

Forestdale Heights Lodge, B'nai Brith Canada

# KOL ECHAD

February 2019

Shevat/Adar I 5779

Volume 17, No 6

FHL FOREVER!



Remembering  
David Gorender

# COVER ART

There are no Jewish holidays during the second month of the year, but we get to enjoy Family Day on Monday, February 18. It is also known as Islander Day in PEI, Louis Riel Day in Manitoba and Nova Scotia Heritage Day in Nova Scotia. The one common element is that there is still plenty of snow in every province.

# TRIVIA

The Roman month Februarius was named after the Latin term februum, which means purification, via the purification ritual Februa held on February 15 in the old lunar Roman calendar. Its birth flowers are the violet (*Viola*) the common primrose (*Primula vulgaris*), and the Iris. Its birthstone is the amethyst. It symbolizes piety, humility, spiritual wisdom, and sincerity.



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# PRESIDENT'S PEN

Stewart Indig



**B**rrrr...it sure is cold outside. They predicted a cold snowy winter. They were right. I would love to make some predictions for Forestdale Heights Lodge but as usual, I would be wrong.

My desires for the Lodge are...oh wait, there is a difference between a prediction and a desire. A prediction is forecasting what WILL happen; a desire is simply just something that you want. Everything that I want for

the Lodge would greatly improve interest in the Lodge as well as its bottom line. All it takes is for all of you to bring in just one new member. Can you imagine what it would be like if we were able to double our membership? We would be able to do more, donate more, and as a group have more fun. This is my desire. I can predict what will happen in both cases. If we grow, or if we don't. Let's all put some work into this.



Why is it that people, in general, like to complain about things, yet they do not want to be part of the solution? It is called human nature. It is MY desire that things will get better. I really and truly believe that our Lodge has a lot to offer. We are made up of great people and do provide great community service programmes. Would I like to donate more? Absolutely. It takes fundraising to do this and I would like to see us improve in this area.

Here are some of my 2019 predictions. The Raptors will win their division, the Leafs will choke again, and the Jays will end up in fourth place. Trudeau will be re-elected, Forestdale Heights Lodge will keep the status quo. You see, some things never change.

Remember, nominations are this month.

## **MARCH KOL ECHAD**

The March issue of Kol Echad will not be mailed out to members. Watch for it online at [kolechad.ca](http://kolechad.ca).

## KOL ECHAD

Kol Echad is the official publication of Forestdale Heights Lodge, B'nai Brith Canada.

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.

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## AT A GLANCE

February 11	Nominations & Dinner Meeting
March 11	Elections & Dinner Meeting
March 20	Purim Programme
April 8	Dinner Meeting
May 5	Toronto Goodlife Marathon
May 13	Dinner Meeting
June	52 <sup>nd</sup> Annual Installation

*All Dates Subject to Change*

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## 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 11. Please send wording for your greeting to [jelijo@sympatico.ca](mailto:jelijo@sympatico.ca).

Cheques (made out to Forestdale Heights Lodge) or cash can be handed in at the March meeting or mailed to Jeff Rosen, 150 Harris Way, Thornhill, Ont. L3T 5A8.

If you are unable to attend the meeting, talk to Jeff and we will arrange for a direct deposit.



# EDITOR'S DESK

Jeff Rosen



Governments come...governments go and we, the public, are left to deal with the mess they create. It's been that way for as long as I can remember and will probably continue for years to come.

Usually, we get new representation after one party has been in power for a number of years. They have piled on mistakes and have simply grown tired, both with the public and within their own ranks. That is what happened to the Ontario Liberals. After 15 years in power, they were reduced to a handful of seats at Queen's Park.

Actually, I was looking forward to a change in government. Despite my political leanings (Liberal), I believe that governments should be changed on a regular basis. Former PC leader Patrick Brown was someone who I thought would be good for this province. He genuinely seemed to be aware of the challenges society is facing.



