Forestdale Heights Lodge, B'nai Brith Canada





COVER ART

February 11 is Tu B'Shvat. It is also called "Rosh Hashanah La'ilanot" literally "New Year of the Trees." In Israel, the day is celebrated as an ecological awareness day and trees are planted in celebration. These trees, though, are found in Curação. [Jeff Rosen photo]

Mark Spergel

Sales Representative

Royal LePage Signature Realty

Shops At Don Mills 8 Sampson Mews, Suite 201, Toronto, Ontario, M3C 0H5

office: 416 443 0300 direct: 647 984 9079 fax: 416 443 8619

www.mytorontohome.com www.royallepagesignature.com





Serving the best corned beef and pastrami in the city of Toronto since 1957



- Home Delivery
- Catering & Parties
- Open 7 Days









It may be cold outside, but the food inside is hot and fresh

FOR HOME DELIVERY, GO TO OUR WEBSITE AND CLICK ON UBEREATS.

For more information call (416) 636-1230 or go to www.Pancersoriginaldeli.com



President's Pen

Stewart Indig

Well, they said it was going to be a cold and snowy winter. So far, they have been right. I am getting tired of shoveling the steps and walkway and plowing my driveway. I do have to admit that a fresh snowfall is very pretty to look at. I guess this is all part of the joys and responsibilities of home ownership. However, condo

living is looking better and better with each snowstorm. The good news is that spring is around the corner. It is coming to a street near you. Before the return to better weather, Mark Spergel will be our February guest speaker. He is a realtor with Royal Lepage. If you do buy or sell, perhaps you could use our very own Carl Zeliger's legal firm to do the closing. (December's guest speaker). We can also ask Jeff to take pictures of the properties.



The point of all this is that there is so much talent within our Lodge that it would be wrong not to acknowledge it. If any Lodge members would like to be a guest speaker at a meeting, please speak to Ruth Pupko. I am sure that something can be worked out.

Our members also came out and showed their talents in December, taking part in a number of CVS programmes. We had the hat and scarf programme, Yellow Brick House, EMS gift delivery, and Chanukah basket deliveries. We also had a Tuesday night bingo

at 4300 Bathurst Street. Kudos to those who participated in the programmes.

This year I did the Chanukah basket delivery with Cathy and it left me with a very good feeling inside. It was a mitzvah that was very much appreciated. I delivered 12 baskets and was blown away with two kisses! I will be back again next year.

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

AT A GLANCE

February 13 Nominations/Dinner Meeting/Speaker

February 14 Bingo

March 11 Purim Programme

March 13 Elections/Dinner Meeting

March 14 Bingo

April 3 Dinner Meeting May 8 Dinner Meeting

May 9 Bingo

June 4 Gala 50th Anniversary Installation

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



EDITOR'S DESK

Jeff Rosen



How often have we heard the phrase that "when one doors closes, another one opens?" Well, in my case, it took over two years for a second door to open after my "day job" came to a screeching halt. Finally, in the closing weeks of 2016, another door opened. Well, maybe not a door, but a window into a new reality.

In any event, back in November 2014, I did promise to update you good folks on my journey and I like to be true to my word.

As I explained in December 2016, we decided to join Pride of Israel after Shaar Shalom closed. One thing I decided before joining was that I would become involved in the life of my new synagogue.

Shortly after we joined, I let them know I was interested in helping out with their internal communications. Eventually I met with leaders involved in creating the shul's weekly Shabbat flyer and before you could say, Shabbat Shalom, was asked if I would be interested in taking over the production. It was an exciting challenge. The icing on the cake was that they gave me a free hand in redesigning the newsletter.

As a result, I now find myself working on two publications: Kol Echad for Forestdale Heights Lodge, and Shabbat Matters, for Pride of Israel Synagogue. They are very different in design and function and while the latter does not offer the opportunity to express my views, I am growing to love the weekly challenge.

Another constant is that, once again, I find myself working with Carl Zeliger. From 1994-96, I had the pleasure of ensuring his monthly columns came out in our Lodge bulletin. Now, I receive his chairman's remarks and place them in the Pride's Shabbat Matters. (Carl was elected chairman of the Pride of Israel in November.)

It feels like...déjà vu.

What will happen next, I often wonder. As I have said before, no one knows what will happen tomorrow. My new shul also publishes a more comprehensive newsletter, which comes out bi-monthly. I have already had two articles in that publication; perhaps it will be a regular feature. At this point, I have no idea. The future – as it should – remains an open book.

