

Forestdale Heights Lodge, B'nai Brith Canada

KOL ECHAD

Volume 14, No. 6

February 2016
Shevat/Adar I 5776



COVER ART

As 2015 came to an end, the GTA remained dry and green. Meanwhile in Mont-Tremblant, the hills were alive with fresh packed snow, drawing skiers and other outdoor sports enthusiasts to the slopes.

[Marc Kates photo]



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KOL ECHAD

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

It is published 10 times a year.

We welcome all articles and letters from members of the Lodge and their spouses.

All material submitted is subject to editing.

The editor may consult with members of the bulletin committee regarding suitability and editorial decisions.

All opinions expressed in Kol Echad are those of the individual writers and do not reflect the views of either Forestdale Heights Lodge or B'nai Brith Canada.

Editor

Jeff Rosen

Advertising

Harvey Silver

Editing Staff

Marc Kates, Lisa Rosen
Debbi Silver

Printing/Mailing

Aaron Pacter
Michael Pacter

PRESIDENT'S PEN

George Garten has resigned as president of FHL due to personal reasons. President's Pen will return at a future date.

AT A GLANCE

February 8	Nominations, Speaker & Dinner Meeting
March 13	Elections/Breakfast Meeting
March 23	Purim Programme
April 11	Dinner Meeting
TBA	Installation
June 13	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
UNLESS OTHERWISE CHANGED**



BINGO

Our next Bingo will be held on Tuesday, February 2. If you would like to help out, please contact Richard Kotzen (416) 783-2737

or richkotzen@rogers.com



SLATE COMMITTEE

The annual meeting of Forestdale Heights Lodge's slate committee met on Wednesday, January 13 at 54 Millbank Court to prepare an executive slate for 2016-2017. The meeting was open to members of the board of governors (past presidents). The following members have been slated for executive for 2016-2017:

President: Stewart Indig

Senior Vice-President: Richard Kotzen

Vice-Presidents: Elizabeth Bloom, Avery Matlow

Treasurer: Debbi Silver

Recording Secretary: Michael Kates

Financial Secretary: Ruth Pupko

Chaplain (unelected): Harvey Silver

Trustees: Barry Gordon, Sandy Gordon, Rhona Levistan, Lisa Rosen

**NOTICE: IF YOU RECEIVED AN AWARD
AT LAST YEAR'S INSTALLATION,
PLEASE BRING THE LARGE PLAQUE
TO THE FEBRUARY 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 March 5. Please send wording for your greeting to jelijo@sympatico.ca.

All payments must be made no later than the Lodge's March 13 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.

EDITOR'S DESK

Jeff Rosen



When the Lodge recruited me to write for its communications operations over 24 years ago, I let it be known that it would remain a “work in progress” and that I would always welcome input from all members.

To this day, I stand behind both these principles.

Our website has definitely been a work in progress since its inception in 1998.

Back then, we were among the first lodges in B’nai Brith Canada to launch their own website. In the course of time, other lodges followed our example. Eventually these newcomers eclipsed us. However, like the “Energizer Bunny,” we continued to maintain an active site and to move forward, winning two on-line awards from BBC in the process.

Now, fast forward to 2016. We are one of the few lodges with a functional site. The other is a combined site for Don Mills and Upper Canada Lodge. Unlike ours though, they do not appear to update their site on a regular basis. That’s not how we do business though. For a website to remain relevant, it must be as up-to-date as possible. As a result, we upload photos and reports as soon as possible at the conclusion of a Lodge function.

What also makes our site unique is the inclusion of advertising banners, which allow you – my fellow Lodge members – to click on them to visit the various businesses.

Our most recent addition to our award-winning site was the Special Features section. With the permission of three respected journalistic voices, we now have direct access to the blogs of these writers. I hope you take the opportunity to visit kolechad.ca and read what they have to say.

After all this you might ask, are we finished changing the website for now? Of course not! As long as I sit at the helm of the good ship Kol Echad, it will continue to evolve and improve – just like our Lodge.

It’s just too bad that B’nai Brith Canada fails to acknowledge our work on their own site. Be well.

