

Forestdale Heights Lodge, B'nai Brith Canada

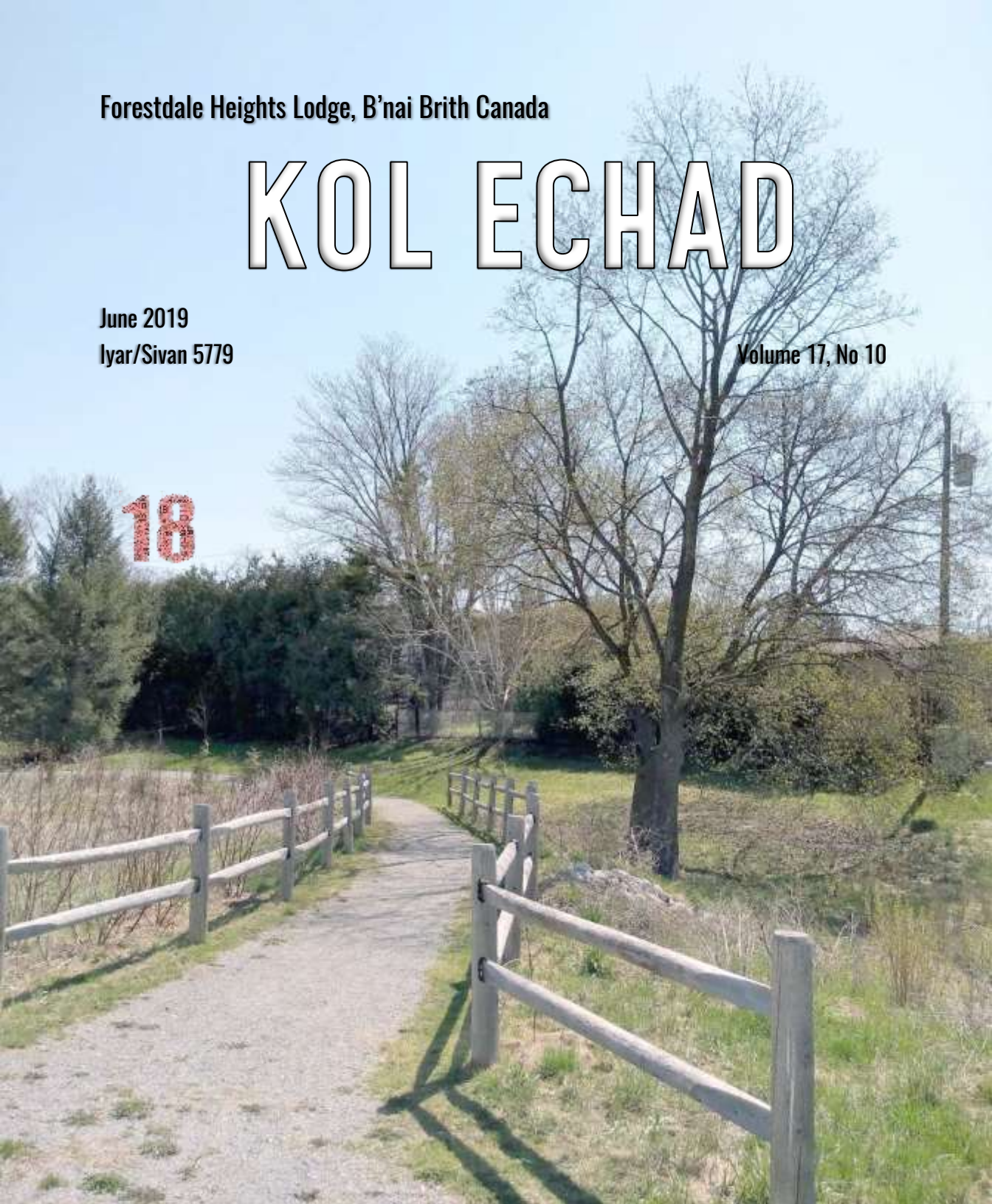
KOL ECHAD

June 2019

Iyar/Sivan 5779

Volume 17, No 10

18



COVER ART

The path ahead is unknown, but as we prepare to embark on Kol Echad's 18th year in existence, it should prove interesting. I guess you'll have to wait and see how the next 12 months unfold. In the meantime, it's time to get outside and enjoy some great weather. Whatever your plans, we hope everyone enjoys the summer of 2019. [Cover: Jeff Rosen photo]

KOL ECHAD WILL RETURN IN SEPTEMBER 2019

For all Lodge-related information during the summer, including our installation/BBQ, go to 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.

