

Forestdale Heights Lodge, B'nai Brith Canada

# KOL ECHAD

Volume 14, No. 10

June 2016  
Iyar/Sivan 5776



# COVER ART

It's almost summertime and you know what that means? It's time to get out of the city, perhaps to take in Ontario's natural beauty or to get out of the country. [Jeff Rosen photo]



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# PRESIDENT'S PEN

Stewart Indig

By the time you read this, the installation will have come and gone and everyone who attended will have had a great time. Once again, I want to thank my wife Cathy and Debbi Silver for keeping on top of everything and looking after every little detail.

In reality, the installation is this Sunday, May 15, and I still have to write a speech and write my very first President's Pen. We still have many things to do for the installation, but I will find the time to write a short speech. Believe it or not, I find writing the President's Pen a lot more challenging.

Nobody is going to remember my installation speech, but everyone will read this column and can always reread it at a future date. So, I ask you, my fellow Lodge members, what would you like to see in my column? I will start with this edition telling you why I joined the Lodge.



The truth is my late father-in-law, Morris Shapransky, was a member. He thoroughly enjoyed being a member of the Lodge. After his death, I was looking for something to do and the Lodge came up. I figured I would give it a shot. I too enjoyed it and felt very welcomed. I felt good giving of myself, helping with bingo, our Purim programme, and the Goodlife Marathon. I also got into the gifts for the emergency workers and organizing assistance at The Yellow Brick House. I found that to be a real eye-opener.

During my term as president, I would really like every Lodge member to experience an eye-opener. Do not ever think you do enough, as there is always more than can be done. I truly believe you get out of it at least what you put in. Remember, this is your lodge. Forestdale Heights Lodge cannot survive without you. I encourage you to get involved and experience the good feelings as I did and continue to do.

# KOL ECHAD

Kol Echad is the official publication of Forestdale Heights Lodge, B'nai Brith Canada. It is also an associate member of the American Jewish Press Association.

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  
Marc Kates, Lisa Rosen  
Debbi Silver

Printing/Mailing  
Aaron Pacter  
Michael Pacter

# AT A GLANCE

June 6	Dinner Meeting
June 14	Bingo
August 7	Lodge Summer BBQ
September 12	Opening Dinner Meeting
October 16	Breakfast Meeting
November 14	Dinner Meeting
December 12	Dinner Meeting
January 9	Dinner Meeting
February 13	Nominations/Dinner Meeting
March 11	Purim Programme
March 13	Elections/Dinner Meeting
April 3	Dinner Meeting
May 8	Dinner Meeting
June 4	Gala 50 <sup>th</sup> Anniversary Installation

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



Kol Echad will return in September. For all Lodge-related information during the summer, go to [kolechad.ca](http://kolechad.ca)



# EDITOR'S DESK

Jeff Rosen

*The seasons, they go round and round and the painted ponies  
go up and down, we're captive on the carousel of time, we can't  
return we can only look behind from where we came...  
...And go round and round and round in the circle game.*



**H**ave you ever got a tune stuck in your head? No matter what you do, it refuses to go away. This happened to me last month as I was driving to the gym one morning. So, what to do? Well, I got to the gym and immediately began jotting down this missive.

It's funny how true the words to this song are. The older I get, the faster the "carousel of time" moves. It seems like just yesterday when we launched the Lodge's 2015-16 year. It's been an interesting one, but despite some obstacles, we continue to move forward. The most important thing is for everyone to remain healthy.

So, here we are, at the end of another cycle. We have just enjoyed another installation. Now we are getting ready to enjoy some good weather (hopefully). I am certainly looking forward to the summer season. It's a time to do some gardening, see this beautiful province, and generally enjoy life.

I guess that means less work, more play. That's all right in my book, especially when it comes to this bulletin. As we have done in years past, Kol Echad is shutting down for the summer. Everyone involved deserves the break, seeing how hard they work each month turning out new material.

I don't say it enough, but Team Kol Echad really is the best. Their contributions make this volunteer publication special. Special thanks to Harvey Silver who maintains the business end of Kol Echad, making sure the dollars keep rolling in, as well to our dedicated roster of columnists: Stewart Indig, Sandy Gordon, Rosalie Moscoe, Marc Kates and our newest columnist, Debbi Silver. You people are strengthening a key flank of the Lodge. Thanks also to Michael and Aaron Pacter, who print Kol Echad, and to all our advertisers who provide monetary support for our endeavour.