(Editor’s Note: To look back at earlier versions of our website, go to http://web.archive.org/web/*/http://www.ca.geocities.com/forestdaleheights)

Writing is thinking on paper, Fortune Cookie says (*how true*)



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GLORIA'S CRUISE DIARY

DEAR DIARY – DAY 1

The taxi has arrived to take me to the port for the start of my Mediterranean cruise. I'm really excited, even though my Moshe is not able to join me on this trip. I've packed all my Gucci outfits, my breakfast wear, my sportswear, my lounge wear, my evening wear and my seductive negligee. And I only needed seven suitcases.

DEAR DIARY – DAY 2

We spent the entire day at sea. It was beautiful today. I spent some time on the ship's deck and I saw some whales and dolphins. What a wonderful holiday this has started to be. I met the Captain today - he seems like a very nice man.

DEAR DIARY – DAY 3

Today I spent some time in the ship's swimming pool. I also played bridge with some ladies in the piano bar and some aerobics. The captain invited me to join him at his table for dinner. I felt honoured and had a wonderful time. He's a very attractive and attentive gentleman.

DEAR DIARY – DAY 4

I spent the morning in the ship's casino and won \$95. The captain invited me to have dinner with him, this time in his stateroom. He somehow knew I was Jewish and so our menu was Knaidelach soup followed by hot salt beef, roast potatoes and Latkes, plus some new green cucumbers and hot peppers, followed by a Lokshen pudding. The champagne he chose was very nice. Afterwards, he asked me to stay the night with him but I declined - I told him there was no way I could be unfaithful to my Moshe. The captain seemed upset after all the thought he had put into the meal.

DEAR DIARY – DAY 5

I went back to the top side swimming pool today and got a little sunburned so decided to spend the rest of the day in the piano bar. The Captain saw me there and brought me a couple of drinks. He really is a charming man. He again asked me to spend the night with him. But when I again declined, he got angry and told me that if I didn't stay the night with him tomorrow, he would sink the ship. I was obviously horrified and very worried.

DEAR DIARY – DAY 6

I saved, 1600 lives today – twice.

UPCOMING

Please join us on Monday, February 8, when our Lodge will welcome back Michael Mostyn, executive director of B'nai Brith Canada. Mostyn will provide us with an update on what is going on within the organization. If you are coming, please RSVP to Albert Ohana at salonpiaff@rogers.com.

ALLOCATIONS



If you have a charity, you wish the Lodge to make a donation to, please send the request to Michael Kates at katesfamily@sympatico.ca. All requests for assistance will be discussed and allocated at a future meeting. Allocation requests should include the name of the charity, what it does and the amount requested. Allocations were recently made to Hill House, Covenant House, Yellow Brick House, Jewish Archives and Baycrest Foundation.



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JANUARY MEETING

Our first meeting of 2016 – on January 11 – started off with a very small group, as five members came out to enjoy a delicious dinner from Tov Li. Fortunately, by the time the meeting commenced, we had managed to obtain a quorum. The meeting was chaired by Senior Vice-President Stewart Indig. [Jeff Rosen photos]





GOOD & WELFARE



Birthday

Ruth Pupko

February 14

Mazel Tov to Michael Kates on the sale of his house.

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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We are counting down to our 50th anniversary celebration in June 2017. Each month we will look back in time, outlining key events in history. For a complete list of what transpired that year, go to kolechad.ca/fhl50.htm.

1980

FHL Presidents: Murray Fallen/Norman Aronson

Prime Ministers: Joe Clark/Pierre Trudeau

Ontario Premier: Bill Davis

January 26 – Israel and Egypt establish diplomatic relations.

January 28 - Canadian ambassador to Iran, Ken Taylor, organizes the escape of six American diplomats from Iran.



March 3 – Pierre Trudeau returns to office as Prime Minister of Canada.

April 12 – Terry Fox begins his Marathon of Hope from St. Johns, Newfoundland.

May 20 – 1980 Quebec referendum: Voters in Quebec reject by a vote of 60% a proposal to seek independence from Canada.

May 21 – Star Wars Episode V: The Empire Strikes Back is released.

May 24 –The New York Islanders win their first Stanley Cup over the

Philadelphia Flyers.

June 1 – The first 24-hour news channel Cable News Network (CNN) is launched.

July 1 – “O Canada” becomes the official national anthem

July 30 – Israel’s Knesset passes the Jerusalem Law.