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PRESIDENT'S PEN

Stewart Indig



Here we are reaching another milestone in our Lodge. Another year has gone by. As I reflect back on the year the one thing that stands out is the majority of members who attend the meetings on a regular basis have gone away somewhere; some on a cruise, some to exotic places like Japan and Israel, and some to Vegas and Florida. I only mention this to point out that we all have our health. Without our health, we would not have been able to travel. Keep travelling and be healthy. It is a beautiful world that we live in, and I personally would love to explore it. Another thing that stands out from the past year is that most of my predictions were correct, including the Leafs!

Over the summer break, we shall have our installation and annual BBQ. With much success, we combined it last year and will be doing so again this summer. Cathy and I have been getting our backyard ready. We bought a new and much bigger patio set and added a gazebo to ward off those pesky mosquitoes. We are looking forward to the event. We are hoping for good weather. We do enjoy using our BBQ and being in the backyard. It is our tranquillity like a cottage would be.

So what does the fall and the next season bring us? The only thing I know for sure is that it will our 18th year of publishing Kol Echad. It is followed or read by many non-members throughout the world. Feel free to ask Jeff about some of the faraway places that have accessed the Kol Echad. It is mind-boggling. By the time this issue actually hits the press, I will have finalized the dates of our meetings, but it does look like the December meeting will be combined with the Chanukah party and we might skip the January or February meeting. I would like to see some guest speakers, so please think of some. Better yet, you can organize them. Over the summer I would also like to work on a fundraiser but do need some volunteers to help out.

Enjoy your summer and we hope to see you at the installation/BBQ.



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
The UPS Store,
Stouffville, Ont.

AT A GLANCE

June	Meeting Cancelled
July 7	52 nd Annual Installation/BBQ
September 9	Opening Dinner Meeting
October 6	Breakfast Meeting
November 11	Dinner Meeting
December 15	Chanukah Party & Meeting
January 13	Nominations & Dinner Meeting
February	No Meeting
March 9	Purim Programme
March 16	Elections & Dinner Meeting
April 20	Dinner Meeting
May 3	Toronto Goodlife Marathon
May 11	Dinner Meeting
June 8	53 rd Annual Installation

All Dates Subject to Change

Dinner at 6:30; Meeting at 7:15

Dinner Charge: \$10


If you plan to attend, you must


RSVP Albert Ohana

at salonpiaff@rogers.com or call (905) 597-1999

TRIVIA

June contains the summer solstice in the Northern Hemisphere, the day with the most daylight hours. June is ALS Awareness Month in Canada. At the start of June, the sun rises in the constellation of Taurus; at the end of June, the sun rises in the constellation of Gemini. However, due to the precession of the equinoxes, June begins with the sun in the astrological sign of Gemini, and ends with the sun in the sign of Cancer.





For the second year, we will be combining the best of our Lodge's two major social programmes.



FORESTDALE HEIGHTS LODGE'S 52ND ANNIVERSARY INSTALLATION

The installation will be held on Sunday, July 7 at the home of Stewart and Cathy Indig, 43 Bryant Street, in conjunction with our popular annual BBQ.

Cost: \$20/person.

Please RSVP by June 16 to Albert Ohana at salonpiaff@rogers.com.



EDITOR'S DESK

Jeff Rosen



Shalom and welcome to the future.

That's how it all began, on June 1, 2002, when Forestdale Heights Lodge said goodbye to its long-time monthly publication, The Horizon, and entered a new era.

It came about after extensive dialogue with Don Mills Lodge to merge our two lodges. As I wrote in the final issue in May 2002, *"As our membership continued to dwindle, it became apparent that Forestdale Heights would eventually cease to exist unless a radical restructuring took place."*

A trial "marriage" was entered into and the existing lodge publications, The Horizon and The New Planet, were shuttered in favour of a new, combined newsletter. What better name than Kol Echad, meaning One Voice. It would combine the best of both lodges.

Unfortunately, the merger with Don Mills did not hold. Both lodges eventually went their separate ways. In its infinite wisdom, our Lodge decided to retain the name of its new publication. Our Lodge – re-emerging even stronger than before – would truly speak with one voice.



