

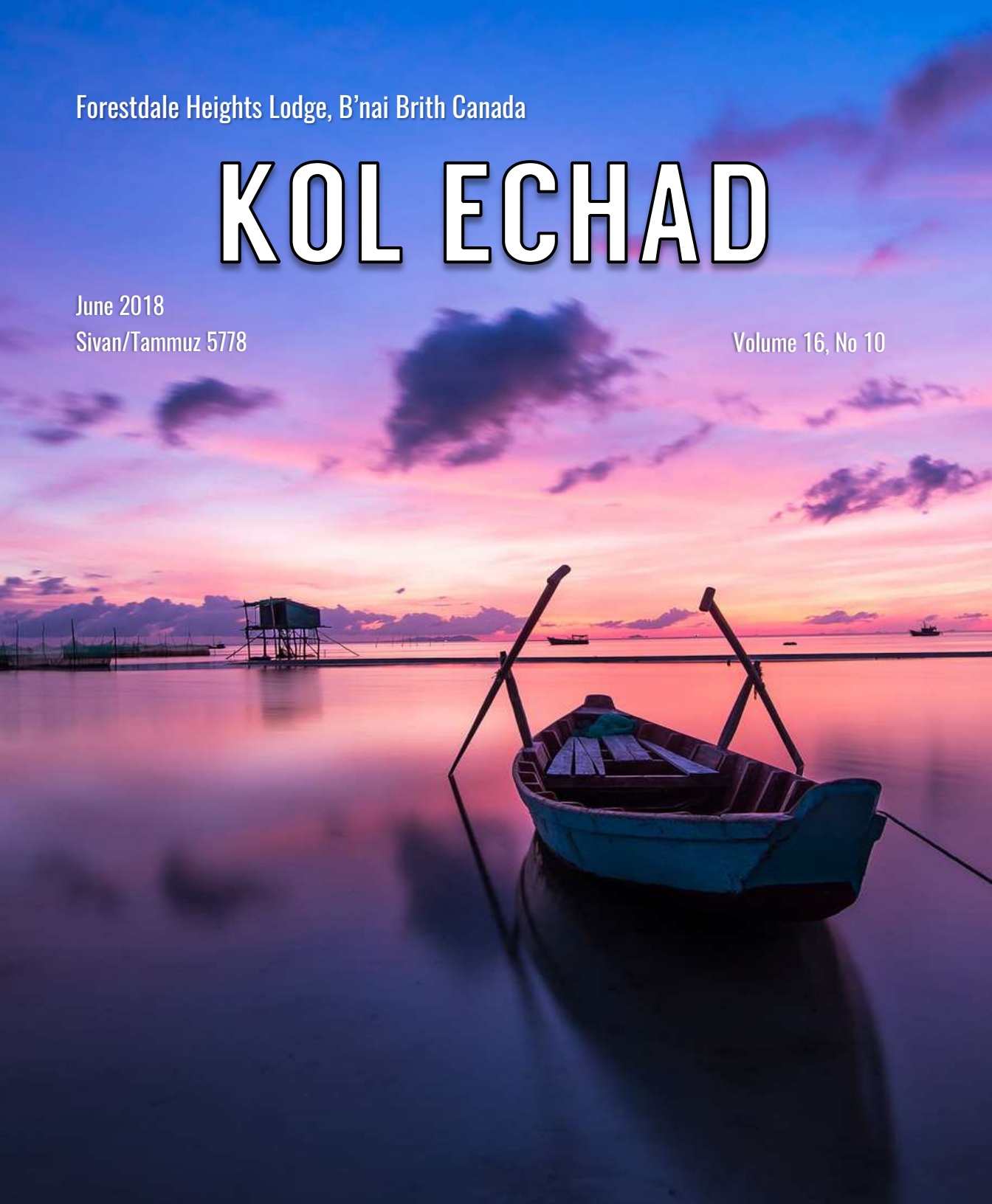
Forestdale Heights Lodge, B'nai Brith Canada

# KOL ECHAD

June 2018

Sivan/Tammuz 5778

Volume 16, No 10



# COVER ART

The days are longer and warmer. It's finally time to get outside and enjoy some great weather. Whatever your plans, we hope everyone enjoys the summer of 2018.