**Continued on next page**

It has been a pleasure working with each of you. Have I forgotten anyone else? Maybe I just like saving the best for last! That would be my wife Lisa, who keeps me grounded and provides ongoing support and much needed feedback on this project throughout the year. She is a true hero in my books.

We hope you have enjoyed the past 10 issues of Kol Echad. All being well, we will be back in the fall with all your favourites, plus interesting and informative material to entertain and amuse you.

Until then, see you in the funny papers.

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For more programme information on BBC events go to [kolechad.ca/bbc.htm](http://kolechad.ca/bbc.htm)

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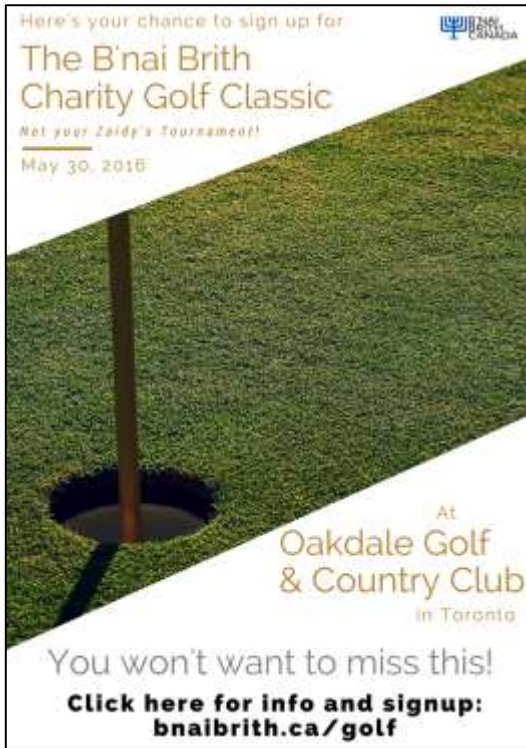
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# TALKING POINTS

Debbi Silver



On April 17, Ruth Pupko, Lisa, my daughter, and I participated in J-Serve Toronto. BBYO sponsors the event, which invites all youth movements to join in for a day of community service. Forestdale Heights Lodge was very generous and donated \$360 to help sponsor the lunch for the approximately 400 teens. Lisa was the photographer for the day. Ruth and I came away from the event feeling so good that we could give our time to this very worthwhile cause.

This is an excerpt from Lisa's Blog, which she wrote after the event:

## **CIRCLES OF RESPONSIBILITY- LISA SILVER**

"Charity begins at home." How many times have you heard (or said) this? I know I have said it many times. It is true. What is truer is what you learn as you start to get older and become a part of a world that revolves outside your home and family circle.

A couple of years ago I attended a class that was entitled, "Circles of Responsibility." It touched on all the different levels we are responsible for including ourselves and the ones around us.

Your first circle is your home and family. After that, comes your extended family, then your community, your Jewish community and then the global community. Thankfully, for me, community service has always been a part of my life and it continues to be today.

This past Sunday was a global initiative called J-Serve. For those who are not familiar with this programme, it is an international day of Jewish Youth Service.

J-Serve provides teens with the opportunity to fulfill the Jewish values of *gemilut chasidim* (acts of loving kindness), *tzedakah*, just and charitable giving, and *tikkum olam*, the responsibility to repair the world. Across the globe, teens join each other to make their community and the world a better place.

Over 400 teens participated in Toronto in about a dozen different service projects serving our Jewish (and global) community at large. The day started with teens and volunteers bringing in food for the Kosher Food bank.

**Continued on next page**



Being the week before Passover, I am sure it helped the kids as their parents were probably cleaning out their pantries for the holidays.

I was taking photos at different venues and had the chance to see wonderful work being done. Among the many activities, teens packaged food for those living on the streets with the great organization Ve'ahavta, took part in mock Seders with seniors and for those who have cognitive challenges and helped clean up at the Kehilla Residential Programme.

