

Forestdale Heights Lodge, B'nai Brith Canada

# KOLECHAD

Volume 14, No. 5

January 2016  
Tevet/Shevat 5776

*Wishing You*  
HAPPY NEW YEAR  
2016

# COVER ART

January 25 is Tu B'Shvat. It is also called "Rosh Hashanah La'Ilanot" (Hebrew: ראש השנה לאילנות), literally "New Year of the Trees." In Israel, the day is celebrated as an ecological awareness day and trees are planted in celebration. [Jeff Rosen photo]



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# 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 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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# PRESIDENT'S PEN

George Garten

This month I would like to discuss the problems in our Muslim community.

A few weeks back a Muslim woman, who was picking up her son from school, was attacked simply because she was wearing a hijab. To hit any woman, no matter what

religion, race or colour, is a heinous and gutless act.

Recently in the United States, a married couple shot innocent people. A few days later, we learned they belonged to a terrorist group known to all of us as ISIS. ISIS does not speak for all Muslims.

These individuals are Muslims who have been brainwashed. However, not all Muslims believe in this practice. It is like taking a brush and painting all members of a religion or culture the same. Just look back over 70 years ago, when Jewish people across Europe were imprisoned or killed because of one man who brainwashed the people of his nation to hate the Jews.

Has humanity learned its lesson? Unfortunately, I don't think it has. When Donald Trump makes ridiculous remarks about Muslims, we are no better off. What right do we have to judge people of other faiths? This only builds more hatred against the Muslims.

Last month, a group of Muslim women decided to hand out roses to everyone, showing not all Muslims are the same.

We live in a multicultural city. We have learned, hopefully, from the past that hate is not the answer. We must respect the rights and freedoms of all individuals.

So, next time you see a Muslim woman or family, give them a gentle smile or kind word. This can do wonders for them and for you.

# AT A GLANCE

January 11	Dinner Meeting
February 8	Nominations/Dinner Meeting
March 13	Elections/Breakfast Meeting
April 11	Dinner Meeting
May	Installation
June 13	Dinner Meeting

**Dinner at 6:30; Meeting at 7:15**

**Dinner Charge: \$10 members/\$15 non-members & guests**

**If you plan to attend, you must RSVP Albert Ohana  
at [saloniaff@rogers.com](mailto:saloniaff@rogers.com) or call (905) 597-1999**

DEADLINE FOR ALL ISSUES IS 10<sup>TH</sup> OF THE MONTH  
UNLESS OTHERWISE CHANGED

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## ALLOCATIONS



If you have a charity, you wish the Lodge to make a donation to, please send the request to Michael Kates at [katesfamily@sympatico.ca](mailto:katesfamily@sympatico.ca). All requests for assistance will be discussed and allocated at our January meeting. Allocation requests should include the name of the charity, what it does and the amount requested.

## BINGO



Our next Bingo will be held on Tuesday, January 5. If you would like to help out, please contact Richard Kotzen (416) 783-2737 or [richkotzen@rogers.com](mailto:richkotzen@rogers.com).

# EDITOR'S DESK

Jeff Rosen



With 2015 now consigned to history books, it's time to look back on the year that was. Of course, 2015 was not a great year for Israel, as Palestinians took to the streets with all manner of instruments designed to inflict maximum pain and damage. Israelis, and their duly elected representatives, will have to best figure out a way to solve this ongoing conflict.

In Canada, our political meter jumped across the board as voters said goodbye to a decade of Conservative leadership. It will be years before we know whether voters made a good decision by choosing the Liberals and Prime Minister Justin Trudeau.

Closer to home, our own B'nai Brith Canada decided it was time for a drastic weight loss programme. Now, I am all for diets. However, this one may have been a bit too drastic.

The result was that the *Jewish Tribune* closed its doors and BBC was forced to sell off 15 Hove Street and the organization's Alzheimer facility on Kenton Avenue. As well, the organization's website was down for a number of months. When it came back online, there were no links to lodge websites nor mention of the lodges.



In my opinion, this has all been just a little too much. Our dues remain the same, but we do not appear to be getting the same value for our membership. Since I joined BBC 24 years ago, there was always a newspaper that claimed to speak for B'nai Brith Canada. Even when I did not agree with its stance and organization (most of the time), I appreciated that part of my dues was going to bolster its communications with members.