## KOL ECHAD WILL RETURN IN SEPTEMBER 2018

For all Lodge-related information during the summer, including our installation/BBQ, go to [kolechad.ca](http://kolechad.ca).

If you would prefer to receive all future issues online, rather than through the mail, please inform Harvey Silver at [debbisilver@rogers.com](mailto:debbisilver@rogers.com).



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# PRESIDENT'S PEN

Stewart Indig



Another year is coming to a close. Boy, how quickly time passes. It seems our annual events and CVS programmes get better every year. The efforts that we put into the programmes are matched by the gratitude received.

This past year we received many more “thank yous” for delivering the year-end chocolate cookies to Emergency Personnel. There was a lot of gratitude shown by the runners at this year’s Toronto

Marathon race. As well, the appreciation shown by those receiving Chanukah and Purim basket deliveries made it worth the effort. As I have stated many times before, those were my reasons for joining the Lodge. Our CVS programmes continue to assist communities throughout the GTA. One additional plus is that I have found that everyone in the Lodge participates in at least one of these programmes. This is, and will always be, one of the best parts of Forestdale Heights. No, change that to the best part. It is followed very closely by our social outings: the Chanukah party and our annual BBQ.

Forestdale Heights Lodge is both a social and CVS Lodge. We are small enough to be family. How perfect is that! Someone once said that there is strength in numbers. Our Lodge is already strong, so therefore by growing it, it can only get better.

Our Kol Echad is one of the best in all of the Lodges. It is read by people far and wide. Our Lodge is known throughout the world.

Another year is ending. I have had the honour and pleasure of leading the Lodge these past couple of years and am looking forward to leading it again in 2018-2019. I know that our CVS programmes will continue to grow and will be well received. That is why I do it. Cathy and I are looking forward to hosting our annual BBQ again this year. For the first time we will combine it with our installation. As with most of our CVS events, I hope the weather holds out.



# KOL ECHAD

Kol Echad is the official publication of Forestdale Heights Lodge, B'nai Brith Canada.

It is published 10 times a year.

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

All material submitted is subject to editing.

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

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

Editor

Jeff Rosen

Advertising

Harvey Silver

Editing Staff

Marc Kates

Lisa Rosen

Debbi Silver

Printing/Mailing

Aaron Pacter

Michael Pacter

## AT A GLANCE

June 11	Dinner Meeting
July 8	51 <sup>st</sup> Annual Installation/BBQ
September 17	Opening Dinner Meeting
October 8	Dinner Meeting
November 12	Dinner Meeting
December 10	Dinner Meeting
January	No Meeting
February 11	Nominations & Dinner Meeting
March 11	Elections & Dinner Meeting
March 20	Purim Programme
April 8	Dinner Meeting
May 5	Toronto Goodlife Marathon
May 13	Dinner Meeting
June	52 <sup>nd</sup> Annual Installation

*All Dates Subject to Change*

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

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## KOL ECHAD 18-19

What's next for Kol Echad 2018-2019?

We want to know what you think. What would you like to see in **YOUR** Lodge bulletin? Should it continue to be mailed out or distributed at meetings?

**YOUR** ideas....**YOUR** bulletin...**YOUR** Lodge.

Send your thoughts to [jelijo@sympatico.ca](mailto:jelijo@sympatico.ca).



# EDITOR'S DESK

Jeff Rosen



There has to be some error in my birth certificate. I know that it records my birth date as June 12, 1958, however I don't feel like a 60-year-old. Then again, how is someone who is about to start their seventh decade supposed to feel?

I certainly don't think I act differently than I did a decade ago. I attribute any changes to my new retired lifestyle, which grants me the freedom to pretty much say how I feel on any given subject. Most days I dress the same as I did years ago, especially in summer when I can be found wearing Hawaiian shirts and shorts. I know I'm more forgetful, but I still know the important stuff and, besides, Google Calendar ensures that I'm where I should be on a given date.

Still, I find that time is moving too quickly. I look at my daughter and can't believe she will be 27 this year. What happened to the baby, the child, even the teenager? I listen to her talk about her love of her job as a Registered Early Childhood Educator and she sounds like I did three decades ago. It's spooky and the reference point makes me realize that those years are so far in the past.

