

KOL ECHAD

January 2013
Tevet/Shvat 5773

FORESTDALE HEIGHTS LODGE, B'NAI BRITH CANADA

KOL ECHAD

Kol Echad is the official publication of Forestdale Heights Lodge. It is published 10 times a year.

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

All material submitted is subject to editing.

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

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

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COVER ART

Kol Echad invites members to submit photographs, which will be considered for the cover of Kol Echad. Digital photos should be e-mailed to jelijo@sympatico.ca. This month's cover photo was taken by Jeff Rosen in the Mojave Desert, just outside of Death Valley National Park, California.

KOSHER FOOD BANK

Forestdale Heights is a supporter of the Pride of Israel Kosher Food Bank. Members are requested to bring an item of non-perishable kosher food to each Lodge meeting. The food items should bear a kosher certification. Donations of sealed toiletry items are also welcome. Donations collected at each meeting will be delivered the following day.

AT A GLANCE

January 6	Slate Committee Meeting
January 7	Dinner Meeting
January 27	Fallsview Casino Outing
February 4	Slate Presented/Dinner Meeting
February 23	Purim Megillah Reading
March 4	Nominations & Dinner Meeting
April 8	Elections & Dinner Meeting
May 6	Dinner Meeting
June 3	Dinner Meeting
June 9	Social Outing at Woodbine

Dinner at 6:30; Meeting at 7:15

NEW Dinner Charge: \$10 members/non-members

If you plan to attend, please RSVP

Albert Ohana at salonpiaff@rogers.com

or call (905) 597-1999

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PRESIDENT'S PEN



I see so many people including seniors walking, jogging or even biking in the summer and in other seasons. However, when winter rolls around, we

hibernate like bears! After dinner, many people lie on the couch and watch TV and get into a slump, thinking – “When’s this winter going to be over?”

I was at Yorkdale Shopping Mall and noticed the seniors “mall walkers.” It made me laugh to see them hard at work walking nowhere. However, now as I’m coming up to the ripe age of 70, it’s not so funny anymore, and I’m thinking of joining up. These people walk before the stores open, or when they’ve just closed – no coats necessary, no wind, cold blasts or snow.

Saturday morning most malls have walking clubs (you can even walk before going to shul!). So why is there a surge in the 60+ age group of walkers? There are many reasons why we need to move our bodies. Walking from the couch to the fridge doesn’t count. Many of the people I know my age or even younger are too heavy, especially around the middle. My wife

tells me this is dangerous – more risk of high blood pressure, heart attacks and diabetes. Apparently, it’s usually caused by eating too many carbohydrates – pop, chocolate bars, pastas, and breads that can raise cholesterol and blood sugar levels.

So what does this have to do with walking? Well, if you burn off some of those extra calories by walking at the mall, your blood sugar, cholesterol and blood pressure levels will come down.



It doesn’t mean you can still eat all the pizza you want and it may be a good idea to cut back on all those delicious “carbohydrates.” However, if we do make a few changes in the food we eat and also burn some calories walking around the block a few times, you can feel better, look better and the doctor won’t yell the next time you go

for a check-up. Hey, someone might tell you that you look 10 years younger – now that’s worth it!

So are you ready to get off the couch – ready to walk three or four times a week for about 30 minutes at a time? It would be the best New Year’s resolution you could make for yourself, and your family. Walk your dog; see if a friend will go along with you or get adventurous and walk at a shopping plaza. See you at the mall!

Ray Moscoe

EDITOR'S DESK



The Lodge's illustrious past will be discussed, its present examined and its future put under the microscope as the annual meeting of the Slate Committee is held this month, on Sunday, January 6.

For those who are unaware of this committee, it consists of the Lodge's past presidents, those who have given their time, energy and vision to take the helm of this great Lodge and steer it along its path.

What happens is that the committee meets and discusses who would be best suited to lead Forestdale Heights for the coming year.

I remember years ago, when I would get a call asking if I would consider serving in some capacity on the executive. I always considered it an honour, to be able to lend my voice to guide Forestdale Heights. Along the way, I assumed the positions of financial secretary, vice-president and senior vice-president, before that ultimate call came 10 years ago.