I have said it so many times before, but without proper communications, an organization flounders. BBC seems to have fallen into this hole. Without the *Tribune*, the only way most members are learning about what is happening in B'nai Brith is through *The Canadian Jewish News*. I have to admit, while I worked there, this was something I dreamt would happen one day. Now, being on the outside, I see the necessity of BBC having its own communications outlet.

There are many questions we need to ask, so many questions that should be asked. Our cherished organization appears to be imploding. At the same time, there is a virtual silence from our organizational leadership about what is going on. We continue to pay our dues like good members, and patiently wait for answers.

Perhaps it's time to stop being so patient.

Be well.



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# ON THE WEB

We have some exciting new features brewing on our website. Please go to [kolechad.ca](http://kolechad.ca) to follow these new columns.



Kol Echad is now following the daily blog of award-winning journalist, Sheldon Kirshner. Kirshner wrote for *The Canadian Jewish News* as a columnist, reporter and editorial writer for 39 years. He covered Israel and the Middle East, reported on Jewish affairs and contributed book, movie and television reviews, as well as travel stories. Assignments took him to Europe, the Middle East, Asia, Latin America and the United States. He interviewed politicians, generals, academics, authors, film actors and directors, entrepreneurs and community leaders. Among his interviewees were Yitzhak Rabin, Mordecai Richler,

Liv Ullmann and Yasser Arafat.

To view this blog, go to [www.kolechad.ca/kirshner.htm](http://www.kolechad.ca/kirshner.htm).



Masada Siegel is an award-winning international correspondent and author. She writes for *The New York Times*, *The International Herald Tribune*, *The San Francisco Chronicle*, *Newsweek/The Daily Beast*, *The Jerusalem Post*, *The Toronto Star*, *The Canadian Jewish News*, *SKI Magazine* and about 40 other newspapers around the USA, Canada and the UK.

Go to [www.kolechad.ca/msiegel.htm](http://www.kolechad.ca/msiegel.htm) to follow this award-winning journalist.

Go to [www.kolechad.ca/avrum.htm](http://www.kolechad.ca/avrum.htm) to view Avrum Rosensweig's blog. Rosensweig is the founder of Ve'ahavta.

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## FUNNIES

A woman at work was seen putting a credit card into her DVD drive and pulling it out very quickly. When I inquired as to what she was doing, she said she was shopping on the Internet and they kept asking for a credit card number, so she was using the ATM thingy.



# SLATE COMMITTEE

The annual meeting of Forestdale Heights Lodge's slate committee will meet Wednesday, January 13 at 54 Millbank Court at 7 p.m. to prepare an executive slate for 2016-2017. The meeting is open to members of the board of governors (past presidents). If you can attend, please RSVP to Michael Kates, chairman of the board of governors, at [katesfamily@sympatico.ca](mailto:katesfamily@sympatico.ca).

## KOSHER FOOD BANK

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



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# CHANUKAH PARTY



Ideally, a party should not be judged by its size, but by the quality of people in attendance. Using this standard, Forestdale Heights Lodge's annual Chanukah party was an unqualified success. Still, it would have been nice to have more than 10 people turn out.

Perhaps our lower numbers were due to the decision to move the party to 4300 Bathurst Street. Maybe it was because the party was held on

Saturday, December 5, the night before the start of Chanukah, thereby conflicting with other holiday get-togethers.

Despite the smaller turnout, everyone seemed to enjoy him or herself. Of course, the delicious food also helped make the party a success. Latkes were on the menu, with members having the option of smothering them in either sour cream or applesauce (eating them plain was also an option). Personally, I prefer them with a little applesauce.

Along with the latkes, we enjoyed some delicious salmon, salad and cole slaw, all from Sobey's. The meal was topped off by a tantalizing sweet table, featuring a number of cakes, as well as fruit.

Special thanks go to as Sandy and Barry Gordon for organizing the party. Creating this party takes a lot of time and effort. I hope that we will draw more people to next year's Chanukah party, as well as to other social events planned throughout 2016.