Unfortunately, life can and does change on a dime and Brown was forced to step down as the leader. As a result, Douglas Robert Ford became the party's new leader and the 26<sup>th</sup> premier of Ontario. Has he bettered our province since being elected on June 29, 2018? I guess that answer depends on your own political leanings. I did welcome the end of the Drive Clean programme, which I felt had outlived its purpose. However, in the short time he has been in office, there have been far too many mistakes, too many political moves that simply do not make any sense. Among the many (*far too many to mention here*):

➤ Shrinking the number of Toronto city councillors from 47 to 25 in the middle of the municipal campaign. While this may have been needed to improve efficiency, it would have been easier to implement if the new government had delayed the change until the 2022 municipal election.

**Continued on next page**

➤ One of Ford's campaign "promises" was to roll back the province's 2015 health curriculum. However, the new curriculum, which had not been updated since 1998, was modernized and included such topics as online bullying and sexting. As a result, the new government launched online consultations to examine a number of areas within the education system. However, preliminary results appear to indicate that Ford did not get the answers he sought. Who knows what will happen now?

➤ Our new government also cancelled and cut back a number of programmes that help students. Who knew that a programme for "at-risk" teenagers and another that hired teens and university students to help elementary schoolchildren could become a partisan issue? Of course, one could take issue with support for teachers providing daily physical activity for students. After all, who wants physically active students? Also affecting students was the cancellation of the Greenhouse Gas Reduction Fund. As a result, a \$100-million fund for school repairs was cancelled.

➤ Our new provincial government does seem to be anti-education. As well as the above-mentioned changes, they have cancelled funding for three planned university campuses and a French-language university. I guess his well-educated ministers do not realize that education is the key to the province's economic success; in other words, to make it "Open for Business."

➤ Still, I realize that this government's core belief is to strengthen the economy (at any cost). However, even on this front, they don't appear to know what they are doing. Cancelling contracts signed by their predecessors may make for good optics but often fails in the province's boardrooms. After all, if you cannot trust a government to honour its signed deals, why would you "get in bed" with them?

Too often, this government's first response is to cancel an existing programme, saying that it is not working well or serving taxpayers. However, most of us do not live in their idealized world.

More often, if something is not working properly, we deal with it by first evaluating and then implementing a remedy. Just think of it, no one ditches a car at the first sign of trouble. Instead, we examine where the problem lies, determine if it can be fixed, make the repairs if necessary and, if not possible, then purchase a new vehicle. After all, there is no sense in dumping what you have – however deficient – before you have new wheels.

Be well.



# SLATE COMMITTEE

A meeting of Forestdale Heights Lodge's Slate Committee was convened on Wednesday, January 16 at 11 Townsgate #315. The following people have been slated to serve on the executive for the 2019-2020 year. Nominations will be held at the February 11 meeting.

President: Stewart Indig  
Senior Vice-President: Ruth Pupko  
Vice-President: Harvey Silver  
Treasurer: Debbi Silver  
Recording Secretary: Eddie Arkin  
Financial Secretary: Jeff Rosen  
Chaplain: Harvey Silver (un-elected position)



## Purim 5779

On Wednesday, March 20, Forestdale Heights will be hosting its annual Megillah reading at 4300 Bathurst Street.

The programme will commence at 7:50 p.m. Volunteers are requested to be there at 7:30. If you are coming, please RSVP to Carl Zeliger at (905) 669-2732 or e-mail [czeliger@wza.ca](mailto:czeliger@wza.ca).

## GOOD & WELFARE

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

### **Birthday**

Ruth Pupko

February 14



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# REMEMBERING DAVID GORENDER



By the time I joined Forestdale Heights back in 1991, David was already part of our established leadership, the group that ran the Lodge and made sure that everything got done. He always had a smile on his face and when asked, made sure that our annual social programme at Woodbine Racetrack was always a success. We will always remember his dedication to Forestdale Heights Lodge.