September 1 – Terry Fox is forced to end his Marathon of Hope run outside of Thunder Bay, Ontario, after finding out that the cancer has spread to his lungs.

October 6 – Trudeau announces his plan to patriate the Canadian constitution unilaterally.

November 4 – United States presidential election, Republican challenger and former Governor Ronald Reagan of California defeats incumbent Democratic President Jimmy Carter, exactly one year after the beginning of the Iran hostage crisis.

November 21 – A fire at the MGM Grand Hotel and Casino on the Las Vegas Strip kills 85 people.



November 21 –A then-record number of viewers (for an entertainment program) tune into the U.S. soap opera Dallas to learn who shot lead character J. R. Ewing. The “Who shot J.R.?” event is an international obsession.

December 8 – John Lennon is shot dead outside his apartment in New York City by Mark David Chapman.



ALL STEW

Stewart Indig

As many of you know, Cathy and I have just returned from a Southern Caribbean cruise. We went aboard the Carnival Breeze. Every night Cathy had the same dessert. They actually prepared it for her gluten free! On the last night, they gave her the recipe so she can make it at home. Here it is.

CARNIVAL'S MELTING CAKE

INGREDIENTS

8 oz. semi-sweet chocolate
1 cup of butter
7 eggs
6 tbsps. sugar
1/2 cup flour

DIRECTIONS

Melt chocolate and butter.
Mix 4 eggs with the sugar.
Wisk for a few minutes.
Add the flour.
Add the remaining 3 eggs
Add the egg mixture to the chocolate mixture.
Pour the mixture into greased ramekin bowls.
Bake at 375 degrees for 15-20 minutes.
Serve warm/hot.



Carnival tops it with a bit of icing sugar and serves it with a bit of vanilla ice cream on the side. It is absolutely delicious. To make it gluten-free omit the flour. Makes 6-8 depending on the amount you put in the ramekin bowl. It is not a lot of sugar but if you want it sugar free, try substituting the sugar with sweetener. Enjoy.

PURIM 5776



On **Wednesday, March 23**, Forestdale Heights will be hosting its annual Megillah reading at 4300 Bathurst Street. The programme will commence at 7:30 p.m. Volunteers are requested to be there by 7:00 p.m.

If you are coming, please RSVP to Carl Zelig at (905) 669-2732 or e-mail czeliger@wza.ca.

FUNNIES

Some guy bought a new fridge for his house. To get rid of his old fridge, he put it in his front yard and hung a sign on it saying, "Free to good home. You want it, you take it."

For three days, the fridge sat there without anyone looking twice.

He eventually decided that people were too mistrustful of this deal. Therefore, he changed the sign to read, "Fridge for sale \$50."

The next day someone stole it!



One day I was walking down the beach with some friends when someone shouted, "Look at that dead bird!"

Someone looked up at the sky and said, "Where?"

I couldn't find my luggage at the airport baggage area. So, I went to the lost luggage office and reported the loss.

The woman there smiled and told me not to worry because she was a trained professional and said I was in good hands. "Now," she asked me, "Has your plane arrived yet?"

SANDY'S SCRIPT

Sandy Gordon



My subject matter this month is one that many people cannot identify with unless they have experienced it. Micromanagement is the culprit, and the source of much sadness in the lives of people who have experienced it. I have, and it is not pleasant!

Since it happens primarily in the workplace or an organization, one does not tend to hear about it. The person it is happening to, does not want to say anything for fear they may look belittled in their work environment.

What is micromanagement? It's when some people in a supervisory role tend to be looking over your shoulder at every turn of the road regarding the various details of a task, that you are quite capable of taking to completion on your own. It attacks your pecking order in that particular workplace and diminishes your self-esteem.

Why then do people do it? It's clear that people do it to score points with the big boss. They think they are putting themselves in better standing for the success of the company. They even go to lengths to demoralize you behind your back and in the presence of other co-workers.

This is often just a tip of the iceberg. There is more that can happen under the heading of micromanagement.

Think of bullying in the workplace. Micromanagement is very much like bullying – it can devalue you in your workplace.

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 collected at each meeting will be delivered the following day.