***Jeff Rosen***

For more photos, go to  
[www.kolechad.ca/chanukah15.htm](http://www.kolechad.ca/chanukah15.htm)



Contact: VITO



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# DECEMBER MEETING



Our December meeting was chaired by Senior VP Stewart Indig in the absence of our president, George Garten. Pablo Fuchchansky, a Certified Financial Planner, (at left with wife, Michelle) was our guest speaker. He discussed the importance of having long-term care insurance,

pointing out that there is a 50% chance a person will require it during their lifetime. Not purchasing such an important financial product, he said, can result in large out-of-pocket health care expenses, both in paying for in-home health care, as well as for nursing homes.

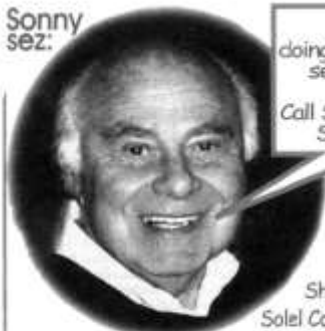
Fuchchansky has been in the insurance business since 1993 and has been doing risk management for the past three years.

The meeting was attended by 15 people, including six past presidents.

If you wish to contact Pablo Fuchchansky, call (647) 367-5104 or e-mail [pfuchchansky@ifcg.com](mailto:pfuchchansky@ifcg.com).



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# CORRESPONDENCE

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Dear Friends:

On behalf of the volunteers, staff and especially the residents of Blue Door Shelters, I would like to thank you for your charitable direction of items to our agency.

Blue Door Shelters plays a pivotal role by providing a safety net for the men, women and children in York Region who face the abyss of homelessness. We provide not only shelter, but the support that people who are homeless need to find and maintain permanent housing. We are a not-for-profit registered charitable agency led by a volunteer Board of Directors. Blue Door Shelters operates three emergency shelters; Leeder Place Family Shelter; Porter Place Men's Shelter; and the York Region Youth Shelter.

Our agency depends on the support of the community and donors such as yourself to enable us to continue our work providing shelter services. With the many generous gifts we receive such as yours allow us to extend our provision of basic need items to our clients while in residence and in support of their move to housing in the community.

Please accept our sincere appreciation for the generosity you have conveyed with your donation of goods.

Yours truly,

Radha Bhardwaj  
Executive Director

*Thank you for your thoughtful gifts of toiletries and gloves. Please know we greatly appreciate & value your continued support.*



# ALL STEW

Stewart Indig

Happy New Year to all Forestdale Heights Lodge members. If you are not a Lodge member, you should be. However, please do still enjoy these squares. These delicious lemon squares are great for a nice light snack to go with hot coffee, tea or hot chocolate.

## LIGHT LEMON SQUARES

### INGREDIENTS

#### **Base**

- 2 cups flour
- 1/2 cup of sugar
- 1/2 cup soft margarine
- 1/4 cup plain yogurt

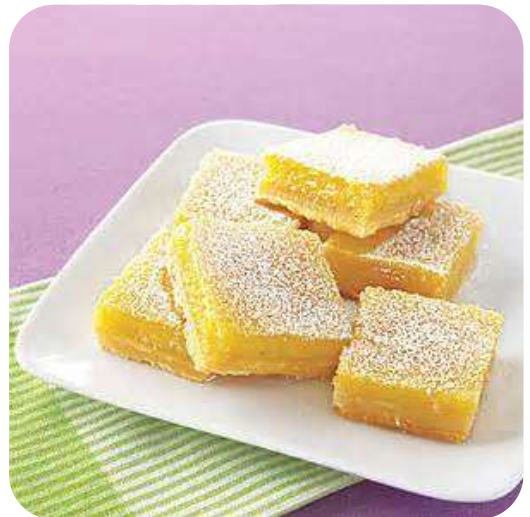
#### **Topping**

- 1 1/2 cup sugar
- 1/4 cup flour
- 1 tsp baking powder
- 1/2 tsp salt
- 2 eggs
- 2 egg whites
- 1/2 cup lemon juice

### DIRECTIONS

- Mix base ingredients
- Press into greased 9x12 Pyrex
- Bake at 325 degrees for 25 minutes
- Combine all topping ingredients
- Pour over base
- Bake 30 minutes
- When cool sprinkle with icing sugar (if desired)

Enjoy



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

**1979**

**FHL Presidents: Allen Fink/Murray Fallen**

February 7 – Nazi criminal Josef Mengele suffers a stroke and drowns while swimming in Bertioga, Brazil. His remains are found in 1985.