Be well.

Contact: VITO







1393569 Ontario Limited Collision - Spray Painting Repairs to All Makes - First Class Workmanship

49 Costa Rd. & Hwy. #7 Concord, Ontario L4K 1M9

Tel: 905-669-2066 Fax: 905-669-2055

Northwood* Mortgage Ltd.

Aaron Kates, B.A.

oC 416-318-3444 oF 866-401-2219 akates@northwoodmortgage.com

www.northwoodmortgage.com/aaronkates 7676 Woodbine Avenue, Suite 300, Markham, ON L3R 2N2

LLOYD LINDSAY CPA. CA. CMC

Chartered Professional Accountant

Licensed Public Accountant

Accounting Auditing Tax Returns **Tax Consulting Income Taxes** GST & HST QuickBooks Office Software Presentations

Address:

1166 Carlo Court

Mississauga, Ontario

L4W 3N6

Tel:

(905) 629-8498

E-mail: Web:

info@llovdlindsav.com www.lloydlindsay.com CARL S. ZELIGER, B.A., LL.B.

BARRISTER, SOLICITOR AND NOTARY

SUITE 510

245 FAIRVIEW MALL DRIVE

TORONTO, ONTARIO CANADA M2J 4T1

TELEPHONE: (416) 496-2600

FAX: (416) 496-1708



Steve Midanik Member

Independent Financial Brokers of Canada

1136 Centre Street, Suite 208

Bus: (905) 731-5382 Fax: (905) 731-7830

Thornhill, Ontario L4J 3M8

Cell: (416) 580-1836



SILVERBERG, PEREL & SHELDON LLP CHARTERED PROFESSIONAL ACCOUNTANTS

E. HOWARD SHELDON, CPA, CA, B.Sc.

1170 SHEPPARD AVE. WEST, UNIT #10 14845 YONGE STREET, SUITE #210 TORONTO ONTARIO M3K 2A3 AURORA, ONTARIO L4G 6H8

e-mail: hsheldon@spsc.on.ca

BUS: (416) 636-6690

FAX: (416) 636-4160

CELL: (416) 727-3409



"Pharmacists are not created equal"



905-882-4774

905-882-1580

3mdrugmart@gmail.com

105-7117 Bathurst Street Thornhill, ON, L4J 2J6

SUPPORT OUR ADVERTISERS

THEY SUPPORT **OUR LODGE**

SLATE COMMITTEE

A meeting of Forestdale Heights Lodge's Slate Committee was convened on Monday, January 9 at 15 Hove Street. The following people have been slated to serve on the executive for the 2017-2018 year. Nominations will be held at the February 13 meeting.

President: Stewart Indig Senior Vice-President: Richard Kotzen

Vice-Presidents: Elizabeth Bloom, Ruth Pupko

Treasurer: Debbi Silver Recording Secretary: Michael Kates Financial Secretary: Eddie Arkin

Trustees: Rhona Levistan, Lisa Rosen

Chaplain: Harvey Silver (un-elected position)

Do you think

you or someone you know

could benefit from the use of

Hearing Aids?



Celebrating 20 years as the Largest Canadian Owned and Independently Operated Hearing Clinic in Ontario. Discover our Award Winning advice, service and care at a clinic near you.



Book your FREE Hearing Test & Hearing Aid Demo today!



www.hearingsolutions.ca

Spring Farm Maketplace

Clark & Hilda, Thornhill (888) 885-4370

Lawrence Plaza

Bathurst & Lawrence, Toronto (888) 817-5088



GOOD & WELFARE

<u>Birthday</u> Ruth Pupko

February 14



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

UPCOMING

At our February meeting, Lodge Brother Mark Spergel, from Royal LePage Signature Realty, will talk about real estate strategy.

BINGO



Our next bingo will be Tuesday, February 14. If you would like to help out, please contact Richard Kotzen (416) 783-2737 or richkotzen@rogers.com.

Future bingo dates will be March 14, May 9, and June 13.



Yellow Brick House

On December 21, Harvey Silver, Mark Spergel, and Stewart Indig went to the Yellow Brick House warehouse to help out. It is quite the operation. We stacked boxes, sorted food, and helped clean up. By the time we left, we had a good workout and said we would return again next year. Here, Mark is seen with Linda, one of the managers at Yellow Brick House.