*Jeff Rosen*





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# FOOD SENSATIONS



## Bourbon Praline Cake

**Total:** 2 hr 10 min  
**Prep:** 40 min  
**Inactive:** 30 min  
**Cook:** 1 hr  
**Yield:** 8 servings  
**Level:** Easy

### Ingredients:

#### For the Praline Layer:

- 4 tablespoons unsalted butter, plus more for greasing
- 1/3 cup packed light brown sugar
- 1/3 cup light corn syrup
- 1/4 teaspoon kosher salt
- 1 1/2 teaspoons vanilla extract
- 2 1/4 cups pecans, toasted

#### For the Cake:

- 1 1/2 cups cake flour
- 1 teaspoon baking soda
- 1/4 teaspoon freshly grated nutmeg
- 1/4 teaspoon fine salt
- 1/3 cup buttermilk, at room temperature
- 2 tablespoons bourbon
- 1 1/2 sticks unsalted butter, at room temperature
- 1 1/4 cups granulated sugar
- 3 large eggs, at room temperature
- 1/2 cup pecans, toasted and chopped
- Vanilla ice cream, for serving

### Directions:

Bourbon Praline Cake

- 1** Preheat the oven to 350 degrees F. Butter a 9-inch springform pan, then line the bottom and sides with parchment paper and butter the paper. Wrap the outside of the pan with foil.
- 2** Make the praline layer: Melt the butter in a saucepan over medium heat. Whisk in the brown sugar, corn syrup, kosher salt and vanilla. Spread in the prepared pan and scatter the pecans on top; set aside.
- 3** Make the cake: Whisk the flour, baking soda, nutmeg and fine salt in a large bowl. Whisk the buttermilk and bourbon in another bowl.
- 4** Beat the butter and granulated sugar with a mixer on medium-high speed until fluffy, 10 minutes. With the mixer on low, beat in the eggs, one at a time. Add the flour mixture in three parts, alternating with the buttermilk mixture, starting and ending with flour. Fold in the pecans.
- 5** Pour the batter into the pan and bake until a toothpick inserted into the center comes out clean, about 1 hour. Cool on a rack, 30 minutes. Remove the springform ring, invert the cake onto a plate and remove the paper. Serve with ice cream.

Photograph by Marcus Nilsson  
Recipe courtesy Food Network Magazine

Recipe courtesy of Food Network Kitchen  
From: Food Network Magazine



# HARMONY

Rosalie Moscoe

With February being Heart Health Month, according to U.S. News and World Report 2019, the Mediterranean Diet came up as the number one diet for heart health. A panel of nutrition experts evaluated 41 different nutrition plans before coming to this decision. For more than 20 years, the Mediterranean Diet has been shown to be a superb eating plan, which not only helps keep weight down but also helps to avoid chronic disease.

The Mediterranean Diet also has shown to offer many health benefits such as weight loss, heart and brain health, preventing cancer as well as avoiding diabetes or keeping it under control. People in the Mediterranean region have been found to live longer, healthier lives. Perhaps it's the great weather, more friendships, large family gatherings, or alternatively, consider whether their longevity can also be attributed to their diet?

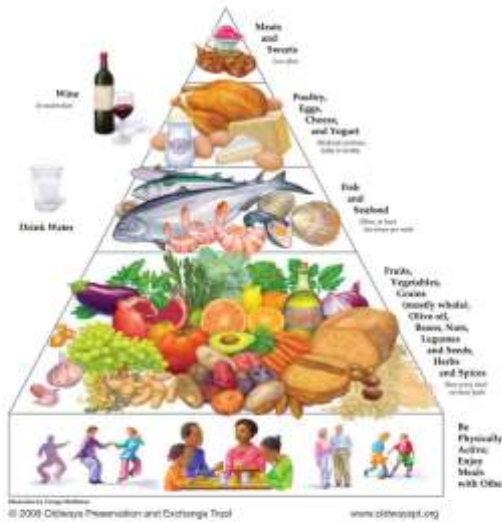
Likely, it's all of the above. However, a good part of their secret seems to be in their diet that's low in red meat and sugar. Their longevity and better health may also be a result of their active lifestyle. Those along the Mediterranean borders are not as overweight as their Canadian and American cousins. Perhaps they eat less saturated fat found in cheese and meats, and they walk and exercise more. A 2010 study in Diabetes, Obesity and Metabolism recommends exercise 30 to 45 minutes at least three times per week to help heart health and diabetes. Remember, brisk walking counts and helps this Italian and Greek diet plan work better!