I look around our home, where we have been living for 27 years, and the memories flood back. There have been so many dinners and celebrations with family members and friends who are no longer with us. It makes me realize that there are more years behind me than lie on the road ahead.

However, I'm going to do what I've always done when confronted with an unpleasant truth, which is to smile and try to make the best of the situation. Life is for the living and I always enjoy new challenges. Besides, as I love telling Lisa, it certainly beats the alternative.

The other thing I'm going to do is continue to write. It also means that I will be staying on as this Lodge's communications chief, penning this column and creating our monthly bulletin and website.

**Continued on next page**





No matter how much time I invest in Kol Echad, this certainly is not a one-person operation. Before we consign this column to history, I would like to thank all those who make Kol Echad possible, including Stewart Indig, Harvey and Debbi Silver, Rosalie Moscoe, who has been writing for Kol Echad since December 2008, Marc Kates, and Michael and Aaron Pacter, who print this publication.

Of course, I could not do this without the cooperation of my wife, Lisa. She keeps me grounded when my ego spirals out of control and provides inspiration when life seems to be at its worst. Both she and our daughter make life an amazing adventure, one that I would not miss or change for anything.

I hope that life is just as sweet for you, your spouses and families. All being well, we will resume this dialogue in September.

For now though, we're done for the season. Have a great summer and enjoy life.



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# **FORESTDALE HEIGHTS LODGE'S 51ST ANNIVERSARY INSTALLATION**

The installation will be held on Sunday, July 8 at 5:30 p.m. at the home of Stewart and Cathy Indig, 43 Bryant Street, in conjunction with our popular annual BBQ.

Cost is \$20/person.

Please RSVP to Albert Ohana at [salonpiaff@rogers.com](mailto:salonpiaff@rogers.com).

Payments due by June 11.





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# TALKING POINTS

Debbi Silver



Having just read my article from June 2017, I can't begin with the same sentence. I think I can safely say again, really, where did the year go?

On April 29, I volunteered at JServe, a programme sponsored by BBYO. The teens choose from about 10 different places, i.e. Crafting for A Cure, Ve'ahavta, going to VIVA Seniors Residence, etc. There is a speaker at the beginning of the programme, and then the teens go out to the different areas. At the end, they each receive four hours, which go to their community service hours, which they require for high school. I would like to say *Yasher Koach* to Kevin Goodman, executive director of BBYO. Kevin had to cancel the programme due to the ice storm and he was able to reschedule it for April 29. Forestdale Heights Lodge generously donates to this event.



Harvey just walked in the door after volunteering for the Toronto Marathon this morning. Other volunteers were Stewart Indig, Jeff Rosen, Ray Moscoe and Mark Spergel. I hear a good time was had by all.

Last year I wrote about the fact that we had decided to move into a condo. Well, it's a year later and we are still in our house. Time is getting closer; we are just about ready to put the house on the market. We know that prices have dropped, but hope we will get a decent price on our house. Then it will be time to find a condo. Here's hoping that everything works out.

The 2017-2018 year is over for Forestdale Heights Lodge. A new executive will be installed in July at our installation. The year had its ups and downs, but for the active members there were many ups. I am looking forward to the BBQ at the Indigs' home in July.

Harvey and I wish everyone a healthy and happy summer.

# MAY MEETING



Web visits since October 29, 2017

Kol Echad

Reports > State / Region

Filters CSV

State/Region	Country	Page Views	Percentage
Ontario	Canada	165	48.5%
(unknown region)	Canada	48	14.1%
California	United States	38	11.2%
Quebec	Canada	17	5.0%
Alberta	Canada	13	3.8%
Florida	United States	9	2.6%
(unknown region)	United States	9	2.6%
Colorado	United States	5	1.5%
(unknown region)	Israel	5	1.5%
(unknown region)	Germany	5	1.5%
Virginia	United States	3	0.9%
(unknown region)	Ireland	3	0.9%
Texas	United States	2	0.6%
Calabcan	Philippines	2	0.6%
Beijing	China	2	0.6%
North Carolina	United States	1	0.3%
Michigan	United States	1	0.3%
Massachusetts	United States	1	0.3%
Iowa	United States	1	0.3%
(unknown region)	Seychelles	1	0.3%
Novgorod	Russian Federation	1	0.3%
Maharashtra	India	1	0.3%
(unknown region)	Indonesia	1	0.3%
London	United Kingdom	1	0.3%
Catalonia	Spain	1	0.3%
British Columbia	Canada	1	0.3%
Litorea	Bahrain	1	0.3%
(unknown region)	Bangladesh	1	0.3%
(unknown region)	(unknown country)	1	0.3%