February 11 – Ayatollah Khomeini seizes power in Iran, overthrowing Mohammad Rezā Shāh Pahlavi.

March 26 – In a ceremony at the White House, President Anwar Sadat of Egypt and Prime Minister Menachem Begin of Israel sign a peace treaty.

March 28 – America's most serious nuclear power plant accident occurs, at Three Mile Island, Pennsylvania.

April 1 – Iran's government becomes an Islamic Republic by a 98% vote.

June 4 – Joe Clark becomes Canada's 16th and youngest Prime Minister.

July 9 – A car bomb destroys a Renault owned by Nazi hunters Serge and Beate Klarsfeld at their home in France. A note purportedly from ODESSA claims responsibility.

July 16 – Iraqi President Hasan al-Bakr resigns and Vice President Saddam Hussein replaces him.

September 22 – The South Atlantic Flash is observed near the Prince Edward Islands, thought to be a nuclear weapons test conducted by South Africa and Israel.

November 1 – Iran hostage crisis: Iranian Ayatollah Ruhollah Khomeini urges his people to demonstrate on November 4 and to expand attacks on United States and Israeli interests.

October 21– Moshe Dayan resigns from the Israeli government.

November 4 – Iran hostage crisis begins: 3,000 Iranian radicals, mostly students, invade the U.S. Embassy in Tehran and take 90 hostages (53 of whom are American).

November 10 – Mississauga train derailment: A 106-car Canadian Pacific freight train carrying explosive and poisonous chemicals from Windsor derails in Mississauga, causing a massive explosion and the largest peacetime evacuation in Canadian history and one of the largest in North American history.

December 6 – The world premiere of Star Trek: The Motion Picture is held at the Smithsonian Institution in Washington, D.C.

December 13 - The federal government is defeated on a non-confidence motion and Prime Minister Clark calls an election.

# SANDY'S SCRIPT

Sandy Gordon



It seems like I just finished my last column and now this one is upon me! Oh, what to do? What subject matter to write about?

Forestdale Heights Lodge had its annual Chanukah party on Saturday, December 5, 2015. I was extremely disappointed with the number of members who did not attend. Whether it is one person or 50, it takes just as much planning. It's far more satisfying to hope for a larger turnout than a meager one. Well, we had the meager one for sure! Don't get me wrong, because the 10 of us who participated had a great time, but still there was that level of disappointment with the knowledge that it should have been better attended.

For whatever reason, I hope we will have the capacity to learn from our mistakes for the future, let our hair down, let bygones be bygones, get on with living and enjoying life to the fullest.

Wishing everyone all the best for 2016!

Until the next time.



## GOOD & WELFARE

### Birthdays

George Garten

January 1

Stan Udell

January 30



FHL wishes a speedy recovery to George Garten.

FHL extends its condolences to Marla and Avery Matlow on the passing of Marla's father, Norman Gulko. May his memory forever be a blessing.

Wishing Mark and Marla Spergel a belated happy anniversary. The Lodge's newest members celebrated their special day on December 7.

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

# HEALTH IN HARMONY

Rosalie Moscoe



We all want to prevent cognitive decline. According to [www.foodforthebrain.org](http://www.foodforthebrain.org), some simple diet and lifestyle actions can help reduce the risk of memory loss and Alzheimer's disease. Some of these recommendations are supported by randomized controlled studies.

1. **Eat fish - 3 serving a week.** Fish, (especially oily types - salmon, mackerel, herring, sardines and tuna) is an excellent source of vitamins B12, D, and choline, all first-rate for the brain. Chia and flax seeds are also exceptional sources of Omega 3s as are raw nuts. Supplements of Omega 3 fish oil (DHA) have been shown to enhance memory in adults who don't eat fish.