HEALTH IN HARMONY

Rosalie Moscoe



Fiber: You cannot digest it, but you really need it! We've all heard of dietary fiber – something that has a major impact on your health. Yet, surprising enough, it is not considered a nutrient. We get dietary fiber from plants and according to the Academy of Nutrition and Dietetics, it is strongly associated with numerous health benefits. Nutrition experts report that we have good reason to heed current recommendations to make half your plate fruit and vegetables. As for grains – make at least half your grains whole grains.

Dietary Fiber Facts:

- Dietary fiber is only found in plant-based foods. Nuts, beans and figs have fiber, while cheese, chicken and chocolate ice cream do not. Higher intakes of dietary fiber are repeatedly associated with fewer health problems, such as heart disease, diabetes and cancer. People who eat high-fiber foods tend to be thinner than those who do not.

- High fiber foods help to prevent “inflammation,” an internal process that accelerates the aging process and disease. Dietary fiber protects arteries and guards against heart disease, high blood pressure and high cholesterol. Dietary fiber feeds the gut bacteria that are considered good. Certain foods such as onions, garlic, wheat and oats are known as prebiotics that guard the health of our intestines and even help improve the absorption of nutrients. Other prebiotic food sources, according to the Academy of Nutrition and Dietetics may include lentils, chick peas, rye and barley. However, not everyone can digest beans or legumes, so judge yourself accordingly. A dietary enzyme may help to help digest these foods.



So how much fiber is enough?


While most people average about 17 grams, 25 to 28 grams of dietary fiber a day is best. An apple with skin has more than 5 grams, while a cup of lentils or split peas has 16 grams. Even a spoon of hummus is a great boost to your daily fiber intake, as are roasted carrots, sweet potatoes, or peanut butter (instead of butter.)

Check <https://www.prebiotin.com/resources/fiber-content-of-foods/> or other internet fiber charts for the amount of fiber in foods. Little bits add up!

Continued on next page

If you must be gluten free, use grains such as quonia and buckwheat for more fiber and breads from whole grains instead of white flour, gluten free varieties. For packaged foods, note the fiber content on the food label. With a little knowledge, you can improve regularity (and your overall health!) Remember to drink more water as you take in more fiber. Start slowly!

Reference: Barbara Quinn, The Monterey County Herald and Rosalie Moscoe, RNCP



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AS I SEE IT

Marc Kates



It is now mid-January when this column is being written, and by now, statistics show that most new year's resolutions have long been forgotten. Every year, people make promises for both physical and mental self-improvement, but few goals are actually successful. Logically speaking, I know that the specific date of January 1 is insignificant. Each and every day can be that fresh start people are looking for; it's the motivation to actually begin that is so challenging.

For most people, myself included, I needed that specific incident, that “kick in the butt,” that motivated me to begin the weight loss journey. For me, that moment was my mother's passing. I made the conscious decision that I want to be on this planet as long as possible, and enjoy a good quality of life surrounded by my family. No one ever said that it was going to be easy, but it was simply something that I had to do.

Everyone knows that diet and exercise are the key to a healthy lifestyle, but the impetus for beginning the change in one's habits require intrinsic motivation. No one can make another person do something.

My weight loss journey began with doing the exact opposite of most people — I first cancelled my gym membership. The time spent driving in a car, finding a parking spot, working out, showering and getting dressed again, proved to be an inordinate amount of time, not to mention the fact that childcare concerns were always an issue. My wife and I decided to begin the process together. Exercise CDs were purchased and working out together in the basement proved to be the key to our success. We also eat earlier in the evening with the kids, and try to snack less.

The journey does have its ups and downs, and I am pleased that those downs have resulted in a loss of nearly 30 pounds, and the drop in two pant sizes. Every day I try to eat better, and yes, there are times when temptation and ice cream get the better of me. It's not easy waking up so early in the morning, but we do it. I am now the healthiest I've ever been, and I feel good about it. The famous Chinese proverb, “a journey of a thousand miles begins with a single step” certainly rings true. For me, I am well on my way.



TORONTO MARATHON



Sunday, May 1

Forestdale Heights Lodge has participated in the Goodlife Toronto Marathon for close to a decade. Our Lodge is responsible for the first water station behind Mel Lastman Square.

Arrival time at the water station is 6:00 a.m. and we are usually done by 9:00 a.m. The fun continues afterwards when we often go out for breakfast.

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