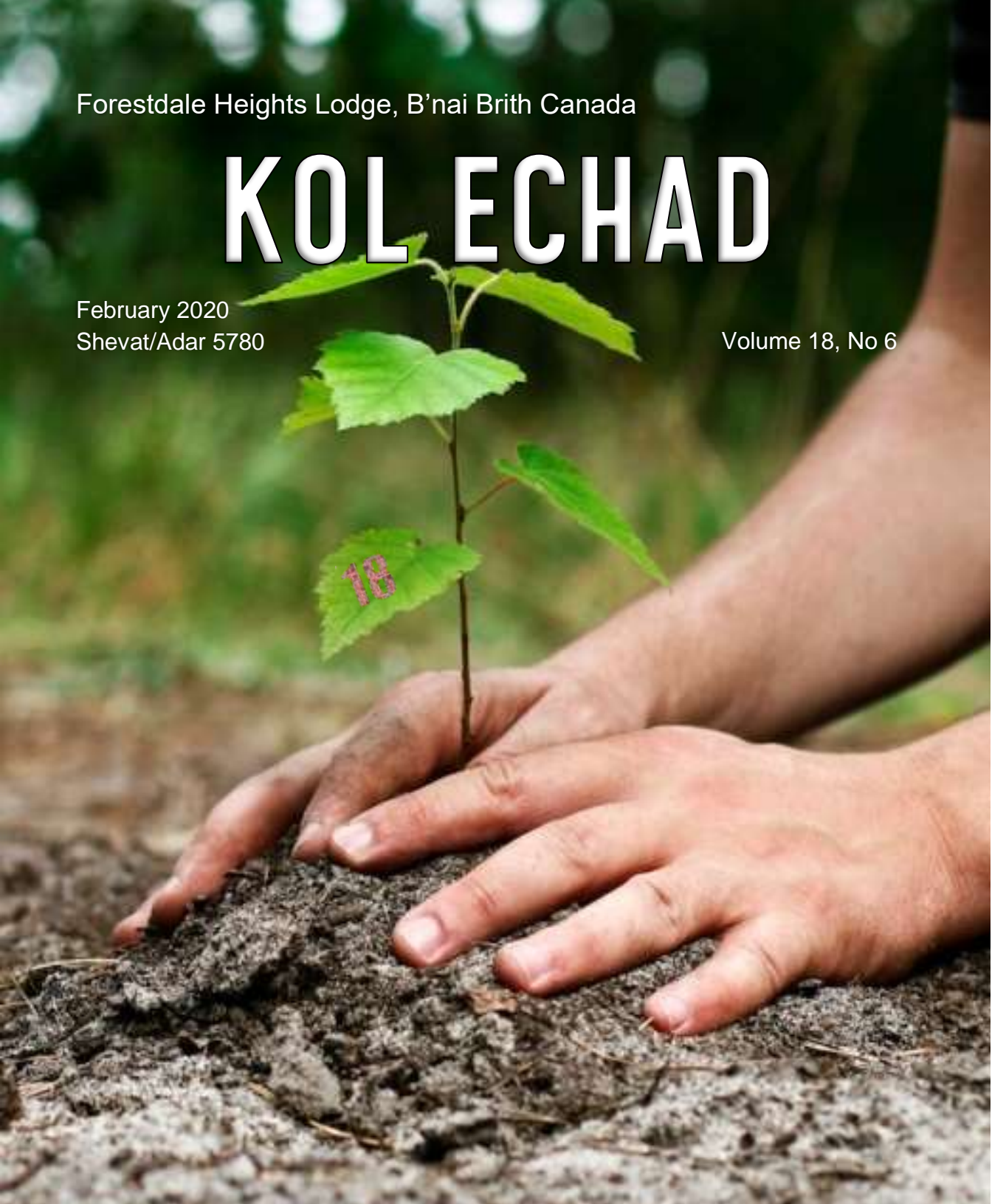


Forestdale Heights Lodge, B'nai Brith Canada

KOLECHAD

February 2020
Shevat/Adar 5780

Volume 18, No 6



18

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.