As editor of Kol Echad for the greater part of the past 17 years, I am proud to say that we have done just that. We have presented a wide variety of columns and opinions, reported on successful CVS and social programmes and, I think, had fun along the way. I know I certainly have!

Now we are about to start our 18th year. That's quite an accomplishment.

Some may wonder how I did it, staying in the driver's seat for so long. Actually, truth be told, I couldn't have done it myself. Fortunately, I had plenty of help and advice along the way, starting with co-editor, Hermy Gimpel, a past president of Don Mills Lodge.

Then there were the columnists, all of whom I loved, simply because they put themselves out there and took the time each month to create interesting copy. I've always said the bulletin belongs to the members. Actually, what I did say in the first issue is, "If you want to make a contribution, comment on something you like or dislike we will be glad to accept it. Kol Echad will be as good as you make it."

Continued on next page

Fortunately for me (and Kol Echad), a number of members took up the challenge. We have lost a few gifted columnists, Nate Salter, Elizabeth Bloom and Sandy Gordon, for different reasons but have been fortunate enough to acquire the unique talents of Rosalie Moscoe and Debbi Silver. Most people don't realize the work it takes to create a monthly voice. The Lodge and I applaud your efforts.

I realize I left out one columnist – Bonnie Kates, our Lodge's first and only female president and the creator/author of As I See It. The column originated in The Horizon and was the first monthly column to appear when Kol Echad began printing.

I know I've said it before, but Bonnie contributed so much more than just her writing. Every month she ensured that we published nothing but the best. When she passed in 2011, I thought this door was closed.

How wrong I was. Her son, Marc, not only decided to continue his mother's column, but to serve as an editor to this publication, a contribution he has maintained to this day. What keeps him tied to the Lodge? I guess that's his secret.

However, there's no secret as to who is the other linchpin of this organization. Harvey Silver is the one who decided this publication could support an advertising base. As a result, your Lodge bulletin has the largest advertising base in B'nai Brith Canada.

Where do we go from here though? It seems the past keeps repeating itself. Our membership base is declining, but those who remain are committed to keeping the Lodge going. There is no question I am going to do my part.

There's so many questions, so many things to decide. However, this is definitely not the time to start this process. After all, this is our season finale. That means it's time to shut down this creative factory for a few months to give everyone much needed time off.

All being well, we will all be back in the fall to start a new, exciting 18th or Chai season. I hope you have enjoyed following us for the past 17 years. Stay with us...the best is to come.

Have a great summer.



GOOD & WELFARE

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.

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 Zelig	August 19



FHL salutes all those celebrating birthdays and anniversaries during the summer months. Congratulations and mazel tov to all concerned!

Anniversaries

Carl & Debbie Zelig	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 Zelig	August 16
Stewart & Cathy Indig	August 23



FHL wishes Andrea Salter a speedy recovery.

FHL congratulates Mark & Marla Spergel on the birth of a grandchild.

HIGH HOLIDAY GREETINGS 5780



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 now offer 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 or to me at 150 Harris Way, Thornhill, L3T 5A8. Payment can be submitted by cheque, cash or electronic transfer.

The final deadline for submissions is August 1. Payments can be made at our summer BBQ/Installation or at our opening meeting in September.

Contact me if you are interested in direct deposit.

Jeff Rosen

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CVS/TORONTO GOODLIFE MARATHON

There was something definitely different about our Lodge's participation in this year's Toronto Goodlife Marathon, and it was not just the location of our water station, although that too was different. This difference was immediately noticeable as our regular troupe of Lodge members arrived on the scene in the early hours of the morning on Sunday, May 5.

What was absent – or more accurately missing – from our team of early morning risers was our team leader, Harvey Silver, who unfortunately was sidelined for this year's event. As a result, not only was Harvey's indomitable spirit missing, but so was his urn of fresh coffee.

Fortunately, the rest of last year's team was in attendance at the marathon's starting point. While in past years this meant setting up the hydration station at the corner of Beecroft Avenue and North York Boulevard, this year's event organizers decided to shift the starting line a bit to the south. That meant setting up at Yonge Street and Harlandale Avenue.

A new location meant a number of unforeseen challenges as marathon organizers failed to provide all the necessities required for the morning. However, being ever resourceful, we adapted quickly and our team, Stewart Indig, Mark Spergel, Ray Moscoe and myself, quickly got to work, setting up the tables, filling the water container, making Gatorade and setting up the cups, before starting to fill them. As well as the drinks, we also provided runners with energy bars and energy shots, both of which runners seemed to appreciate.

