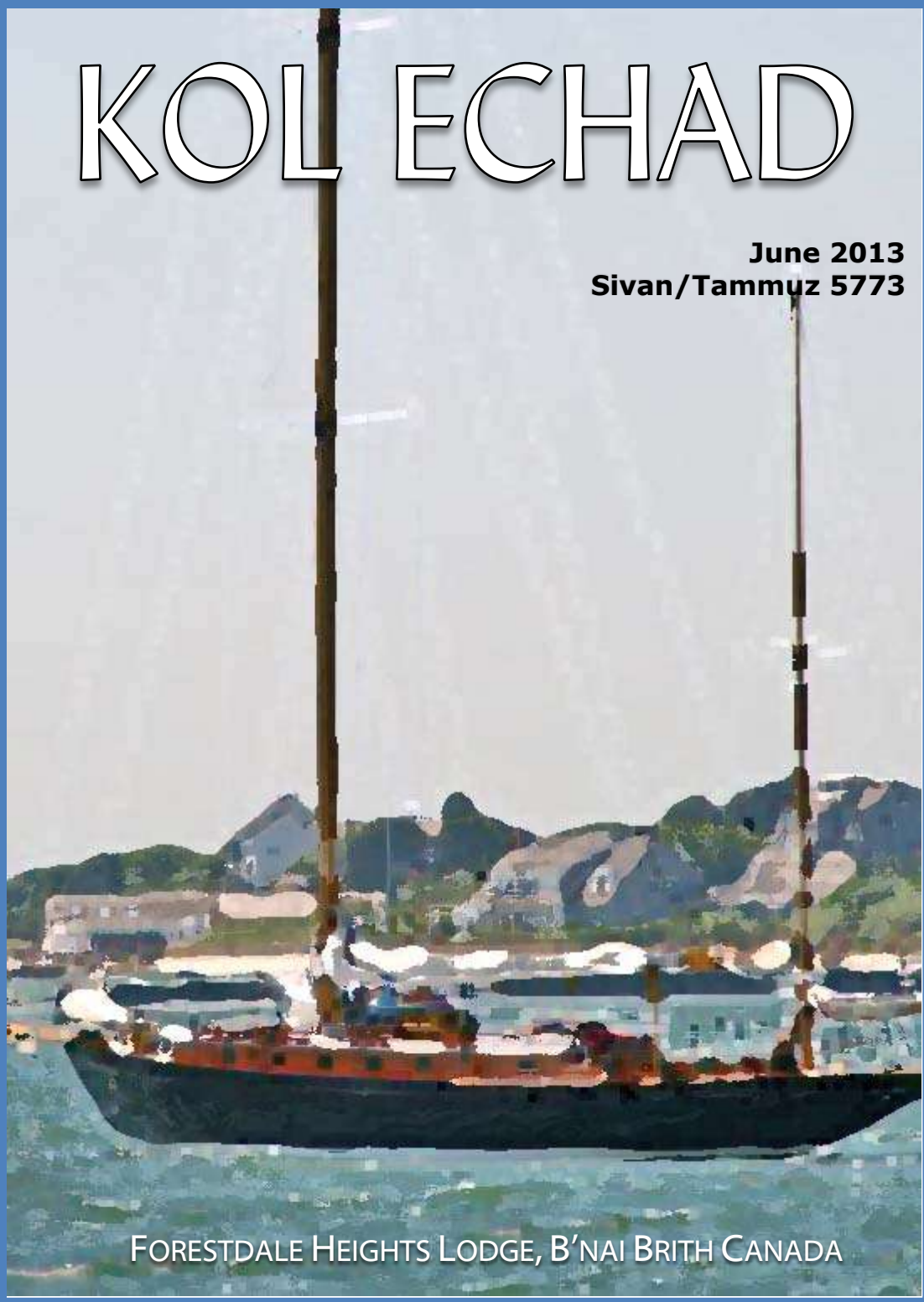


KOL ECHAD

June 2013
Sivan/Tammuz 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. It's finally summertime. What could be better than to enjoy a summer cruise on the lake?