PAN SEARED RIBEYE

INGREDIENTS:

1 large 2" thick-cut ribeye, bone in
2 tsp. Kosher salt
2 tsp. ground black pepper

3 tbsp. BUTTER olive oil
2 tbsp. GARLIC olive oil
2 rosemary stems



DIRECTIONS:

Pat steak dry. Let rest at room temperature for at least one hour. Generously spread salt and pepper on front, back and edges. Heat cast iron skillet on medium-high. Add GARLIC olive oil. Then add steak, cooking for 1 minute on each side, then keep flipping, using large tongs, for a total of 8 minutes. Then add BUTTER olive oil and rosemary. Tilt your cast iron pan with the handle towards you, allowing the olive oil and pan juices to puddle. Using a large spoon baste the steak for one minute then turn and do the same on the other side until the internal temperature reaches 125 to 130 degrees for medium-rare. To test for desired doneness, insert instant-read thermometer into the side of the steak to the centre. Basting and flipping should take about 6 minutes. Immediately transfer steak to a wood cutting board, placing pan juices to the side. Let rest for 10 minutes. Carve across grain. Place on small platter then pour reserved pan juices on top. Drizzle extra Garlic olive oil.

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PRESIDENT'S PEN

Stewart Indig



After much thought, I have decided not to seek another term as president of the Lodge. Some of you will be delighted, while others will be saddened. I have been president for five years and have seen many changes at the Lodge level. The one thing that did not change was our great commitment to CVS. In fact, I think it might have even grown. On a personal level, I would like to see it grow even more. I know that I have said it before, but our great success at CVS is one of the many reasons I initially joined the Lodge.

I could go on and on how great of a president I was but I will leave that for others. I will say that I have made every effort to keep the Lodge together, and in that respect, I have been successful. It certainly was not an easy task at all times. I am proud to say that we are still intact and strong. One of the reasons that we are intact and strong is because of the commitment of some of the long-term members of the Lodge. I am thankful



for them in supporting me in keeping the Lodge together. I am confident that they will continue to support the incoming president in the same endeavour.

At most times I have enjoyed my years as president of Forestdale Heights. It has taught me a lot. I must thank you all for that. You have helped me to grow both as a person and as a leader.

To the incoming president whoever you might be, I urge you to continue to be committed to keeping Forestdale Heights as the great Lodge that it is. Even with members dropping out, stay committed. The Lodge is a unique clique of men and women, and any change to that would change the dynamics of our group. Some would say for the better, others would say for the worst.

In closing, I just want to say thank you to those that supported me and to those who fought me.

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.

Editor
Jeff Rosen

Advertising
Harvey Silver

Editing Staff
Cathy Indig
Lisa Rosen
Debbi Silver

Printing/Mailing
The UPS Store,
Stouffville, Ont.

AT A GLANCE

February	No Meeting
March 9	Purim Programme
March 16	Nominations & Dinner Meeting
April 20	Elections & Dinner Meeting
May 3	Toronto Goodlife Marathon
May 11	Dinner Meeting
June 8	53 rd Annual Installation

All Dates Subject to Change

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Kol Echad's pdf version now includes web links, which allow viewers to visit advertisers' websites, simply by clicking on the ads.

We hope you enjoy this addition.

If you prefer to receive the pdf version instead of the print issue, please contact Harvey Silver.

Let us know what you think by sending e-mail to jelijo@sympatico.ca.

EDITOR'S DESK

Jeff Rosen



It's been a couple of months now since I starting talking about Kol Echad's 18th year, going through old records and occasionally posting snippets from the past into current issues.

However, it has occurred to me that there is another date in the bulletin's history that is noteworthy: 1995. For the first half of that year, the bulletin – then called Horizon – was a double-sided publication printed on letter-size paper. That summer, life became “interesting” and I was forced to step away from Forestdale Heights. When I returned as a columnist the following year, the bulletin had shrunk to its current size and was accepting advertising.