Thinking about the teens at the J-Serve event, I was aware that after their service work was complete, they returned to CHAT with their high school service forms and had their volunteer hours documented. We did not have mandatory community service hours "back in the day." This programme is a good thing. There should be more hours and there is no reason not to start earlier than high school. Think about your circles of responsibility on all levels: family, extended family, the Jewish community, the global community.

Live your best life.



**Debbi Silver and Ruth Pupko at J-Serve**

# GOODLIFE MARATHON

What's the one thing everyone really wants to do the day after Passover ends? I imagine most people would not guess that the correct answer is to get up at the crack of dawn, dress in layers and head over to North York's former city hall.

However, five members of Forestdale Heights Lodge did just that on May 1, returning for the eighth year to operate the hydration station at the starting point of the Goodlife Toronto Marathon.

Last year's crack volunteer team was back as we dutifully set up this popular operation at the corner of Beecroft Avenue and North York Boulevard. For those not in the know, the team included Stewart Indig, Ray Moscoe, Harvey Silver, Michael Kates and myself.

Before we got started, our hearty volunteers took a moment to hydrate with a cup of hot coffee, brought to the site by our trusted resource person, Harvey Silver (and donated by Tim Hortons). We then kicked our well-lubricated machine into high gear, setting up the tables, preparing Gatorade and filling cups with water and Gatorade for those taking part in one of the three runs that day. (There was a half marathon, a marathon and a relay).

The chill in the air and the damp, rainy weather, failed to dampen the spirits of the runners and many thanked us for our efforts. As well, marathon organizers praised us for our dedication and for operating a well-run and clean site. Overall, 1,800 people ran the marathon and 3,840 ran the half marathon.

The biggest difference from last year was the lack of spectators watching the runners, no doubt due to cooler weather this year.

Our participation in the marathon remains one of the Lodge's most successful CVS programmes of the year. I am sure that our Lodge's name is already on a list of volunteers for the 2017 Goodlife Marathon.

With the "work" part of the morning over, we gathered for our traditional post-marathon breakfast at the Fry Basket Restaurant. All enjoyed a great post-Pesach breakfast!

***Jeff Rosen***

# GOODLIFE MARATHON



More photos available at  
[kolechad.ca/marathon16.htm](http://kolechad.ca/marathon16.htm)  
[Jeff Rosen photos]

# INSTALLATION

While the temperature outside hovered just above freezing, there was nothing but warmth and a great vibe inside the party room at 7 Towngate Drive, as Forestdale Heights Lodge celebrated its 50<sup>th</sup> Annual Installation on Sunday, May 15.

After serving as Acting President since the start of the year, Stewart Indig took his rightful place as the Lodge's top elected official, together with a strong executive designed to carry us into the future.

Ray Moscoe opened proceedings, warmly welcoming 29 members, spouses and family members to the special evening, before calling upon myself to lead the menorah lighting.

After the lights were lit, our chaplain, Harvey Silver, gave the opening prayer and Carl Zeligler made the hamotzi, cut the challah and served it to all present.

Ray then invited one table at a time go to the buffet table, where we were treated to chicken, potatoes, vegetables and salad, from Levy's Catering. Everyone agreed that it was one of the best installation meals in years.

After everyone was well fed, Michael Kates, dutifully uninstalled the members of the 2015-16 executive and then installed our new team, concluding with our new president.

As incoming president, Stewart's speech was not too long, not too short (in short, the perfect length).

It was then time for dessert, but before everyone headed back to the buffet table, a special event was celebrated, as a birthday cake was brought out for our new leader.

To conclude the evening, Debbi and Harvey Silver, were called upon to deliver the closing prayer and turn off the "candles."

Before guests departed, they were given a special gift set of balsamic vinegars and olive oils from the Kingston Olive Oil Company, one of our bulletin's key advertisers. Another advertiser, Simcha Wine, supplied the wine.

With the installation now part of Forestdale Heights' history, we now embark upon the start of our 50<sup>th</sup> year, which will conclude with a gala installation on June 4, 2017.

Until then, may our Lodge continue to grow from strength to strength and may our new executive have a successful year.