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

June 9

Social Outing at Woodbine

June 10

Dinner Meeting

**Watch your e-mails and
our website for dates of fall meetings.**

Dinner at 6:30; Meeting at 7:15

Dinner Charge: \$10 members/non-members

If you plan to attend, please RSVP

Albert Ohana at salonpiaff@rogers.com

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**DEADLINE FOR ALL ISSUES IS 10TH OF THE MONTH
UNLESS OTHERWISE CHANGED**

KOL ECHAD WILL RETURN IN SEPTEMBER

PRESIDENT'S PEN: INSTALLATION ADDRESS



I would like to welcome my family, friends and members to Forestdale Heights Lodge's 47th installation.

At this time, I would like to thank Albert, Honey, Debbi, Mona, Michael and Jeff for helping to make

this a beautiful and memorable evening.

On March 30, 1967, a group of 60 guys got together to form a lodge, calling it Forestdale Heights. Forty-seven years later the group might be different but the goals of community service, social and friendship still surround us.

My goals this coming year are to increase membership and look forward to getting involved in more community service projects. This past year we participated in helping the Yellow Brick House at Christmas time, the ongoing Pride of Israel Kosher food bank, the Christmas gift project for EMS, police and firemen, bingos at 4300 Bathurst and the Toronto Marathon, which took place this morning (May 5).

Forestdale Heights lodge takes pride in our social functions and I am, hopeful, that these will continue. George has secured a date in December for our lodge Chanukah party.

I would like to take a few moments to remember our past presidents who are no longer with us – Al Reider, Norm Aronson, Stan Penzner, Bonnie Kates and Irv Pupko.

Ray, would you kindly come up. I would like to present you with a Forestdale Heights pin, which is in place of a past president's pin. The pin is on order. I also have a gift for you.

Rosalie, would you kindly come up. The custom in our lodge is to present a gift to the outgoing president's wife. Rosalie, you have endured three years of this job, and I'm sure you are looking forward to Ray's retirement as president. Good luck to both of you.

Debbi, they say behind every successful man there is a woman that he can count on to be his speech writer, secretary, prepare his meals, and everything else which comes with the job. I love you.

"People Helping People" is the B'nai Brith motto, which is the dedication and commitment to the ideals of community service. I look forward to having a successful year working with the new executive.

Harvey Silver

EDITOR'S DESK



Do you remember the ending of the final episode of The Mary Tyler Moore Show. Everyone except Ted Baxter had been fired and the staff of TV station WJM engaged in a group hug as they left the office. Then Mary Richards (Mary Tyler Moore) came back and shut off the office lights.

Do you remember the final episode of MASH? Hawkeye is in a helicopter leaving the 4077. The message that can only be seen from the air to both him (from his tent mate BJ Hunnicutt) and viewers is Goodbye.

I guess I really am a child of the TV age because on Monday, April 22, after the staff of *The Canadian Jewish News* was told that it would cease operations at the end of June and everyone was to be terminated, all these memories kept flashing through my mind.

Of course, as everyone knows, much has passed since that day and, as Kol Echad went to press, its final fate (and my continued involvement) was yet to be determined.

No matter what happens though, it really has been an incredible journey working at *The CJN* for the past 29 years. At times like these, I am mindful

of the plaque in my office that reads, "Life is journey, not a destination."

On day zero though – April 22 – all my thoughts flashed back to when it all began, shortly after I returned home from Saskatchewan in 1984. I was 26 years old, single, and living at home with my mother. I decided to attend a meeting of a neighbourhood group opposed to building a sports stadium near Bathurst Manor (which eventually moved downtown and was christened SkyDome) and submit the story to a number of local newspapers.

The CJN liked the story and bought it. They also let me know they would be in touch if they needed material in the future.

Fortunately, for me, they did, and it wasn't long before I was asked to do freelance stories for the paper. That led to being asked to cover for a reporter who was on leave. Then came the day when a reporter called in, saying they were leaving.

The editor at the time called me into his office and asked if I wanted the job. I am sure very few of you ever had the opportunity to meet Maurice Lucow (always Mr. Lucow, never Maurice), but if you remember Lou Grant, then you understand the type of person he was.

Continued on next page

That was the start. That first summer saw me heading to Brantford as a farm that supplied kosher milk was closing down. To go with the story, I took a photo of a cow everyone at the office came to call Bessie.

Looking back, I have no idea of the number of stories I wrote at the paper. They covered the spectrum, including business, arts, politics, sports, fashion and so much more.