That means it's now about 25 years – a quarter of a century – since our bulletin, then under the direction of Irv Pupko ז"ל and Harvey Silver, reached out and asked the community to help support our publication. Much has changed over the years. While we do not have any of our original advertisers, Harvey and I have managed to maintain and expand on what was started so long ago.

With improved technology, we can now offer a greater range of ad sizes. As well, since our current publisher, The UPS Store does colour printing, businesses can now request this service. As a result, we can print certain pages in colour. Perhaps it is one of the reasons that we are the only publication left in B'nai Brith Canada that continues to print on a regular schedule.

To paraphrase Sally Field, “They like us, they really like us!”

It's not just businesses and services that continue to support the Lodge. For a number of years now we have reached out to our political representatives to allow them to offer greetings during various holidays. While a few have been unable to do so, others continue to maintain an important connection with Forestdale Heights.

Continued on next page



I have said it many times, but it bears worth repeating. We are grateful for the support of all our regular advertisers, as well as our political leaders who find merit in placing holiday greetings. These people...these businesses, really do strengthen this publication.

In return, our members should consider supporting our advertisers. While you do not have to visit every establishment listed in Kol Echad, I'm sure that there is at least one that would be of interest to you or your family.

Remember, *"Our advertisers support Kol Echad and FHL. Please support our advertisers."*

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Purim 5780



On Monday, March 9, Forestdale Heights will be hosting its annual Megillah reading at 4300 Bathurst Street. The programme will commence at approximately 7:40 p.m.

Volunteers are requested to be there at 7:15. If you are coming, please RSVP to Carl Zeliger at (905) 669-2732 or e-mail czeliger@wza.ca.



CVS

[Blue Door Shelters](#) provides safe, supportive emergency shelter and service for people who are homeless or at risk. Forestdale Heights Lodge remains committed to assisting this organization. We are asking members to bring toiletries when they come to monthly meetings.

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December 31, 2019

Stewart Indig
President, Forestdale Heights Lodge (of B'nai Brith)
c/o Elizabeth Bloom

Dear Stewart,

Thank you so much for your organization's donation of 3 bags of winter gloves, scarves/neck warmers, hats and 2 pairs of socks to help youth who are homeless, trafficked or at risk.

Covenant House Toronto changes lives by providing the widest range of services and support to about 350 youth a day. As a national leader, we educate and advocate for long term change to improve the lives of vulnerable youth.

More than a place to stay, your gift helps us provide 24/7 crisis shelter and transitional housing on site and in the community, along with comprehensive services, including education, counselling, health care, employment assistance, job training, and aftercare. For nearly 40 years, Covenant House has helped thousands of young people move from a life on the street to a life with a future.

On behalf of the youth we serve, thank you.

A handwritten signature in black ink, appearing to read 'Mark Aston'.

Mark Aston
Executive Director

P.S. If you haven't already done so, I ask you to consider becoming a monthly donor. Monthly giving provides us with a stable source of funding which means we can meet the critical needs of homeless youth all year long. To sign up for our Good Samaritan monthly giving program, please call Jennifer at 416-204-7063 or 1-800-435-7308. Thank you!



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December 20, 2019

Forestdale Heights Lodge

Dear Friends,

Welcome to our family of donors! Your gift to Holland Bloorview is making a tangible difference in the lives of kids with disabilities and their families and I'd like to personally thank you for being so supportive.

Donations like yours are the lifeblood of our organization. We simply couldn't run the special programs that set Holland Bloorview apart without the ongoing support of friends like you.

Programs like music therapy, the therapeutic clowns and our Family Support Fund are all supported by friends like you. These programs are so important to kids' and families' emotional health, well-being and happiness that to some they are as important as treatments and therapies.

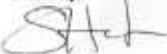
These programs helped kids like six-year-old Gavi who has a rare genetic muscle disorder that affects her muscles. She's now attending a community school for the very first time and couldn't be happier. They also helped three-year-old Camilo who has cerebral palsy and can now give you a "high ten" because he's now able to raise his left hand. You can read more about Gavi and Camilo on our website at hollandbloorviewfoundation.ca.