It's true that time seems to go faster when you're working, because before we knew it, Yonge Street was lined with runners, eagerly awaiting the start of the first marathon. Thirty minutes later, a smaller group left the starting gate and an hour after the first run, the final group headed south on Yonge towards the Better Living Centre. In all, over 18,000 participants took part in this year's event.

Not only did Forestdale Heights Lodge again do an outstanding job at the Toronto Goodlife Marathon, but B'nai Brith Canada did as well, serving as the agency collecting leftover clothing.

By 8:30 our job there was done. We quickly cleaned the area, packed up the operation, and headed to Bagel Plus for breakfast.

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 next Toronto Goodlife Marathon on Sunday, May 3, 2020.

Jeff Rosen





More photos can be found at www.kolechad.ca/marathon19.htm
[Jeff Rosen photos]





TALKING POINTS

Debbi Silver



This is the last report until September. I really don't know where the time goes (I think I say that in every article, lol).

May is almost over and the tulips are in full bloom around the city (although writing this article at the start of the month, it is still chilly and the tulips have yet to blossom). We have now lived in our condo for almost 10 months. Wow! I'm going to miss watching our hosta plants show their heads, as well as planting flowers. We have recently cleaned up our balcony and are waiting for the warm weather to come so that we can buy flowers to beautify the area.

During the recent March school break, Harvey and I went on a fabulous cruise. We were lucky to have had the opportunity to cruise on the Symphony of the Seas, the largest ship in the world with 6,000 passengers plus a crew of over 2,000. I thought it would be very crowded. However, we were pleasantly surprised that at no time did we feel overwhelmed by the other guests. It is so amazing. We watched a skating show (actual ice), the live version of Hairspray, and a few other terrific events. The restaurants were so great, we ate at two upgraded ones, where the food was to die for. We also ate in the dining room with our cousins, the food was wonderful there, as well. We only got off at two ports, as we visited the others last year. Staying on the ship was delightful. We went to the Adults Only area, where we could enjoy quiet and I enjoyed a lovely pool, almost to myself. All in all, it was fantastic, but we will never go on March Break again. It is much too busy and more expensive.



Continued on next page

We have booked a cruise for February 2020 for two weeks, something we've never done before. We are going with two other couples and looking forward to our next excursion.

Now, back to reality. Forestdale Heights Lodge never closes down (except for Jeff who takes a few weeks off from Kol Echad). At this time, our president, Stewart, is looking into dates and programmes for next year. Our Lodge once again did a fantastic job at this year's Toronto Marathon. Albert is in charge of the installation/BBQ coming up at the beginning of July. Last year we had a great meal and it was great sitting outside with members and their spouses. Cathy and Stewart are wonderful hosts.

That's about it for now. Hopefully, we will see most of you at the next meeting and/or at the BBQ. Have a wonderful, healthy, and safe summer.

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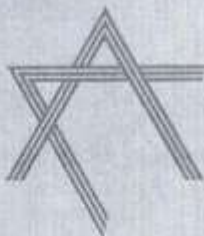
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HARMONY

Rosalie Moscoe



With Mental Health Awareness Month (in May), just behind us, I thought it would be important to talk about stress and how life's happenings can feel like a wild ride on a runaway roller coaster. It's possible to become physically (and mentally) depleted when problems erupt with your spouse, kids (no matter what their ages) or even other relatives and friends. If there's an illness in the family or with yourself, you may become anxious and afraid.

As a result, many people fall into negative behaviours such as excessive drinking, gambling, and binge eating or illicit drugs. Many believe it can help them cope (or at least to help them forget the whole thing!) But we all know taken too far and too often, these behaviours can culminate into other devastating problems.

The following are some ways to help you calm down, even in times of extreme stress and chaos. No, you will not banish stressful events, however, your coping abilities will return and you'll feel stronger – able to face the challenges ahead.

1. Realize you cannot control everything. Pray, cry, shriek or stamp – then reflect upon what you can and cannot control. Notice the underlying root of your stress/problems – is it fear, anxiety for the future, sadness, a feeling of “it's not fair!,” – or “I just can't take this any longer!”