***Jeff Rosen***



# INSTALLATION



For more photos, go to [kolechad.ca/installation16.htm](http://kolechad.ca/installation16.htm)



# GOOD & WELFARE

## Birthdays

Stewart Indig	June 1
Harvey Silver	June 6
Jeff Rosen	June 12
Mark Spergel	July 6
Lisa Rosen	July 30
Stan Zeliger	August 19



*Happy Birthday to all the "summer babies" in FHL*

## Anniversaries

Carl & Debbie Zeliger	June 8
Barry & Sandy Gordon	June 15
Ray & Rosalie Moscoe	June 21
Ivan & Elizabeth Bloom	June 27
Marc & Anna Pollock	June 29
Michael & Carol Pacter	July 2
Albert & Honey Ohana	August 15
Stan & Janet Zeliger	August 16
Stewart & Cathy Indig	August 23



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).



# BINGO

Our next Bingo will be held on Tuesday, June 14. After that, we break for the summer.

If you would like to help out, please contact Richard Kotzen (416) 783-2737 or [richkotzen@rogers.com](mailto:richkotzen@rogers.com)



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May 1, 2016

Dear Forestdale Heights Lodge, B'nai Brith,

I wanted to thank for your recent generous donation. Your continued support is greatly appreciated.

Imagine A Cure for Leukemia is a not-for-profit organization and our goal is to raise money to support leading edge research to find a cure for Leukemia.

We fund projects where medical breakthroughs have already been achieved, and where additional research is needed to turn them into better treatments for people.

Imagine A Cure for Leukemia was born in 2006 with the purpose of providing hope, strength and courage for people with Leukemia. Since our inception we have donated over 1.2 Million Dollars which has funded leading edge research.

Your support makes our fundraising dreams a reality.

Thank you for your support and for imagining a cure for leukemia together with us.

In good health & happiness,

*Nara Abrams*

Founder & Director-Imagine A Cure for Leukemia

## 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 assist this organization. We are asking members to bring toiletries when they come to monthly meetings. For a complete list of much-needed items, go to [kolechad.ca/cvs.htm](http://kolechad.ca/cvs.htm).



# HIGH HOLIDAY GREETINGS 5777

Kol Echad is currently planning our annual High Holiday 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. Additional sizes are available upon request. The greetings will appear in the October issue.

We will accept submissions and payments at our June 6 meeting, as well as by e-mail and snail mail during the summer. Final deadline for submissions is August 15. Members can make payments either by cheque or at our September meeting. Once you have decided on your greeting, please send wording to Jeff Rosen at [jelijo@sympatico.ca](mailto:jelijo@sympatico.ca).

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# HEALTH IN HARMONY

Rosalie Moscoe

I recently returned from a three-day inspiring conference in Vancouver, Orthomolecular Medicine Today, which highlighted the latest in therapeutic nutritional medicine used around the world to prevent illness and improve health. Over 20 health professionals, medical doctors, psychiatrists, PhDs, Naturopathic doctors and other researchers presented research from Japan, U.S., Australia, and Canada.

Of great interest were the mental health topics: Optimal Kids: Improving Children's Mood, Behaviour and Learning (with healthy diets, testing for nutrient levels, better sleep and exercise, and healthy emotions), by Ron Hunninghake, MD, Chief Medical Officer of the Riodan Clinic, in Wichita, Kansas.

Another great talk was The Microbiome in Psychiatry: Diet as a Prevention and Treatment across the Lifespan, by Prof. Felisce N. Jacka, PhD, Deaken University, Australia. Dr. Jacka outlined studies that show that unhealthy diets of the past number of years in North America have serious ramifications for worsened mental health in both children and adults. Fifty eight percent of Americans' diets are derived from ultra-processed foods.

One hope is the Mediterranean Diet which not only promotes cardiac improvements (lowering of blood pressure), but its use also results in less depression. The Diet accents fresh fruit, veggies, whole grains, legumes, nuts, olive oil, fish and seafood, garlic and aromatic herbs, small amounts of cheese and meat.

One striking lecture was Orthomolecular Therapy for Dementia: The Kono Method, by Kazuhiko Kono, MD, of Japan. His findings showed that most of the central nervous system diseases could be prevented or reversed with specific nutrients such as glutathione, Vitamin C, fumaric acid and coconut oil, (some given by intravenous (IV) therapy). Nutrients are safe additions to medication protocols. We viewed videos of many dementia and Parkinson's patients before and after treatments. A positive difference resulted in just one treatment, then more in progressive treatments – large increases in mobility and regeneration of memory. He hopes to bring doctor-training programmes to Canada.