2. **Increase antioxidants.** Eat at least six servings of brightly coloured vegetables and berries daily. Soup and vegetable juices count. Best veggies: carrots, cauliflower, broccoli, Brussels sprouts, cabbage, spinach and mushrooms. Best fruits: berries, especially blueberries and strawberries. Whole fruits instead of juices are best. Flavonoids and polyphenols, in all fruits, vegetables, red wine, and dark chocolate are also associated with preserving memory.

3. **Minimize sugar and refined foods** and eat a low GL diet - one that isn't high starch, (bread, potatoes, corn, etc.) Refrain from sugar as much as possible and eat "slow releasing" whole carbohydrate foods such as whole grain bread, or pasta and oat cakes/crackers. Eating carbohydrate foods with protein, for example, brown rice with fish, or oatmeal with seeds can further reduce the glycemic load (GL) for a meal. All these foods are part of a Mediterranean diet, which has been shown to reduce risk. Grapes, raisins and bananas are high GL, so eat in moderation.

4. **Supplement B Vitamins.** Cut your risk of developing Alzheimer's (by 75%) by taking vitamin B12 and folic acid. Both greatly reduce the rate of brain shrinkage and memory loss in those at risk of Alzheimer's. A supplement of a multivitamin daily or B complex is also recommended as B12 absorption can greatly worsen with age. Some diabetes drugs such as metformin and antacid "proton-pump inhibitors" can also inhibit nutrient absorption. If you are taking these, ensure your GP checks your homocysteine level.


5. **Limit coffee** – green tea is better. Drinking too much coffee both raises homocysteine levels and promotes the excretion of protective B Vitamins. For example, two cups of coffee raises homocysteine by 11% in four hours.

**Continued on next page**



Green tea is associated with a lower risk of cognitive impairment. Even ordinary tea is associated with better cognition. Limit coffee to one cup a day and drink green tea!

6. **Keep physically, mentally and socially active.** Walk, keep fit. Learn something new to stimulate your mind. Staying in touch with friends and family all helps to reduce your risk. Do exercises that involve mind-body co-ordination, (such as t'ai chi or yoga) and try some that raise your heart rate. Exercise also reduces stress, which is a preventive step in the right direction, as is keeping your blood pressure down. Use it, don't lose it!



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# AS I SEE IT

Marc Kates



The theme of my December article was caring. I ended off my article by stating that, “I know I can’t change people’s behaviour, but even with diminished hope, I still remain hopeful for the future. I can only control my own behaviour, and hopefully, some caring may rub off on others.” As I compose this article, the first planeload of Syrian refugees has landed at Toronto’s Pearson International Airport.

My fellow Canadians have risen to the occasion, and with open arms have embraced people from a world away. Hope and optimism will win out. Canadians from coast to coast to coast, despite the sad state of world affairs, terrorism, lack of economic opportunities, rising prices, acts of violence and xenophobia, to name but a few things, are demonstrating to the world what it means to be Canadian.

Being Canadian does not mean that we conclude every sentence with “eh?” nor do we all have maple syrup flowing through our veins, but it is our compassion and humanity that sets us apart. How fitting that these new Canadians arrive at the airport in Toronto, named for former Prime Minister Lester B. Pearson who, in 1957, won the Nobel Prize as the father of the modern concept of peacekeeping.

These new Canadians bring with them a lot of baggage and trauma. I can’t imagine what it must be like to gamble one’s future on a place few have ever heard about. For them, like all immigrants, Canada will be quite different from life back in the “old country.” Canada offers them a new start, a new language, and new way of life, but most of all, endless possibilities.

At some point, we all arrived in Canada as immigrants. This country, for the most part, has been very good to us. However, I can’t help but wonder how life could have changed had the current wave of hospitality had been extended to our people 70 years ago.

To my fellow Canadians, thank you, merci. You are fulfilling what Anne Frank famously wrote in her diary, “in spite of everything I still believe that people are really good at heart.”



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Give your appointment @ [blood.ca](http://blood.ca)

# TORONTO MARATHON



**Sunday, May 1**

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

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

If you can volunteer your time for this great CVS project, please call Harvey Silver at (416) 223-0780 or email at [debbisilver@rogers.com](mailto:debbisilver@rogers.com).



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- 4) Roast Beef
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