It's hard to believe, but it was in January 2003 when the chair of the

slate committee called and asked if I would consider serving as president for the 2003-2004 year. Of course, there was no hesitation. I was honoured and ready to serve. Why wouldn't I? I had been on the executive for a number of years already and felt that it was my time.

I had no idea what I was getting into, but knew I had good people standing behind me.

It was the challenge of a lifetime as Forestdale Heights entered an engagement period with Don Mills Lodge, moving towards a possible merger. That meant working with another Lodge president with the aim of merging two distinct entities.

In the end, the engagement did not work and the lodges went their respective ways. I learned a lot in the process and our Lodge asked me to take the helm for a second year, picking up the pieces of the failed experiment in the process.

It was challenge after challenge, but in the end, I learned a hell of a lot and came away a stronger (and I hope better) person.

That was then though and a lot has changed. Some of those who helped lead the Lodge are no longer with us.

Continued on next page



This includes my senior vice-president and one of my vice-presidents. At the same time, many new faces have arrived on the scene.

The one constant is that we hope to provide even better programmes and services in the days and years ahead.

To do that though, we still need strong leadership and commitment from those who lead this great Lodge.

So, I implore you, if you are asked to serve...to take a leadership position in Forestdale Heights...just relax, take a deep breath and jump into the future of FHL by saying YES to the executive.

I guarantee you won't be sorry.

Shalom,

Jeff Rosen

VENDOR MARKET IN THE MANOR



The 2nd Annual Vendor Market In The Manor will be held at 15 Hove Street on March 3, from 11 a.m. to 4 p.m.

This annual marketplace is made up of vendors displaying their products and/or services. Some of the vendors that will be participating are Tupperware, Pampered Chef, Avon and Epicure Selections, as well as a variety of other products and craftspeople.

A portion of the proceeds will be directed to B'nai Brith Canada and their social service programmes, including the Glassman Senior Outreach Centre and the Chanukah and Purim Basket Deliveries. Another portion of the proceeds will be directed to Uptown Chabad to help support a variety of synagogue and community services and programmes.

Vendor inquiries are welcome. To get a table, the cost is \$50 per table prior to January 30. After that, the price is \$75 per table. A product list is required and table and chairs are provided.

Free admission to the public

For more information, please contact Sandy Gordon at 416-605-0868 or [**sandygord@gmail.com**](mailto:sandygord@gmail.com)

LODGE MOTION

At the October 15 Lodge meeting, it was decided that effective January 1, 2013 the price of dinners at meetings would increase from \$7.50 per person to \$10 per person.

At the December meeting, it was decided by a majority vote that everyone attending a dinner meeting – members and non-members – would pay the same price.



ONLINE AUCTION

Forestdale Heights Lodge has launched an online auction on our website.

If you have items, you would like to put in the auction, please send photos to Michael Kates at katesfamily@sympatico.ca or call him at (905) 669-2408 for more information.

The online auction can be found at kolechad.ca/auction.htm



COMING SOON

April 8 Meeting

Alf Kwinter: THE HISTORY OF JEWISH HUMOUR

GoodLife Fitness Toronto Marathon will be Sunday May 5, 2013

If anyone would like to purchase Lodge Donation cards, they are three cards for \$10

Contact Michael Kates at (905) 669-2408

SLATE COMMITTEE

A meeting of Forestdale Heights Lodge Board of Trustees will be held Sunday, January 6, at 7:00 p.m. to choose a slate for executive for the 2013-2014 year.

This meeting is open to all past presidents of FHL.
It will be held at the home of past president Michael Kates
54 Millbank Court, Thornhill
(905) 669-2408
katesfamily@sympatico.ca



COMMUNITY VOLUNTEER SERVICE

The Yellow Brick House offers shelter and counselling for homeless and battered women and their children.

In December, a number of Lodge members helped at their Richmond Hill warehouse to unpack and organize the incoming donations. Special thanks go to Stewart Indig, Cyril Gerson, Michael Kates, Ray and Rosalie Moscoe for lending a hand.

In the future, they may also be in need of some painting at their Richmond Hill office.