It's your generosity that will also lead to new discoveries and treatments for kids with disabilities through groundbreaking exciting research. For example, we're developing an iPad-based app that helps preschoolers with autism improve their eating habits, and an accessible, interactive bicycling-based videogame for kids and youth with cerebral palsy, and other exciting projects.

You can expect to receive regular updates from us with more stories about kids with disabilities over the course of the year. These stories often inspire donors to learn more, give again or to get involved by volunteering or hosting an event. If you want to learn more about Holland Bloorview, or if you have questions, we would love to hear from you.

Thank you again for joining our family of donors. The impact you're making truly is life-changing!

Sincerely,



Sandra Hawken
President & CEO

Thank you so much!

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CORRESPONDENCE



THANK YOU



Thank you for your support of SickKids. Every day, SickKids is working towards improving the lives of children, and our success depends on the generosity of donors like you. Your commitment ensures that we can continue to offer the best possible health outcomes for children so they can live longer and healthier lives.

Your gift is helping to unleash the full potential of SickKids, and realize our shared vision: *Healthier Children. A Better World.*

With gratitude,

A handwritten signature in black ink, which appears to read "Ted Garrard".

Ted Garrard
Chief Executive Officer
SickKids Foundation

STAMPS IN MY PASSPORT

Lisa Silver



For those of you who don't know me, my name is Lisa and I am Harvey and Debbi's daughter. As I was sitting down to write this first column, my thoughts turned to the fact that I am just a bit younger than Forestdale Heights Lodge as I will be celebrating turning 50 in 2021, just a few years behind the lodge.

My memories of my dad being in the lodge go back a long way. My personal memories of this bulletin go back a long way as well. Many nights were spent around our dining room table folding the bulletins and stuffing envelopes, picking which editions to submit for awards and so much more. I know that there is a lot of effort put into each edition and those who are a part of the process are very proud of the final product.

Even though the Lodge has changed over the years, I know that there still is a core group of OG members (originals) from the start of the Lodge and many new ones have come in along the way. I remember when Bonnie Kates first started getting involved and women became an active part of the Lodge membership. I think she would be happy to know that my mom is involved in more than just a supportive spouse capacity.

Probably my most cherished memory of Forestdale Heights Lodge was watching my father be installed as president. He worked so hard for that time in his life and I know that it meant a lot to him to be the president and to serve in that role and the many others he has had over the last many years.

With all these memories, it is time to create new ones. I have been invited to share my thoughts in the Kol Echad. If you ask my mom, I have a vast knowledge of many topics and if you know me at all, you know I always have a story about my life experiences. I am looking forward to sharing them with you.

I am looking forward to sharing my stories with you all.
Until the next time.



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JANUARY MEETING



The first meeting of the new decade – held at 4266 Bathurst Street on Monday, January 13 – was attended by 10 members of Forestdale Heights Lodge. After a delicious dinner from Tov Li, Lodge President Stewart Indig ran a well-organized and lively meeting in which most members had something to say on the issues under discussion. Carl Zeliger informed the Lodge about plans for our annual Megillah reading programme (more on this elsewhere in

Kol Echad), and planned changes for Kol Echad were announced (more on this in the coming months).

The key discussion revolved around the idea of whether amalgamating with Thornhill Lodge was a good idea. Jeff and Lisa Rosen announced their plans to attend a meeting of Thornhill Lodge to see what they are about and report back to our Lodge. In the end, Stewart said he would talk to key players in the other lodge about their intentions.

Jeff Rosen

(More photos can be found at kolechad.ca/jan20.htm and in the pdf version.)