# CVS/TORONTO GOODLIFE MARATHON

*“You guys are awesome!” Without you, we are nothing!”*

*“Thank you...thank you...thank you!”*

Such simple words, yet they always bring smiles to Forestdale Heights’ crack team of Goodlife Marathon volunteers.

For 10 years now, a group of Lodge members have come out on the first Sunday in May to operate the hydration station at the marathon’s starting point at the corner of Beecroft Avenue and North York Boulevard.

The group, consisting of Stewart Indig, Mark Spergel, Harvey Silver, Ray Moscoe and myself, arrived shortly before 6:00 a.m. and began setting up the tables, filling the water container, making Gatorade and putting out the cups, before starting to fill them. A move by the city to move our much-needed water supply (the fire hydrant) required some quick thinking to rejig our operation, but minor obstacles were quickly overcome.

Even while laying out and filling the cups, all present took the time to enjoy a delicious and much-needed cup of Tim Horton’s coffee, again provided by our trusted resource person, Harvey Silver.

While initially bundled in heavy coats, we began to shed layers, as the sun broke through the clouds and, unlike past years, actually shone on the runners and our operation. The beautiful spring weather was a nice contrast to past years, when we have been forced to deal with cooler and wetter weather.

It was incredible how fast time flew by. At 7:30 a.m. – 90 minutes after we started – runners were at the starting point for the marathon. This was followed by the relay, 30 minutes later, and the half-marathon, 30 minutes after that. In all, about 8,000 runners took part in this year’s Goodlife Marathon.

Throughout the morning, we got to chat with marathon participants, most who wanted to grab a cup of water or Gatorade, some who were looking for information on the programme, and a few others who wanted to drop items off. Among our collection was a banana, a bottle of sunscreen and even some coinage.

By 8:30 our job there was done. We quickly cleaned and packed up the operation, said our goodbyes, and some of the team headed for breakfast at Wimpy’s.

No one knows what the future holds, but I am sure that our Lodge’s name is already on a list of volunteers for the 2019 Goodlife Marathon.

***Jeff Rosen***



# CVS/TORONTO GOODLIFE MARATHON



Photos by Jeff Rosen

More photos can be found at [kolechad.ca/marathon18.htm](http://kolechad.ca/marathon18.htm)





# GOOD & WELFARE

## **Birthdays**

Stewart Indig	June 1
Harvey Silver	June 6
Jeff Rosen	June 12
Mark Spergel	July 6
Ira Kuchinsky	July 28
Lisa Rosen	July 30
Marilyn Arkin	August 10
Stan Zeligler	August 19



*Happy Birthday to all the summer “babies” in FHL*

## **Anniversaries**

Carl & Debbie Zeligler	June 8
Ira & Paula Kuchinsky	June 10
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 Zeligler	August 16
Stewart & Cathy Indig	August 23

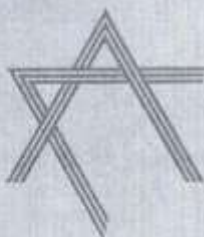


If you have any special moments in your life (or the lives of your children and grandchildren) that you wish to share with the Lodge, please send announcements to [jelijo@sympatico.ca](mailto:jelijo@sympatico.ca).