I managed to get tickets to plays appearing in Toronto, talk to the leading political figures of the day and enjoy a few free travel jaunts. I took a turbo prop to Tampa for a trip to Busch Gardens, another to Atlantic City and spent a few weekends in Huntsville and Muskoka to do pieces on local resorts. I went to Israel for a conference, attended political conventions at Maple Leaf Gardens and even covered the arrival of Pope John Paul II.

Then came 1989 and I moved from being a reporter to the youngest editor on staff. I really did feel out of my element. Funny thing though, 24 years later I feel honoured to be in this position, being able to help younger journalists starting out.

As amazing as the stories were, the people I worked with made the job special. We were like family, sharing our joys and tragedies on a daily basis. They really were the best and I consider myself lucky to have been associated with such a talented group over the past 29 years. Of course, it was three special people who not only

created this *hamishe* work environment, but helped me become a better journalist, and, more importantly, a better person. These honours go to my editors, the late Maurice Lucow, Patricia Rucker and Mordechai Ben-Dat.

The day the hammer came down on *The CJN* was as much a shock to me as it was to everyone I worked with. However, I know we live in a different age than what existed in 1984. So many people don't read newspapers now and those that do, do so online.

So, that's it. People have asked what I will do next. The truth is, after 31 years in the news business, I have no idea. I guess a lot depends on *The CJN's* future and whether there still is a place for me at Canada's leading Jewish newspaper.

Beyond that, your guess is as good as mine.

In the meantime, as per tradition, this bulletin is shutting down for the summer. Thanks to everyone for their support and helping me put this bulletin out.

No one really knows what the future will hold. However, I have my health, an amazing wife, and a wonderful daughter. Everything else will take care of itself. It will be an interesting roller coaster ride. I just have to remember to hang on.

See you in September.

Shalom,

Jeff Rosen

BINGO

Bingo – Tuesday, June 11

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ATTENTION MEMBERS!



We may be missing you! If you are not receiving regular e-mail updates or never see a birthday or anniversary listed in Good & Welfare, it means we do not have your correct e-mail address and/or significant dates in your life. Be sure to send all information to jelijo@sympatico.ca.

While you're at it, if there is something you would like to see added, or something you dislike, please let us know. All suggestions will be seriously considered.

Also, if you wish to discontinue receiving the bulletin by mail, please send an e-mail to Harvey Silver at debbisilver@rogers.com. You will then be notified of all Lodge programmes and events through our regular e-mail updates and our website.

The Editor

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

Contact Michael Kates at (905) 669-2408

WOODBINE 2013

SUNDAY, JUNE 9



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ROSH HASHANAH 5774

Kol Echad is currently planning our annual Rosh Hashanah Greetings issue.

We will be offering greeting ads in two sizes. Prices are \$10 for business card size ads and \$15 for the double size.

The greetings will appear in the September issue.

Submissions and payments will be accepted at our June 3 meeting, as well as by e-mail and snail mail during the summer.

Final deadline for submissions is July 15.

Once you have decided on your greeting, please send wording to Jeff Rosen at jelijo@sympatico.ca.

Payments should be mailed to 150 Harris Way, Thornhill, L3T 5A8.



Outgoing president Ray Moscoe, right, presents Stuart Indig with the Al Reider CVS Award at the annual installation.

TORONTO GOODLIFE MARATHON



The alarm went off at 5:00 a.m. The night before, I had laid out my clothes and breakfast so that I could be ready for a quick get-away. The drive to Mel Lastman Square, near the starting line, was easy being so early in the morning. However, I still had to stop for my coffee fix. I arrived at our location at 5:50 a.m.

Within a half hour, the entire FHL crew arrived consisting of Jeff Rosen, Michael Kates, Harvey Silver, Stewart Indig, Sid Isenberg and me. We set up and were ready to serve the runners.

Our mandate was to serve cups of water and Gatorade and to keep it flowing. The runners were very appreciative of our service and

many of them thanked us. It was heart-warming to see over 22,000 runners taking part (many with Boston t-shirts). Displayed proudly at our booth was the B'nai B'rith Forestdale Heights banner. Again, we were voted the best booth (and cleanest – we had thousands of cups to dispose of and had to keep on top of the situation!) Two races were being run - one started at 8:00 a.m. and the shorter race at 8:30 a.m. By 9:00 a.m., our booth was cleaned up and another CVS programme came to an end.