JANUARY MEETING

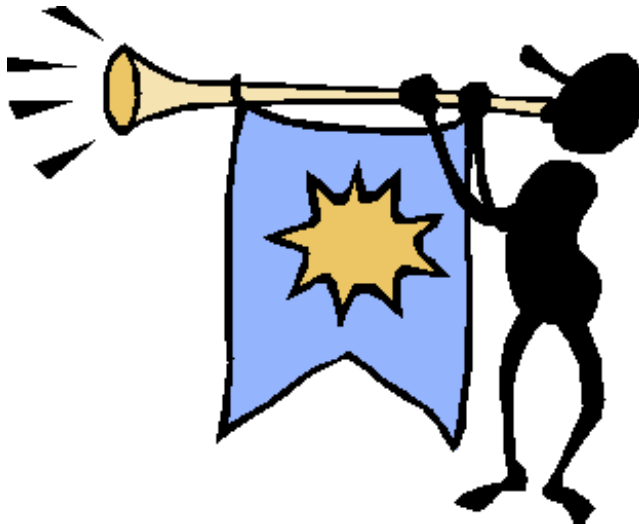


SLATE COMMITTEE

FHL's slate committee was scheduled to meet on Wednesday, January 22 at 7 p.m. to choose a slate for the Lodge's 2020-2021 executive. The committee is chaired by Harvey Silver, chairman of the Lodge's Board of Governors.

The following people have been slated to serve on the executive for the 2020-2021 year. Nominations will be held at the March 16 meeting.

President:	Ruth Pupko
Vice-President:	Eddie Arkin
Treasurer:	Debbi Silver
Recording Secretary:	TBA
Financial Secretary:	Ruth Pupko/Debbi Silver
Chaplain:	Stewart Indig (un-elected position)





PESACH GREETINGS

This year we will be running Pesach Greetings in the April issue of Kol Echad. Greetings will be \$5 each (just one size). The deadline to put a greeting in is March 5. Please send wording for your greeting to 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. We will also accept direct deposits. Contact Jeff to make arrangements.



HARMONY

Rosalie Moscoe

Coronary heart disease is the major cause of cardiovascular mortality and morbidity. Since February is Heart Month, I've included a holistic view of how to keep your heart healthy. Check the Canadian Heart and Stroke Foundation at www.heartandstroke.ca for additional information.

Besides the obvious – exercise and a good food plan – research shows that a good night's sleep and keeping stress to a minimum are also healthy goals for heart health.

A lot of research shows that lifestyle behaviour is a contributing risk factor for coronary heart disease. Negative factors that can be modified with some work include an unhealthy diet, sedentary lifestyle, tobacco, alcohol, hypertension, and psychosocial stress.



Here are some practical tips:

1. Remember that weight is an important factor in heart health. The best ways to keep weight in a good range are to:

- Eat protein (fish, chicken, lean meat, eggs, low-fat cheese, and bean or legumes (if tolerated). For a list of healthy snacks, see below.
- Eat 3 meals a day and a snack.
- Watch out for extra noshes and keep them small.
- Add plant-based foods and whole grains whenever possible.
- Use healthy fats such as avocado, olive oil, peanut or almond butter.

2. It's also important to keep moving. Excess sitting is bad for your heart and bones. Walking is the best exercise to help your heart, bones and to reduce stress. Aim for 30 minutes of activity a day. Don't push yourself. Slowly increase the amount of exercise.

Continued on next page

I enjoy walking as well as using small hand weights or stretchy bands to increase muscle mass and strengthen bones. For many years, I've practiced postural alignment using the Mitzvah Technique, www.mitzvahtechnique.ca. It's been a lifesaver for lower back problems and scoliosis!

3. Remember to get 7 – 9 hours of sleep a night. If you are unable to get your sleep cycle in order, see your doctor. Check for sleep apnea.


4. Avoid negative stress. Stressors tend to come at people from every direction in their lives: work, family, as well as from on-going world crises. As well as dampening the spirit, stress affects certain areas of the brain and heart.

When we get stressed, we often neglect ourselves. However, we can't let this defeat us! Good health includes enjoying life, having fun, going out with friends, laughing and reminiscing, going to movies and taking on new interests. A social worker recently said to me – yes, you may be worried constantly about someone or something. Perhaps it's guilt or just plain worry. Nevertheless, you can open that drawer and deal with it for a short time during the day, then close the drawer and go on with your life. That tip was very helpful for me.

So, how can we combat stress? According to the Journal of Hormone Molecular Biology and Clinical Investigation, meditation can produce beneficial effects to prevent cardiovascular disease.