	
<b>Items in Need &amp; Accepted</b>	
<b><u>Toiletries</u></b> toothpaste toothbrushes disposable razors shaving cream shampoo deoderant tampons/pads	<b><u>Housewares &amp; Linens</u></b> towels blankets/comforters twin/double size sheets pillows dishes (plates, bowls, coffee mugs) cutlery
<b><u>Footwear</u></b> Winter boots Runing Shoes men's work boots (steel toe)	<b><u>Infant Items</u></b> baby formula (+ iron & without iron) baby wipes baby bottles diapers - size 3, 4, 5 & 6 & pull-ups
<b><u>Clothing</u></b> socks underwear-boxers/briefs clothing men's belts spring/fall jackets infant clothing/blankets men's winter gloves & hats winter coats	<b><u>Gift Cards</u></b> Grocery Stores-Superstore Wal-Mart / Sears Mark's Work Wearhouse Gas Stations Movies (Famous Players) Tim Horton's, McDonalds, Pizza etc. YRT/Viva bus tickets
<b><u>Miscellaneous Items</u></b> napsacks, sport/duffle bags	<b><u>Non-Perishable Food</u></b>
NEW items only please	All items for men, women & children unless otherwise specified

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. Blue Door Shelters is also looking for the items listed here.





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# FOOD SENSATIONS

## BAKED CINNAMON APPLE CHIPS

### Ingredients

1. 1-2 apples (Honeycrisp recommended, but you can use any variety)
2. 1 tsp cinnamon

### Instructions

1. Preheat oven to 200 degrees.
2. Using a sharp knife or mandolin, slice apples thinly. Discard seeds. Prepare a baking sheet with parchment paper and arrange apple slices on it without overlapping. Sprinkle cinnamon over apples.
3. Bake for approximately 1 hour, then flip. Continue baking for 1-2 hours, flipping occasionally, until the apple slices are no longer moist. Store in airtight container.

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# FOOD SENSATIONS

## BANANA BREAD (SUGAR AND OIL FREE!)

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



### Apple Sauce

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

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

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

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

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# HARMONY

Rosalie Moscoe

Summer is upon us at last! It's time to bring out the BBQ, salads and fresh fruit.

So what are the best fruits and how many servings should we be eating each day? That is the question. The answers depend upon your blood sugar count. Glycemic index is a system that ranks foods on a scale from 1 to 100 based on their effect on blood-sugar levels.

According to Healthline Newsletter, the glycemic index (GI) tells you how quickly foods containing carbohydrates affect your blood sugar level when eaten by themselves. According to the American Diabetes Association, GI scores are rated as:

- 55 or less = Low (good)
- 56- 69 = Medium
- 70 or higher = High (bad)

The lower the GI score, the more slowly the rise in blood sugar, which can help the body better manage post-meal changes. Most whole fruits have a low to moderate GI. Many fruits are also packed with vitamin A and C, as well as fiber.

The following is a list of low glycemic fruits safe for diabetics and everyone else. Also, it depends upon the amount eaten. Every article on nutrition cites the benefits of fruit and varying amounts per day. However, the safest is 2 – 3 servings a day for women and 3 to 4 for men. A serving is ½ cup. Dried fruits get sweeter as they are dried, so have small amounts of dates, prunes, raisins and dried apricots. If your doctor said to cut out dried fruits, listen up!

In the meantime, here are the numbers of popular fruits: Cherries 20, Grapefruit 25, Fresh Apricots 32, Pears 38, Apples 39, Oranges 40, Plums 40, Strawberries 41, Peaches 42, Grapes 53, Blueberries 53.

**Continued on next page**



Something else that helps blood sugar regulation is exercise! When you do moderate exercise, like walking, that makes your heart beat a little faster and you breathe a little harder. Your muscles use more glucose - the sugar in your blood stream. Over time, this can lower your blood sugar levels. It also makes the insulin in your body work better. So get walking! Stay hydrated and pace yourself. Start slow and don't push your limits. Also, try not to walk in the hottest time of the day. Early morning or later in the day might be a better choice. Just do it!

Have a great summer, take in some Vitamin D from the sun (early morning or later afternoon) to protect from high UV exposure. Vitamin D, is crucial to bone health, prevents rickets, osteoporosis, and fractures. It can also improve physical performance and may protect against cancer. Also, Vitamin D is beneficial for brain development and function!

Above all, enjoy the glorious summer days with family and friends.

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## HIGH HOLIDAY GREETINGS 5779



Kol Echad is currently planning our annual High Holiday Greetings issue. We will be offering greeting ads in three sizes. Prices are \$10 for business card size ads and \$15 for the double size.