If you are interested in knowing more about this programme or helping out, please contact Stewart Indig at indigs@rogers.com

FHL CHANUKAH PARTY

Due to our production schedule, photographs and the highlights from this year's Lodge Chanukah party will be found on our website at kolechad.ca



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SANDY'S SCRIPT



I can't help stop thinking about all the "what ifs" we have a habit of saying from time to time.

What if I had done this or that – if I had done what I thought was best in

the first place, I could have done this or that and the outcome would have been different. How do you know? Were we not educated growing up to identify our priorities in life, map our goals, make lists and be organized?

What got me thinking about this you ask? I was thinking about how fast time flies and if anything would have been different.



We don't know what will be tomorrow, let alone what could be in months or years for that matter! We can't change the past, but we can plan for the future. Sure, it's true, we don't know what the future has in store for us ... do we need to know? Absolutely not, we can only do what is humanly possible and that is to live our lives to the fullest by working to achieve the paths we have chosen for ourselves.

Don't be hard on yourself with all the "should haves" and "could haves" because in the scheme of things,

YOU are where you are meant to be!

Until the next time.

Sandy Gordon

BINGO

Bingo – Tuesday, January 8

4300 Bathurst Street.

Please arrive by 7:15 p.m.

For more information, contact Richard Kotzen,
(416) 783-2737 or richkotzen@rogers.com



NOTES FROM NATE

Never letting the truth get in the way of a good story



Thank G-d for the Grey Cup, because I am so tired of listening to the *kvetching* caused by the lack of hockey, from my fellow Forestdale-niks. Personally, I think it's great

because for the first time in about 40 years, the poor old Leafs have made it to the end of November undefeated.

Here it is, November 23, and I have been watching all the *michigas* that is going on downtown as everybody is getting worked up before the football game even starts. That brings back some Forestdale memories from maybe 35 years ago.

Back then, our Lodge – with a little *schmoozing* – was awarded the use of St. Lawrence Hall and the rights to sell beer and food on Grey Cup Sunday.

Of course, none of us knew *bubkes* about what to expect, but with the help of about 30 member volunteers, we went for it.

The only guy who knew anything about beer selling was Alfie Druker, so based on his knowledge we placed our order for 60 24 packs, got our permits, and picked up what we thought would be enough beer.

Since I was known as “Nate the Caterer” in those days, I was put in charge of the food. I decided to keep the menu simple. We had three kinds of sandwiches – egg, bologna and tuna, as well as hot dogs.

The whole crew, including wives and kids, spent most of the Saturday mass-producing about 400 sandwiches, with much of the products *schnorred* from members and friends. Along the way, I think we broke one or two rules that the health department might frown on, but we were facing a deadline.

I, on the other hand, being the *maven*, knew what would sell well with beer.

Yes *boychiks* and *meyelekh*, that is when the infamous “Nate’s Atomic Chili” was first created. It was a true labour of love and boy, once all the secret ingredients were added, did our kitchen *shmeck* from the concoction!

Sunday morning we took all the food down to St. Lawrence Hall and by noon, we were all set up with rented tables, and the doors opened to the football fans. You wouldn’t believe the hungry hordes that descended upon our table.

It took every one of us to keep taking money and selling food.

Continued on next page

The lineup didn't stop until at about 4:00 when we ran out of sandwiches, dogs and beer. At that point, there were about a dozen revelers sitting at the tables, thoroughly *farblunget* from all the beer they had drunk.

Meanwhile, there was about six inches of chili left in the pot. Now there are those who said I shouldn't have done it, but I poured the rest of the bottle of Tabasco into the pot and with my eyes watering, gave it a stir. I then announced, "Who wants free chili?"

Well, before you knew it, the chili was gone and the bottom of the pot was shiny clean.

In looking back, I realize we all worked together as a team, made a ton

of money and had a barrel of laughs. Someday, if you talk real nice, maybe Albert will let me make chili for one of our meetings. I should advise you though; I now use Frank's Red Hot Sauce instead of Tabasco, so your *kishkas* will only scream a little bit for a couple of days.

Oy, I nearly forgot about Pincus Punim and you know I can't finish an article without his thoughts.

Pincus says that for the first 30 years of his marriage to Gittle all she ever served him for supper was leftovers. Apparently, the original meal has never been found.