Pick up a book/booklet on meditation and try it. At bedtime, I like to listen to a calming heart meditation: “[Guided Meditation for Healing Your Heart](#)”, YouTube, Stardust Vibes.

PICK-ME-UP SNACKS!

- 1) Peel a banana and dip it in yogurt. Roll in crushed brown rice crispies or granola.
 - 2) Heat a cup of tomato or vegetable soup. Enjoy with whole grain crackers.
 - 3) Spread ricotta cheese on gluten free toast. Top with Granny Smith apple slices. Add a dash of cinnamon.
 - 4) Top plain yogurt or Kefir with home-made granola and sprinkle with blueberries or blackberries.
 - 5) Bake, boil (or microwave) a small potato or sweet potato. Top with mozzarella or Feta cheese (or goat cheese). Broil the last 30 seconds of heating.
 - 6) Spread almond or natural peanut butter on apple slices.
 - 7) Blend 2% milk, or almond milk, frozen strawberries and a banana for 30 seconds. Add flax or chia seeds. For brain boost, add rice (or whey) protein powder.
- 

GOOD & WELFARE



Birthday

Ruth Pupko
Lisa Silver

February 14
February 27

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).

Contact: VITO



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FOOD SENSATIONS

BANANA BREAD (SUGAR AND OIL FREE!)

INGREDIENTS

2 large eggs
1 1/2 cups (well packed) mashed banana (about 2 large VERY RIPE! bananas)
1/2 cup apple sauce (homemade recipe is below, else use store-bought)
1/4 cup milk
1 tsp vanilla extract
1-cup white flour
1-cup whole-wheat flour
1 tsp baking soda
1 tsp baking powder
1 tsp salt
1/2 tsp cinnamon
1/2 tsp nutmeg



DIRECTIONS

Apple Sauce

1 sweet apple (eg. Fuji)
1/4 cup water (just enough for the bottom of the pan so apples don't burn)

Chop up apple, put into a saucepan, add water, bring to a boil, turn it down and let simmer for about 10 minutes until very soft. Blend in a blender.

Preheat oven to 350. Grease loaf pan or use parchment paper. In large bowl, beat the eggs with a beater until fluffy. If you want to use banana slices as decoration on top, take about a half banana and set aside. (Best to use a banana that is a bit less ripe). Mash the ripe bananas (measure them out), add the applesauce and eggs. Add milk and vanilla and mix well. In another bowl, mix all dry ingredients. Add wet to dry ingredients. Pour into loaf pan. Bake 45 minutes.

A trick for softening the bananas is to put them in the pre-heating oven (with skins on) for about 10 minutes. They won't get any sweeter, but they will get softer hence easier to blend.

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AS I SEE IT

Marc Kates



The year was 1911, and a great fire in lower Manhattan would serve as the catalyst for creating unionized workers. 146 people died in the tragic Triangle Shirtwaist Fire. The memory of that event would ensure that workers would be treated fairly with proper wages and better working conditions.

Although my understanding of that event comes from the electronic history book, aka Google, I am a beneficiary of the learned experiences. I now find myself a member of the Elementary Teachers' Federation of Ontario. I also find myself on the verge of more job actions as negotiations between the Government of Ontario and the Teachers' Federation have yet to be resolved. This is the first time that I am a member of such a strong union who will not simply give in to the government's demands. The narrative is different depending on whose side one is listening to. I understand the government's need for cutbacks and saving taxpayers' dollars. (How I wish all governments would treat each dollar as a precious commodity.) I also understand the need for smaller class sizes, and an investment in educational resources. According to sections 91 and 92 of the British North America Act (1867), the provincial governments are responsible for education and health care. I have yet to find someone who would agree that there is competent stewardship of these two responsibilities. Whether the government in power is Liberal or Progressive Conservative, labour unrest has plagued both. I don't remember animosity between these two entities so rife, especially as the rhetoric heats up.