As well, we are offering a **special custom half page colour ad for \$40**, which can include a photo of yourself and your family. The greetings will appear in the September issue.

We will accept submissions during the summer via e-mail and snail mail. These can be sent to [jeiljo@sympatico.ca](mailto:jeiljo@sympatico.ca) or Jeff Rosen, 150 Harris Way, Thornhill, L3T 5A8. Payment can be submitted by cheque, cash or electronic transfer.

Final deadline for submissions is August 15. Members can also make payments either by cheque or at our September meeting.

THIS FUNDRAISER HELPS SUPPORT KOL ECHAD AND FORESTDALE HEIGHTS LODGE.

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## REGISTRATION FOR 3RD ANNUAL *B'NAI BRITH* CHARITY GOLF CLASSIC NOW OPEN



We are delighted to announce that registration for the 3rd Annual *B'nai Brith* Charity Golf Classic is now open! This year's tournament will take place at the breathtaking Lebovic Golf Club in Aurora, Ont., on **Monday, June 11, 2018**.

Designed by renowned architect Doug Carrick, the Lebovic Club is a picturesque and challenging 18-hole championship course, spread across more than 150 acres. The tournament will offer players the chance to schmooze with celebrity guests, nosh on tasty hor d'oeuvres, bid on amazing prizes, and play a round at one of the most prestigious golf clubs in the province. All food and refreshments will be Kashrut observed.

Tournament co-chairs Steven Picov and Marty York are expecting this year's event to be just as fun-filled and enjoyable as our tournament in 2017, when more than 100 golf enthusiasts assembled, under sunny skies, at the Lebovic Golf Club. Each golfer received more than \$1,500-worth of donated gifts.

Donations to the *B'nai Brith* Charity Golf Classic will go towards:

- **Supporting Canadian students** with advice, assistance and resources when faced with discrimination and antisemitism on campus.
- **Daily programs and services** designed to help inform, stimulate and keep seniors active, as well as create lasting friendships and maintain ties to their community.
- **Providing affordable housing** for our community's most vulnerable.

Sponsorship opportunities (both major and minor) are available.

**For more information, please contact Marty York at [marty.york@bnaibrith.ca](mailto:marty.york@bnaibrith.ca).**



# AS I SEE IT

Marc Kates



Toronto does not need a hashtag to show that it's strong. Strength is never measured by hashtags or a Go Fund Me campaign, but the resolve of its people to continue on and forge ahead with daily life is a true demonstration of strength. To be honest, what choice does any community have in the wake of a tragedy? Giving in and refusing to move forward is simply not an

**#TorontoStrong**

option. As someone who witnessed and lived through numerous bus bombings and terrorist attacks in Israel, I marvelled at the way in which Israelis took the time to grieve the dead and injured, but soldiered on with confidence and resolve that epitomizes the average Israeli.

I remember very clearly the day of the first bus bombing while I was a student in the ulpan at the Hebrew University of Jerusalem. It was announced that a bombing had taken place along the route to the university, and that we should phone our families to reassure them that we were OK. We were given only a few minutes to do this. Later on we learned that one of the Hebrew ulpan instructors was killed. Being 3 o'clock in the morning in Toronto, I decided not to call and startle my parents. I waited for a more reasonable hour to let them know I was safe. Back in the ulpan classroom, only a few minutes was dedicated to discussing the morning's events before we were plunged back into learning Hebrew grammar. At the time I remember feeling how cold and callous the reaction was, but in retrospect, what else could we have done? It was the right thing to do at the time. After more terrorist incidents throughout the year, others had different reactions. Some parents, mainly American, immediately purchased return tickets home for their children. A friend of mine locked herself in her room for nearly two weeks refusing to exit the secure grounds of the university.

Toronto, Humboldt, London, Paris, New York and other cities that have dealt with tragedies will continue to be the places they've always been. Living today means dealing with new, scarier realities, but shutting down and not living is only giving in. Human beings have the ability to recover and move forward. Yes, we have an eye on the past, but our focus must always be to the future.



# CVS



Lisa Rosen (left) was among the many volunteers who helped run the art programme for Yom Ha'atzmaut at Baycrest's Creative Art Studio!

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