Stewart Indig



Excite your senses with our premium selection of extra virgin olive oils, balsamic vinegars, and more...

Now open in Picton, Ontario







613.546.5483

http://www.kingstonoliveoil.com/



Steeles Memorial Chapel

www.Steeles.org

At Steeles Memorial Chapel, we take pride in providing the Jewish community with a service that is sensitive, caring and helpful in your time of need. Our professional staff takes every detail into careful consideration.

For some, it is the relief and peace of mind knowing that their wishes are now recorded and will someday be honoured by their family. For others, it is to unburden loved ones of financial decisions at an emotional time.

For information on prearranged funeral services, please call us at

(905)881-6003

or visit
www.steeles.org

Serving the Jewish Community since 1927.

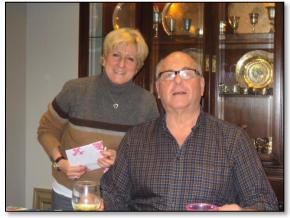
CHANUKAH 2016

Forestdale Heights Lodge held their annual Chanukah party at the home of Mark and Marla Spergel on December 18. Everyone sat around the beautiful fireplace enjoying noshes before dinner. We were all able to sit at the dining room table and feasted on Caesar and mixed green salads, delicious salmon prepared by Ruth Pupko, and of course, latkes. The desserts were a fruit platter, delicious cake and cinnamon buns. We were happy to see Ivan and Elizabeth Bloom, Michael Kates, Stewart Indig (unfortunately, his wife Cathy was home sick) and, of course, my Harvey. The Spergels were great hosts. We look forward to next year's party.

Report & Photos by Debbi Silver









8 PROGRESS AVE. KENNEDY South of 401 Beside Pita Pit

905-436-3730

1280 SIMCOE STREET OSHAWA, ONTARIO

Across from Millwork Simcoe & Taunton





Dr. Darrin T. Milne B.Sc., D.C. www.injury-management.ca

dr.milne@sympatico.ca

4511 Chesswood Dr., North York, ON M3J 2V6 416-221-1655

CENTRE STREET DELI



CATERING FOR ALL OCCASIONS "PARTY SANDWICHES OUR SPECIALTY"

905-731-8037

7 AM - 8 PM

1136 CENTRE STREET THORNHILL, ONTARIO L4J 3M8

WWW.CENTRESTREETDELLCOM

You might not be able to do everything at once, but you can do everything in one place.

- · Digital Printing
- Copying
- Document Finishing
- Mailbox Rentals
- Courier Services
- Packaging Supplies and Services
- Computer and Cellular Repairs

Michael Pacter The UPS Store

5 - 18 Ringwood Dr. Stouffville, ON L4A 0N2

Tel.: 905 642-5700 Fax: 905 642-6700

Web: www.theupsstore.ca/383

E-mail: store383@theupsstore.ca





The UPS Store



TALKING POINTS

Debbi Silver

I am just watching CNN (January 6,) and listening to the tragedy that has unfolded at the Fort Lauderdale Airport. It is so very sad to learn that five people have died and there are other casualties. Ironically, my brother, who lives in Cincinnati, just called and we were discussing the situation. My brother said, "We haven't seen nothing yet. The U.S. is in a lot of trouble." There are so many

people returning from vacations. I just Facebooked with Elyse Gruenspan from BBC, wanting to make sure she and her family were alright. I knew they were returning to Canada today. Thankfully, they were in Newark, on their way to Toronto.

Changing the subject, we are looking forward this month (February) to our granddaughter's bat mitzvah. The years have gone by so quickly. We are so very proud of her.

Forestdale Heights Lodge has undergone many changes over the last three years. Stewart, our President, is doing a great job. The Lodge has participated in many worthwhile causes over the last few months; EMS/fire and police stations delivery of gifts during the X-mas holidays, Chanukah basket deliveries, donations delivered to the Blue Door Shelter .as well as three Lodge members who volunteered at the Yellow Brick House. We also enjoyed a lovely Chanukah party at the home of Mark Spergel.

So, members, there is a lot to be proud of. With your help, we hope that you can identify someone who is interested in being part of our Lodge.

That's it for this month. We wish everyone good health.



In keeping with Forestdale Heights Lodge's long tradition of CVS, a generous charitable allocation was used to donate new winter accessories to two homeless youth shelters in December, just in the nick of time for the winter storms!