Nate Salter

Please join your Lodge Brothers and Sisters
on Sunday, January 27 as we head to

NIAGARA FALLSVIEW CASINO

To participate in this outing, you must book
the bus on your own by calling Safeway Charters at
(416)593-0593

We will be meeting at the Tim Horton's on
Red Maple Road (Yonge & Hwy 7) between 9-9:15 a.m.
The bus departs at 9:30 and we should get back to the city
around 6 p.m. after leaving Niagara at 4:30 p.m.

Rosalie Moscoe RHN, RNCP



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On **Saturday, February 23** at 7:00 p.m.
Forestdale Heights
will be hosting its annual Megillah reading
at 4300 Bathurst Street

If you are coming, please RSVP
to Carl Zeliger at
(905) 669-2732
or email **czeliger@wza.ca**
(Volunteers please arrive by 6:45 p.m.)

GOOD & WELFARE

Birthdays

George Garten	January 1
Jacque Lindsay	January 14
Liliane Budd	January 17
Stan Udell	January 30



Anniversary

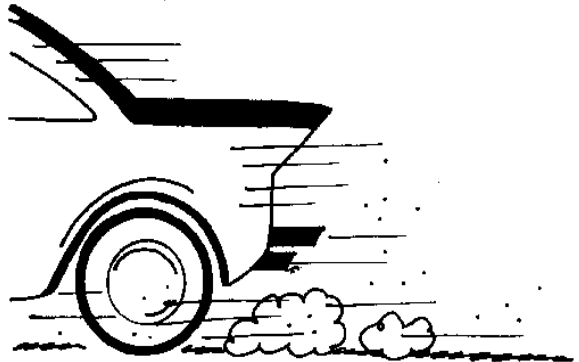
Nate & Andrea Salter	January 14
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*If you have any special moments in your life that you wish to share with the Lodge, please send announcements to **jelijo@sympatico.ca**. If you wish to sponsor a dinner meeting, please contact Ray Moscoe.*

FORESTDALE FUNNIES

A senior citizen in Florida bought a brand new Mercedes convertible. He took off down the road, flooring it to 80 mph and enjoying the wind blowing through what little hair he had left on his head.

“This is great,” he thought as he roared on down I-75. He pushed the pedal to the metal even more. Then he looked in his rear view mirror and saw a highway patrol trooper behind him, blue lights flashing and siren blaring.



“I can get away from him with no problem,” thought the man and he tromped on it some more, and flew down the road at over 100 mph, then 110, 120 mph. Then he thought, “What am I doing? I'm too old for this kind of thing.”

He pulled over to the side of the road and waited for the trooper to catch up with him.

The trooper pulled in behind the Mercedes, and walked up to the man. “Sir,” he said, looking at his watch. “My shift ends in 30 minutes and today is Friday. If you can give me any reason why you were speeding, that I've never heard before, I'll let you go.”

The man looked at the trooper and said, “Years ago my wife ran off with a Florida State trooper, and I thought you were bringing her back.”

The trooper replied, “Sir, have a nice day.”

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WINTER TREATS

CHILI FOR A CHILLY DAY

2 medium onions, chopped
1 green bell pepper, chopped
1 tablespoon vegetable oil
2 lbs. lean ground beef
1 (14 1/2 ounce) can diced tomatoes or
2 cups chopped fresh tomatoes
1 (15 ounce) can tomato sauce
1/2 cup ketchup
2 tablespoons chili powder
1 teaspoon salt
1/4 teaspoon pepper
2 (16 ounce) cans red kidney beans,
partially drained

Directions:

In a large skillet, sauté onions and bell pepper in vegetable oil for 1-2 minutes; add ground beef and cook until browned; drain fat. Stir in tomatoes, tomato sauce, ketchup, chili powder, salt, and pepper; simmer, uncovered for 30 minutes, stirring occasionally. Add beans and continue simmering for 15 minutes longer.



FHL ALLOCATIONS

If you are interested in the Lodge allocating funds for a particular charity, please draft a proposal, including the charity's name and the amount requested, and forward it to Carl Zeliger, (905) 669-2732 or email czeliger@wza.ca.

All proposals will be examined and voted on at an upcoming meeting.