So, why am I interested in this? It started about 30 years ago. I started experimenting with various diet plans. After enrolling in my holistic nutrition diploma programme in 1996, I soon learned the importance of simplifying one's diet to find a more wholesome way to eat. Coming from a background with a diabetic father, a mother with hypertension and family history of heart disease, I was looking for a healthier pathway for myself. This diet plan kept my blood sugar at its correct level, my cholesterol never got high and my weight (when I didn't overdo portions or carbs) stayed stable! I've been following this plan now for the past 30 years and I recommend it highly. I learned to eat (and like) foods I had never been exposed to!

**Continued on next page**

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## Mediterranean Diet Pyramid



If you're interested in trying the Mediterranean diet, the Oldways Pyramid can guide you. The pyramid emphasizes eating fruits, veggies, whole grains, beans, nuts, legumes, olive oil, and various herbs and spices. Poultry, eggs, fish and seafood are included in the plan. It suggests eating cheese and yogurt in moderation, as well as sweet desserts and red meat. Of course, red wine is part and parcel of the Mediterranean area residents' diet. Resveratrol, an anti-oxidant (found in red wine), can help your heart! However, like anything, too much of a good thing can be one's downfall.

So where do we start? Working with the Harvard School of Public Health, Oldways offers numerous

Mediterranean recipes in their "Four-week Mediterranean Diet Menu Plan," featuring meals that cost \$2 or less a serving. You can also search the web for many healthy Mediterranean meal ideas. However, weight control does depend on amounts of food eaten (not chomping down a cup of nuts – just a handful!) and keeping carb intake low. Sweets and desserts are also to be kept to a minimum along with fast food or processed foods. Remember, being overweight is a factor that puts people at risk for heart disease, stroke or heart attack.

The Mediterranean Diet is all fresh, wholesome foods. If you're not used to eating this way, it may be a challenge. But if you start slowly introducing new vegetables or fruits to your diet, it can become a good habit. Eating out may need to be simplified, ordering less deep-fried foods as well as those smothered with cheese. But there's plenty to eat. Learn to make interesting salads, explore all the many vegetables and fruits at your supermarket. Open a can of beans and add it to a meal – good fibre and amino acids (protein). Add hearty soups. It's a great journey to a healthy life.

Happy eating the Mediterranean way! It's well worth the effort.



# TALKING POINTS

Debbi Silver

I'm back again after a month off from writing in Kol Echad. We have had some exciting things going on over the last couple of months, the most important being my granddaughter's bat mitzvah. Harvey and I were so very proud of her. Then the family was off to Israel at the school break in December. Both granddaughters participated in their bat mitzvahs on the hills of Masada. The pictures are breathtaking.

We are getting used to our condo, with no snow (actually) to shovel. I have been participating in exercise classes and playing bingo. Fortunately, for me, I've been winning. Ruth Pupko has been so helpful in showing us the ropes of condo living.

Harvey and I distributed the cookies to the EMS, fire halls and police stations. At one of the stations (Bayview and York Mills), the firefighter invited us in to see the place. This project wouldn't be successful without the help of Stewart Indig, Jeff Rosen, Elizabeth Bloom, Ray & Rosalie Moscoe, Carl Zeliger, and Michael, Carole and Aaron Pacter.