Thank you all for your participation and hard work and to Harvey Silver (seen here in photo) for organizing the event. We look forward to next year's marathon run.

Ray Moscoe

TORONTO GOODLIFE MARATHON

*Photos
by
Ray
Moscoe*



INSTALLATION 2013

A lodge is a lot like a family. We often celebrate the good times together, lend a shoulder when a member is going through tough times and generally enjoy spending time together. On Sunday, May 5, we did just that, as about 28 members of Forestdale Heights Lodge and their spouses, gathered for the 47th annual installation at 4300 Bathurst Street.

Although we gathered in a casual setting, the elegant centrepieces created by Debbi Silver made the tables sparkle.

As guests arrived, they were treated to hors d'oeuvres including wings, egg rolls, sushi and pigs in a blanket.

Eventually, it was time to take a break from fressing, so master of ceremonies, Michael Kates, opened the proceedings, welcoming everyone to the special occasion before introducing outgoing president Ray Moscoe who led the candle lighting ceremonies. Afterwards, Ruth Pupko, read the opening prayer and Ray returned to the (invisible) podium, to give his outgoing president's address (full text of the speech can be found in this bulletin and at kolechad.ca/ray.htm).

Carl Zeliger made the hamotzi and everyone settled into a delicious meal catered by Chicken Nest, which included chicken schnitzel, chicken wings, salad and vegetables.

After dinner, Michael Kates donned his second hat, as installation officer, uninstalling the outgoing executive, and installing the new executive for 2013-2014.

Finally, Harvey Silver was installed as president of the Lodge, returning to the top position after a 12-year absence. (Harvey served as president in 2000-01). Harvey thanked all those responsible for creating the memorable evening and outlined his goals for the coming year (his speech can be found in this bulletin and online at kolechad.ca/president.htm).

He also presented gifts to outgoing president Ray Moscoe for his three years of service to the Lodge, and, as is a Lodge tradition, to his wife, Rosalie.

As the evening was winding down, Ray Moscoe, in his new position as Lodge chaplain, gave the closing prayer. Before that though, he presented Stuart Indig with the Al Reider Memorial Award for CVS Service and Jeff Rosen with the Norm Aronson Memorial Humanitarian Award. Before we went our separate ways, Rosalie Moscoe and Sandy Gordon led everyone in a sing-a-long.

If the installation is an indication of the year to come, Forestdale Heights should have a great year.

Jeff Rosen

INSTALLATION 2013



More photos
can be found
on
kolechad.ca.
[Jeff Rosen
photos]





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SANDY'S SCRIPT



What are the most important criteria of having a good time?

Money, lots of friends, good food, lively parties, drinking, movies, fast cars, casinos and a lot more I have not

mentioned...so what's the answer?

If you say, positive attitude, good disposition, kindness, spontaneous love a good time and money spent wisely within your budget, I would say – Good for you!

We don't always have to go out to have a good time....spending time with family and friends can be a fun thing to do!

What about Forestdale Heights Installation on May 5? Now that was a good time! Did you happen to notice

that everyone was open to have that good time! It all narrows down to what each person sees as a good time. Personally, I happen to enjoy the spontaneous aspect of that evening! I think that is why our events are so successful! Our BBQs are always nice....trips to Niagara are great and we usually have many laughs at our meetings. What could be wrong?

So, I think the moral of the story is that it does not take much to get together to enjoy each other's company and it always ends up with everyone having a good time.

Enjoy your summer. If you are going away, be safe and if you are staying at home, get the BBQ ready!

Life is too short! Enjoy!

Until the next time,

Sandy Gordon



NOTES FROM NATE

WILL RETURN

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 e-mail czeliger@wza.ca.

All proposals will be voted on at our June meeting.

Shalom & Linda
Magazzinich



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FORESTDALE FUNNIES



A man questions if having sex on the Sabbath is a sin because he is not sure if sex is work or play. He goes to a priest for his opinion on this question. The priest says after consulting the Bible, “My son, after an exhaustive search I am positive sex is work and is not permitted the Sabbath.”

The man thinks, “What does a priest know about sex?”

He goes to a minister... a married man, experienced... for the answer. He queries the minister and receives the same reply. Sex is work and not for the Sabbath! Not pleased with the reply, he seeks out the ultimate authority -- a man of

thousands of year’s tradition and knowledge: a rabbi.