On behalf of their clients, staff at Covenant House in Toronto gratefully accepted 28 scarves, 5 neck warmers and 21 hats. Staff at Blue Door Youth Centre in Newmarket joyfully accepted 30 pairs of gloves and mitts.

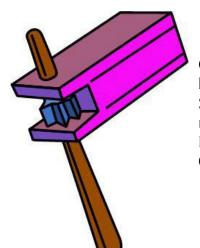
It was a privilege to deliver beautiful new outerwear to such special organizations, which help give youth a fresh start after difficult and, sometimes, abusive pasts.

Our accompanying letter read, in part, "We hope the warmth of these items reflects the warmth in our hearts for all who come to you for assistance."

Once again, Forestdale Heights Lodge has reached out to those in need, and made a positive difference to those less fortunate in the greater community.

Wishing you all the best in 2017! May we at FHL continue to make positive contributions to our community.

Elizabeth Bloom



Purim 5777

On Saturday, March 11, Forestdale Heights will be hosting its annual Megillah reading at 4300 Bathurst Street. Start times will be e-mailed to all lodge members.

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

As a long-time member of Forestdale Heights Lodge, I've established several CVS programmes over the years. Here are some examples:

- The Yellow Brick House;
- The Toronto Marathon;
- The delivery of X-mas gifts to the EMS/fire and police stations.

Thanks to our pushka campaign, all monies raised through the fund and the 50/50 draw at meetings contribute to these programmes. We require volunteers for all of the above. We need your help, so please get involved with all or some of our programmes.

Thanks to Michael Kates for his input with the pushka cans, Jeff Rosen for collecting all the toiletries for the Blue Door Shelter, Stewart Indig for the Yellow Brick House, Carl Zeliger for taking charge of the kosher food going to the Pride of Israel Food Bank. Thank you to Elizabeth Bloom for taking charge of the Mitten Project. BBC Chanukah Basket delivery was done by Stewart, Mark Spergel and Carl Zeliger. A special thanks to Carole Pacter for getting involved with the EMS deliveries in Stouffville and Bradford. Carole is our member, Michael Pacter's wife.

A VERY BIG THANK YOU TO ANY MEMBERS WHO HAVE VOLUNTEERED FOR THE ABOVE PROGRAMMES.

Our next big programme is the Toronto Marathon, which takes place on May 7. If you would like to volunteer, please call me at (416) 223-0780 or e-mail harveysilver@rogers.com.

Thank you to everyone.

Harvey Silver



We are counting down to our 50th anniversary celebration in June 2017. **1993**

FHL President Albert Ohana

Prime Ministers: Brian Mulroney/Kim Campbell/Jean Chretien Ontario Premier Bob Rae

February 26 – World Trade Center bombing: In New York City, a van bomb parked below the North Tower of the World Trade Center explodes, killing six and injuring over 1,000.

March 24 – The Israeli Knesset elects Ezer Weizman as President of Israel.

April 1 – The Vatican orders the moving of the Carmelite convent at Auschwitz.

April 22 – In Washington, D.C., the Holocaust Memorial Museum is dedicated.

July 29 – The Israeli Supreme Court acquits accused Nazi death camp guard John Demjanjuk of all charges and he is set free.

September 13 – Oslo I Accord: PLO leader Yasser Arafat and Israeli Prime Minister Yitzhak Rabin shake hands in Washington, D.C., after signing a peace accord.

November 17–November 22 – The North American Free Trade Agreement (NAFTA) passes the legislative houses in the United States, Canada and Mexico.

December 15 – Schindler's List, directed by Steven Spielberg is released in theatres.

December 30 – Israel and the Vatican establish diplomatic relations.

1994

FHL Presidents Albert Ohana/Carl Zeliger Prime Minister Jean Chretien Ontario Premier Bob Rae

February 25 – Israeli Kahanist Baruch Goldstein opens fire inside the Cave of the Patriarchs in the West Bank killing 29 Muslims before worshippers beat him to death. June 15 – Israel and the Vatican establish full diplomatic relations.

July 25 – Israel and Jordan sign the Washington Declaration as a preliminary to signature on October 25 of the Israel–Jordan peace treaty, which formally ends the state of war that has existed between the nations since 1948.



HEALTH IN HARMONY

Rosalie Moscoe

 ${f I}$ t was a bittersweet time of changes for me this past while.