**Continued on next page**



In December, Harvey and Ruth went to volunteer at the Yellow Brick House. They were involved in separating new clothes. Harvey had been there before but Ruth came away feeling very good about their involvement. It truly is a wonderful mitzvah.

All Lodge members should be proud for what they have accomplished over the last couple of months. That being said, the best is yet to come. There are more activities to get involved with including, our annual Purim programme for the residents of 4300 Bathurst Street and the Toronto Marathon.

As well, the slate committee met in January to decide on our new executive for 2019-2020. Wow, did I say 2020? I can't believe where the time goes.

Please reach out to family and friends and let them know about Forestdale Heights Lodge. It's a great place to be!

See all of you at the next meeting.



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## COMING UP



Join us on Monday, March 11, when our guest speaker will be Mitch Unger, president of Safeguard Protection Systems, who will address the timely issue of home security.

"Three simple rules in life. 1. If you do not go after what you want, you'll never have it. 2. If you do not ask, the answer will always be no. 3. If you do not step forward, you will always be in the same place."

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# FORESTDALE FUNNIES



Did Adam and Eve ever have a date? *No, but they had an apple.*  
Do you have a date for Valentine's Day? *Yes, February 14th.*  
What is the difference between a calendar and a single person? *A calendar has a date on Valentine's Day.*

Why did the banana go out with the prune for Valentine's Day? *Because he couldn't get a date.*

What did the man with the broken leg say to his nurse? *"I've got a crutch on you!"*

Why did the cannibal break up with his Valentine? *She didn't suit his taste!*

How did the telephone propose to his girlfriend? *He gave her a ring.*

Then there was the guy who promised his girlfriend a diamond for Valentine's Day. *So he took her to a baseball park!*

Do you love me more than you love sleep? *I can't answer now. It's time for my nap!*

What happened to your leg? *I went to a seafood dance on Valentine's Day and I pulled a mussel!*

Why do valentines have hearts on them? *Because spleens would look pretty gross!*



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# COMMUNICATIONS

Visitors to our website, **kolechad.ca**, came from the following countries during the period March 2018 – December 2018.



Country	Page Views	Percentage
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United States	141	28.2%
China	16	3.2%
Ireland	9	1.8%
South Africa	2	0.4%
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Mexico	2	0.4%
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# AS I SEE IT

Marc Kates



London is truly one of the world's great cities. Every member of the family can find something of interest – history and culture abound. Each visit to London can be packed full of activities and things to see, and there is always more to put on the list for the next visit.

Taking the kids to London for a week this past winter break allowed us to see London through their eyes. Perhaps they could not appreciate all of the history being thrown at them, but historical highlights included the Tower of London and the Crown Jewels, The British Museum, Churchill's War Rooms, Kensington Palace and the changing of the guard in front of Buckingham Palace. Some of the cultural highlights included taking in a show in the West End, a proper British high tea, visiting the Warner Brothers Harry Potter studios where the movies were filmed, the London Eye, and eating fish 'n chips.

The kids were particularly fascinated with London's new architecture, and were quite taken with "The Gherkin," "The Shard," "The Cheese Grater," and "The Walkie Talkie." Toronto could learn a lot from London's approach to urban design. While we tend to destroy much of our past for glass skyscrapers, London is choosing to create a new skyline, different from that of the chimney sweeps in Mary Poppins.

**Continued on next page**





London has a different vibe to it than Toronto or New York. The juxtaposition of the very old next to the very new is part of its allure. While London has a superior transportation network and cultural activities galore, it is not without its difficulties. (Let's not even discuss Brexit.) Residential space is limited and housing prices are extraordinarily expensive as are most items. People seem to make do with less stuff, but perhaps that is

a lesson we North Americans could learn.

If you're looking for a great getaway in a vibrant city with endless possibilities, London is the perfect choice.

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