The rotating high school strikes may be an inconvenience, but they aren't really affecting the public that much. Should the elementary teachers engage in similar job action, parents cannot simply leave their children unattended at home like high school parents can. A few days of strike action means that the government literally saves millions of dollars, something that they could later use to bargain with. It is certainly a wait and see game, and in the meantime, the students of this province suffer. I do wonder whose narrative the students will believe and how the teachers and government will move forward once a deal is reached. Either way, it's an exercise in democracy and workers' rights, and built on a foundation that began long ago.



TALKING POINTS

Debbi Silver

I hope you enjoy this blast from the past! I will talk to you again next month.

Brisket or shoulder roast recipe:

Debbi Silver 01/12/03

Season roast all over with garlic, black pepper, paprika and onion powder

Fry up mushrooms, onions in oil with garlic

In a bowl mix the following:

¾ jar small liquid honey

½ cup mustard (reg. or honey)

2 tablespoons dijon mustard

1 ½ pkg. Onion soup mix

Splash of soya sauce

Put roast in pan with the fat side up.

Pour sauce all over and add mushrooms and onions.

Add ¼ cup water and ½ cup wine (not necessary)

Whisk into sauce

Put in oven on 350 degrees until soft and tender
(covered and uncovered for the last 10 minutes)

It is absolutely delicious.....



HERE'S LAUGHING @ YOU

From the Pages of Kol Echad, February 2003



THE PRICE OF CHICKEN

Mrs. Stein entered a kosher poultry store and asked the price of stewing chickens.

"One dollar and forty cents a pound," said the butcher.

"One dollar and forty cents!" shrieked Mrs. Stein. "Why, just around the corner Ellenberger sells for one dollar and thirty-six cents a pound."

"If Ellenberger sells stewing chickens for one dollar thirty-six a pound, why don't you buy there?" asked the butcher impatiently.

"Because he happens to be out of them today."

"Look, lady," said the butcher, "as soon as I run out of stewers, I'll sell them to you for only twelve cents a pound -- and you can't beat that price anywhere!"

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And Finally...

GEORGE CARLIN ON AGING

Dedicated by George Carlin to all those who will be growing older in the New Year.

Do you realize that the only time in our lives when we like to get old is when we're kids? If you're less than 10 years old, you're so excited about aging that you think in fractions." How old are you?" "I'm four and a half!" You're never thirty-six and a half. You're four and a half, going on five! That's the key.

You get into your teens, now they can't hold you back. You jump to the next number, or even a few ahead.

"How old are you?" "I'm gonna be 16!" You could be 13, but hey, you're gonna be 16!

And then the greatest day of your life . . . you become 21. Even the words sound like a ceremony . . . YOU BECOME 21| YESSSS!!!

But then you turn 30. Oooohh, what happened there? Makes you sound like bad milk. He TURNED; we had to throw him out. There's no fun now, you're just a sour-dumpling. What's wrong? What's changed?

You BECOME 21, you TURN 30, then you're PUSHING 40.

Whoa! Put on the brakes, it's all slipping away. Before you know it, you REACH 50 . . . and your dreams are gone.

But wait!!! You MAKE it to 60. You didn't think you would!

So you BECOME 21, TURN 30, PUSH 40, REACH 50 and MAKE it to 60.

You've built up so much speed that you HIT 70! After that it's a day-by-day thing; you HIT Wednesday!

You get into your 80s and every day is a complete cycle; you HIT lunch; you TURN 4:30; you REACH bedtime. And it doesn't end there.

Into the 90s, you start going backwards; "I was JUST 92."

Then a strange thing happens. If you make it over 100, you become a little kid again. "I'm 100 and a half!"

May you all make it to a healthy 100 and a half!!



From the Pages of Kol Echad, February 2003

TORONTO MARATHON

Sunday, May 3

GoodLife
FITNESS
TORONTO
MARATHON



Forestdale Heights Lodge has participated in the [Goodlife Toronto Marathon](#) for many years. Our Lodge is responsible for the first water station. The route for 2020 will be the same as last year with the checkpoint at Harlandale Avenue, just north of Yonge &

Sheppard.

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.

Be sure to mark the date in your calendar for this popular CVS project.

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