The rabbi ponders the question and states, “My son, sex is definitely play.”

The man replies, “Rabbi, how can you be so sure when so many others tell me sex is work?”

The rabbi softly speaks, “If sex were work...my wife would have the maid do it.”

* * *

Sadie and Benny were both 65 years old and were celebrating their 40th wedding anniversary. When all the family and guests had left their house, a fairy appeared from nowhere and said to them, “Congratulations, you two. I’m here to grant you both one wish each.”

Sadie said, “I want to travel around the world.”

The fairy waved her magic wand and POW – Sadie had tickets in her hand for a round the world cruise on a Cunard liner.

Then the fairy asked Benny what he wanted.

Benny replied. “I wish I had a wife 30 years younger than me.”

So the fairy picked up her wand and POW – Benny was 95 years old.

* * *

Maurice and his wife Sadie were asleep one night when suddenly, at 2 a.m. in the morning, the phone rang. Sadie picked it up.

She listened to the caller then said, “How the hell should I know. It’s 95 miles away.” She then hung up.

Maurice asked, “Who was that?”

Sadie replied. “Some mad woman wanting to know if the coast was clear.”

OUTGOING PRESIDENT'S ADDRESS



Time flies. I can't believe it's been three years since my first installation and I think we've accomplished some good things. We had great turnouts at all our basket deliveries for

the Jewish needy at Chanukah and Purim. The bingos organized by Richard Kotzen and supported by Stewart Indig and Barry Gordon were so appreciated by the people in the 4300 Bathurst Street building and the surrounding community as were the Megillah readings – always a hit, run by Carl Zelig. We did good work for the Jewish Food Bank both with goods and monetarily, again organized by Carl. We were always fed well at our monthly meetings thanks to Albert Ohana and Harvey Silver. Please keep up the good work!

We had some interesting and entertaining speakers, continuation of our participation in the Toronto Marathon, when six of our members came to man a water and Gatorade booth 5:45 a.m. this morning for both the full and half marathon. Many runners came by to thank us and

commented how clean we kept our booth and we felt proud displaying our B'nai B'rith banner. We had fun social events such as Chanukah parties organized by George Garten, the BBQs when the Isenbergs graciously opened their home, and the Woodbine Race Day that is always a 'winning' proposition - maybe not for everyone!

We ran some fundraising programs such as the sale of the Entertainment book, sale of my wife Rosalie's own bestselling, stress-relief book along with the sale of the purse hangers. We also carried on our great tradition of CVS and gave funds to important charities. Thanks to my entire executive and to my wife, Rosalie, for your ongoing commitment. I truly appreciated your input.

I want to thank all of you for your support over the last three years, and especially to Jeff Rosen for lending us his talent and spearheading with Harvey Silver and Debbie Silver a fabulous accomplishment of our award-winning publication, *Kol Echad*, recognized by all of B'nai B'rith and farther afield. We wish Jeff much success in the future and who knows, maybe *The CJN* will be saved or morphed into a new type of publication. I know we all wish Jeff well.

Continued on next page

Let's keep the positives coming, and add some new programs. I'm asking everyone here to get behind our new president Harvey Silver, support him and get involved. We are all busy with our families and our lives, but there has to be time for community and especially our Jewish community.

New members should be high on the agenda so let's all think of one or two people who may be interested and bring your friends and neighbours out to a meeting and get them involved. We need new members and new blood in the lodge.

Unfortunately, we've lost two prominent members of our lodge during my last three years – Bonnie Kates, z"l, and Irv Pupko, z"l, both past

presidents. They were so helpful to me, always there to lend a hand, and to give great advice especially when I first became president. Both Bonnie and Irv will be in our hearts forever.

How lucky we are to be living in a country where we can openly belong to a Jewish organization, like B'nai B'rith and fly our banner high. We have to keep the tradition of B'nai B'rith - "people helping people" alive and well.

I may not be your president any longer but I'll always be part of B'nai B'rith and Forestdale Heights Lodge. Thank you and good health to everyone.