- * The end of three years of suffering with pain in my hips to trying various treatments, then double hip surgery, rehab and now walking with no pain.
- * Health problems for each of my kids which resolved into improved health for both of them.
- * The end of my business as I knew it, and now I'm contemplating future plans for projects and/or work.
- * The end of the nutritional mental health foundation that I had been part of as a member and board member for the past 27 years. Now, a new programme is in start-up mode to train future health professionals in the use of nutrition to improve mental health. More information can be found at https://ionhealth.ca and healthinharmonv.com.

Initially, it seemed like a lot of *tzuris* to endure and truly, any small change in one's life can be difficult. According to author, William Bridges, change is really a series of Endings, Transition and New Beginnings. Some reactions of The Transition Phase that often follow Endings are – life seems upside down, a feeling of not being settled. Those mindsets are often accompanied by depression, anxiety, sleepless nights, and fear for the future. Getting used to the changes that any kind of Ending brings is an uneasy factor to wrestle with. Many people muddle around in the next stage after Endings – the Transition Phase and never do anything differently, except think how unlucky they have been. But truly, that negative thinking gets us nowhere, except further downhill.

What needs to happen is to let a little chink of blue sky into view so we know there are possibilities ahead – New Beginnings. For me, I started glass fusion classes and felt energized to learn and create something new! I also picked up my guitar and decided I needed lessons again and found a teacher online to help me go forward. There's nothing like reinventing oneself in some way to feel better about life and oneself. I also took cooking classes and am excited to add a few more recipes to my same-old food repertoire. Also, looking at the positives in life and having a good laugh with friends is the best medicine!



AS I SEE IT

Marc Kates

I'm sitting here with January's Kol Echad bulletin re-reading my article that I wrote last month. In it, I wrote a letter to myself urging me to take advantage of the winter holidays. I can honestly say that the change in pace and change in routine was welcome. I did do what I had hoped to accomplish.

Among other things, I managed to:

- ✓ Go to two Chanukah parties
- ✓ Visit Honest Ed's one last time
- ✓ Skate on Nathan Phillips Square
- ✓ Visit the Toronto Zoo
- ✓ See Disney on Ice
- ✓ Arrange playdates
- ✓ See the Chihuly Exhibit at the ROM
- ✓ Explore Riverdale Farm and Allan Gardens
- ✓ Travel with the family to New York City
- ✓ Watch a glass blowing demonstration in Corning, New York
- ✓ Go to "Top of the Rock"
- ✓ Visit the Central Park Zoo

- ✓ Take a boat tour of the New York Harbour
- ✓ Walk the streets of the Lower East Side
- ✓ Visit the American Museum of Natural History
- ✓ Taste numerous varieties of lox and cream cheese
- ✓ Enjoy scrumptious New York cheesecake
- ✓ Visit Howe Caverns in upstate New York
- ✓ Spend quality time with the people I love
- ✓ Go shopping in New York

By in large, my break from work was much needed, and the change felt good. Other things such as laundry and getting the kids haircuts also happened. I did manage to get some work done, and report cards are almost complete.

We also began planning our family vacation for the summer. I guess that the "moral" of vacations and holidays is that we should value time, and continue to plan for the next adventure. Time is a very precious commodity. Being on vacation all of the time would not make one appreciate it as much, but the opportunity to do something that is out of the ordinary, adds spice to our lives. May this year bring health, happiness and success in all of our regular endeavours, but also afford us the opportunities to plan for changes, and spice up our lives every now and then.



CVS@CHANUKAH

In keeping with Lodge tradition, members delivered gift parcels to the brave men and women who dedicate their lives to keep our streets safe. These people include police, firefighters, and paramedics.

FHL past president Harvey Silver was among those who delivered parcels. He is seen here at the York Mills/Bayview fire hall.

Report & photo by Debbi Silver

The David Duncan House

Fine Dining – Stunning Décor – Relaxed Atmosphere.

Noted for the best seafood, roast beef and choice steaks.

Ideally suited for corporate events or special celebrations; four private rooms up to 100 people and selective group menus available.

Open 7 days a week for lunch and dinner...see you soon!

Phone: (416) 391-1424 125 Moatfield Dr. North York, ON M3B 3L6



http://www.davidduncanhouse.com



Exclusive Agents Representing Wines From 9 Countries

Argentina | Australia | Chile | France Israel | Italy | Portugal | South Africa | Spain