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AS I SEE IT



January is named for the Roman god, Janus, the god of the doorway as January marks the beginning of the secular calendar and is the door to the new year. For Jews, January truly isn't the start to the new

year; that happened on the 1st of Tishrei back in September. In fact, there are four specific "new years" according to the Jewish calendar: 1st of Tishrei, 1st of Nisan, 1st of Elul and the 15th of Shvat.

As Jews, we often find ourselves wrestling with the secular world and how it impacts our lives. The tight rope balance between the two is very difficult to navigate. How does one acculturate into the greater society yet still retain our traditions and beliefs? Chanukah, a historically minor holiday, has metamorphesed itself into an eight day extravaganza of presents, decorations and excess. I have seen Jewish houses decked out in blue and white twinkling lights and tinsel covered Magen Davids affixed to front doors. Chanukah is trying to compete with its Christian

counterpart, but this is a competition it simply can't win. The day after Halloween, stores begin putting up their festive decorations and various renditions of "holiday favourites" are pumped through the PA system. I feel bombarded and assaulted by a culture that is not my own.

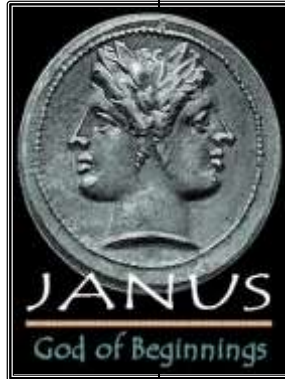
This, in effect, is the story of Chanukah. The Maccabees could not accept the Hellenistic Jews who chose to incorporate non-Jewish aspects into their lives. The "goyshe velt" seemed much more glamorous and attractive.

This is still the case today. While we try to maintain our Jewish identity, intermarriage is at an all-time high and traditional values have lost their meaning.

"Balance" is one of these all-encompassing catch phrases. One should eat a balanced meal, maintain a proper work-life balance, and balance various daily commitments. I don't know when I became a juggler on a tight rope.

So, as January is now upon us, I do look forward to what is in store for 2013. I will do my best to retain my equilibrium and carefully take my calculated next step.

Mare Kates



HEALTH IN HARMONY



Four Habits That Prevent You From Losing Weight.

1. Break the Sugar Habit.

Do you wonder why you can't lose weight? Do you get "the shakes" (hypoglycemia) or

have trouble staying focused by midafternoon? Eating something sweet relieves symptoms for about a half hour. If this sounds familiar - you may be a sugar addict.

Excess sugar depletes the body of B vitamins and amino acids (necessary for the body's physical and mental metabolism). Sugar decreases the function of your immune system almost immediately and can increase the risk of diabetes.

Tips to Kick the Sugar Habit:

1. Keep foods high in sugar (fructose) out of your shopping cart. Read labels to make sure the first or second ingredient isn't sugar. Look for natural brands.
2. Increase exercise - decreases your appetite and burns calories.
3. Eat a small amount of protein (animal or vegetarian sources) at meals - helps break the craving for sugar.
4. Eat complex carbohydrates (fruits, vegetables and whole grains) instead of simple sugars such as candy bars or white flour products.

2. (Good) Fats are Your Friend:

Our bodies (and brain) need healthy fats to thrive. Healthy fat foods include olive oil, butter, olives, and avocados, natural peanut or almond butter. Only small amounts at meals are necessary.

3. Don't Skip Meals: It doesn't help weight loss. Eat three meals a day, plus one snack for blood sugar regulation, energy and better focus. Breakfast is especially important in order to increase metabolism. We need a balance of healthy nutrients at meals and snacks to maintain or lose weight.

4. Be Aware of Your Response to Stress. When we're stressed we often reach for starchy or sweets, junk food. Have a good look at your diet and be mindful of emotional eating habits that may be contributing to excess empty calories.

Manage Stress Through Healthy Eating:

Drink eight glasses of water daily.

Use cold pressed olive oil, coconut oil, and other healthy fats such as raw nuts, olives and seeds.

Eat a serving of leafy greens and some beans daily.

Use whole grain products instead of processed ones.

Eat two to three servings of protein foods daily.

Rosalie Moscoe



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