Ray Moscoe



Outgoing president Ray Moscoe, right, presents Jeff Rosen with the Norm Aronson Memorial Humanitarian Award. [Debbi Silver photo]

GOOD & WELFARE

Birthdays

Stewart Indig
Harvey Silver
Jeff Rosen
Lisa Rosen
Charlene Garten
Maurice Hinkowitz
Evie Isenberg
Stan Zeliger

June 1
June 6
June 12
July 30
August 2
August 18
August 19
August 19



Happy Birthday to all the “summer babies” in FHL

Anniversaries

George & Charlene Garten
Jacquie & Lloyd Lindsay
Carl & Debbie Zeliger
Barry & Sandy Gordon
Ray & Rosalie Moscoe
Ivan & Elizabeth Bloom
Marc & Anna Pollock
Stan & Carol Udell
Michael & Carol Pacter
Albert & Honey Ohana
Stan & Janet Zeliger
Stewart & Cathy Indig

June 2
June 5
June 8
June 15
June 21
June 27
June 29
June 30
July 2
August 15
August 16
August 23



Happy Anniversary to all those who celebrate summer anniversaries

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

HEALTH IN HARMONY



In April 2013, I attended the 42nd annual International Conference of Orthomolecular Medicine Today in Toronto. It is a continuing education event for MDs, NDs, PhDs and other health professionals.

The conference is sponsored by the International Schizophrenia Foundation, of which I am proud to serve as vice-chair of the board. I have been attending the conferences for over 20 years and each year it's a treat to hear something new and exciting about orthomolecular (therapeutic nutritional) medicine as treatment for mental illness and other disease states.

Speakers and attendees came from countries around the world and this year we had leading doctors, psychiatrists, scientists, and naturopaths presenting over three days to over 250 attendees.

Subject matter was varied, with doctors from Japan, Brazil, Canada, and the U.S. taking part. We learned about intravenous Vitamin C treatments for cancer and even a cancer vaccine, which uses the patient's own blood as a base for the vaccine. An American doctor from New York City spoke on his successful Anti-Cancer Regimen – an Individualized

Nutrition Detoxification and Enzyme Therapy. We learned about the ill health effects of consuming too much salt in our diets and another doctor had similar grim research about the effects of too much sugar in our diets (150 – 225 lbs. a year compared to 6 lbs. of sugar a year per person a hundred years ago). One doctor spoke about successful nutritional treatments for depression and bipolar disorder.

Orthomolecular treatments for illness is a complementary medical treatment (started in the '50s) using vitamins, minerals, amino acids, essential fatty acids and other natural substances already found in the body. These treatments lead to better health outcomes and can be used with medication. A healthy, allergen-free diet is an important part of most treatments. Food does matter!

A public lecture was held at the end of the conference entitled Mental Health Regained featuring a panel, which included a psychiatrist, a naturopathic doctor and a recovered patient. Questions from the audience were taken and it was a lively and informative session.

Anyone interested in learning about orthomolecular medicine can go to www.orthomed.org or call me for more information.

Wishing you all good health,

Rosalie Moscoe

AS I SEE IT



This past year, winter seemed particularly long. The warm weather brought with it the discard of multiple layers, jackets and winter boots. All of a sudden, it seemed that the lengthy hibernation was

over as the world drunk in the sun. Kids were once again riding up and down the street on bikes, and people were out for leisurely walks.

I love the changing seasons, even though the weather in Canada keeps us on our toes. The summer months bring outdoor activities, gardens, sandals and somewhat of a break. Long weekends, outdoor entertaining, late sunsets and the return of the birds are the things that I look forward to. Sipping a quiet morning coffee out on the deck is perfection.

Digging in the garden allows this city boy to get in touch with nature. I take great satisfaction in harvesting

the few cherry tomatoes that my small vegetable garden will allow, and I wait with anticipation watching them slowly ripen. My annual trip to the nursery is fun. Looking at new varieties of plants and the multitude of colours opens up a world of creativity and possibilities. “How will this look in the garden?” or “Is this the right plant for this particular spot?” are the questions running through my mind.

Summer seems to unburden us, in some small way, of the stresses of daily life. It’s not necessarily relaxing, but it does give our bodies and minds the chance to recharge. September, Rosh Hashanah and the High Holidays seem so far away, but I know that they will

be here in no time at all. Lives are crazy, but hopefully, we will take the time to enjoy the summer, being around family and friends and find those special summer moments, even if it is only sipping a quiet morning coffee out on the deck.



Marc Kates



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