Doberman starts chasing rabbits and before long, discovers that he's lost. Wandering about, he notices a panther heading rapidly in his direction with the intention of having lunch.

The old Doberman thinks, "Oh, oh! I'm in deep trouble now!"

Noticing some bones on the ground close by, he immediately settles down to chew on the bones with his back to the approaching cat. Just as the panther is about to leap, the old Doberman exclaims loudly,

"Boy, that was one delicious panther! I wonder, if there are any more around here?"

Hearing this, the young panther halts his attack in mid-strike, a look of terror comes over him and he slinks away into the trees.

"Whew!," says the panther, "That was close! That old Doberman nearly had me!"

Meanwhile, a squirrel who had been watching the whole scene from a nearby tree, figures he can put this knowledge to good use and trade it for protection from the panther. So, off he goes.

The squirrel soon catches up with the panther, spills the beans and strikes a deal for himself with the panther.

The young panther is furious at being made a fool of and says, "Here, squirrel, hop on my back and see what's going to happen to that conniving canine!"

Now, the old Doberman sees the panther coming with the squirrel on his back and thinks, "What am I going to do now?," but instead of running, the dog sits down with his back to his attackers, pretending he hasn't seen them yet, and just when they get close enough to hear, the old Doberman says

"Where's that squirrel? I sent him off an hour ago to bring me another panther!"

Moral of this story...

Don't mess with the old dogs... Age and skill will always overcome youth and treachery!

Bullshit and brilliance only come with age and experience.

- Submitted by Michael Kates



Rosalie Moscoe

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