Video recordings of all sessions at the 45th annual OMT Conference, 2016 can be viewed online shortly at [www.csom.ca](http://www.csom.ca). Good health to all!

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).

## **1984 – FHL Presidents: Allen Goldberg/Stan Horowitz**

January 24 – Apple Computer places the Macintosh personal computer on sale in the United States.

February 29 – Prime Minister Pierre Elliott Trudeau announces his retirement.

May 19 – The Edmonton Oilers win The Stanley Cup, beating the defending champion New York Islanders in four games to one.

June 16 – The world-renowned, critically acclaimed Canadian entertainment company, Cirque du Soleil is founded.

June 30 – John Turner becomes Canada's 17th prime minister.

September 4 – The Progressive Conservative Party led by Brian Mulroney, right, wins 211 seats in the Canadian House of Commons, forming the largest majority government in Canadian history.



October 5 – Marc Garneau becomes the first Canadian in space, aboard the Space Shuttle Challenger.

November 6 – United States presidential election, 1984: Ronald Reagan defeats Walter F. Mondale with 59% of the popular vote.

December 4 – Hezbollah militants hijack Kuwait Airlines plane, four passengers killed.

## **1985 – FHL Presidents: Stan Horowitz/Harvey Glasner**



June 6 – The remains of Josef Mengele, buried in 1979 under the name of Wolfgang Gerhard, are exhumed in Embu das Artes, Brazil.

July 3 – Back to the Future opens in U.S. theatres.

October 1 – The Israeli air force bombs PLO Headquarters near Tunis.

October 7 – The cruise ship Achille Lauro is hijacked in the Mediterranean Sea by four heavily armed Palestinian terrorists.

November 20 – Microsoft releases the first version of Windows, Windows 1.0.

**Continued on next page**



**1986 – FHL Presidents: Harvey Glasner/Gabriel Nachman**

January 28 –Space Shuttle Challenger disintegrates 73 seconds after launch from the United States, killing the crew of seven astronauts, including Christa McAuliffe.

February 11 – Natan Sharansky, right, is released by the Soviet Union and leaves the country.



April 13 – Pope John Paul II officially visits the Great Synagogue of Rome, the first time a modern Pope has visited a synagogue.

April 17– The Hindawi affair begins when an Irishwoman is found unknowingly carrying explosives onto an El Al flight from London to Tel Aviv.

April 26 – A mishandled safety test at the Chernobyl Nuclear Power Plant in Pripyat, Ukrainian SSR, Soviet Union "killed at least 4056 people.

June 4 – Jonathan Pollard pleads guilty to espionage for selling top-secret United States military intelligence to Israel.

# KOL ECHAD AD RATES

## BLACK & WHITE

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# AS I SEE IT

Marc Kates



It's hard to believe that June is almost around the corner, and besides looking forward to nice weather, I look forward to the summer arriving and the change of pace. Even though school will be out for the summer, school is never altogether out of my mind. This July I plan to take a course in continuing education.

This time of year means a focus on exams, graduation, and report card writing. Another school year will come to a close, and a new one will be around the corner. My own kids have a picture book entitled "Mrs. Spitzer's Garden" about a teacher who every year is presented with a pack of seeds to nurture. The book is a metaphor for the teaching profession, and its messages about tending to each flower/student are quite profound.



With this batch of grade 8 students leaving for the wider world, I wonder if my colleagues and I have truly prepared them for the world beyond. What I know will face them in the future is rather scary. I don't know if they are ready for the independence, the hard decisions, and the hard realities that await them. Will alcohol and drugs tempt them? How stupid will the stupid things be that teenagers often do? How will they express their Jewish identities, and how will they deal with their first taste of anti-Semitism and anti-Israel sentiments?

I have no doubt that many of my students will be just fine. They've learned the lessons, know how to write an essay, and are articulate. Yet, there are those who I know will fail once the bubble wrap of elementary school is peeled off. I worry about these students the most. I hope that they are armed with the understanding of who they are, what they want, and with the ability to think critically about the world around them. The world is a pretty big place and I hope that I've contributed to making competent and successful members of society.

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