2. Embrace help from someone you trust. Talk to your doctor or get a referral from him/ her for a professional psychologist or talk to a religious leader or other health professional. Repeat often “I'll be okay no matter what happens.”

3. Don't lock yourself indoors. If possible, now that it's spring, get outside for a walk and enjoy nature. Immediately, stress chemicals are dissolved when you surround yourself with trees, flowers and green grass. Take deep breaths of fresh air.

Continued on next page



4. Try some good mood foods such as cheese and crackers, a turkey or chicken sandwich or a handful of your favourite nuts and a piece of fruit. Keep coffee to a minimum since it can dehydrate you (along with alcohol). Drink more water or your favourite tea.

5. Try some deep breathing techniques to overcome muscle tension and relax your mind and body. Sit quietly, with your feet firmly planted on the floor. Notice your breath going in and out. For further relaxation, take a slow, deep belly breath. Count to four slowly as you inhale and as you exhale, think “I Am Calm.” Breathe in and out, giving your mind and body a vacation that they need. Repeat.

For me what helps is to deep breathe, talk to a professional, and heed their advice. I also take some distance from the problem, remember to eat well and get out in nature. Getting busy with other things such as helping people through volunteer work also is wonderful, for we can only think of one thing at a time.

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 assisting this organization. We are asking members to bring toiletries when they come to monthly meetings.

For a complete list of items, Blue Door Shelters is looking for go to <http://kolechad.ca/bluedoor.jpg>.

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FOOD SENSATIONS

How to Reheat Steak in the Oven



The reverse sear method is a good way to reheat ribeye and other cuts of steak that are just too good to turn into dried out chunks of meat. But, it does take some time so make sure you give yourself about an hour to heat them before you're ready to eat!

For this method, set your oven to 250-degrees Fahrenheit. Get a baking dish and set a wire rack inside. Place your steaks on top of the wire rack.

Once your oven is fully preheated, put the steaks on the middle rack and heat until they

reach about 100 to 110-degrees Fahrenheit. This usually takes about 20-30 minutes and keeps your steak from cooking any further.

While your steak warms up in the oven, heat up a skillet with some butter or oil. Once the pan is warmed up and your steaks are out of the oven, sear them on each side for a minute or so until browned. This reheating method keeps most of the tenderness and flavour intact and makes the outside perfectly crispy!

ALLOCATIONS

At the May 13 monthly Lodge meeting, allocations were made to the following charitable organizations. If you wish the Lodge to make a donation to a specific charity, please submit your request in writing to Harvey Silver.

Maot Hittim
Covenant House
Hill House Hospice
Imagine a Cure



Yellow Brick House
Blue Door Shelter
Pride of Israel Food Bank



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Volunteer with B'nai Brith Canada!

April 3, 2019

Do you have any extra time during the week or weekend? Are you interested in volunteering to help support your community? Then this email is for you!

We at B'nai Brith Canada are looking for volunteers to help represent us at charity Bingo games in the Greater Toronto Area! Your responsibilities will include providing general customer service, calling out numbers during Bingo games, assisting with clean-up, and answering questions about the game and Bingo Hall processes.

It's a wonderful way to support the community and make some new friends while you're at it!

For more information, please contact Arina Harris at (416) 633 6224 x 139 or at aharris@bnaibrith.ca.

LIFE CHOICES

THE TALE OF THE CARROT, THE EGG, AND THE COFFEE BEAN

A young woman went to her mother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. She was tired of fighting and struggling. It seemed as one problem was solved a new one arose.



Her mother took her to the kitchen. She filled three pots with water. In the first, she placed carrots, in the second she placed eggs, and the last she placed ground coffee beans.

She let them sit and boil without saying a word. In about twenty minutes she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl. Then she ladled the coffee into a bowl. Turning to her daughter, she asked, “Tell me what you see?”

“Carrots, eggs, and coffee,” she replied.

She brought her closer and asked her to feel the carrots. She did and noted that they were soft. She then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, she asked her to sip the coffee. The daughter smiled, as she tasted its rich aroma.

The daughter then asked, “What’s the point, mother?”

Her mother explained that each of these objects had faced the same adversity... boiling water – but each reacted differently. The carrot went in strong, hard, and unrelenting. However, after being subjected to the boiling water, it softened and became weak. The egg had been fragile. Its thin outer shell had protected its liquid interior. But, after being through the boiling water, its inside became hardened. The ground coffee beans were unique, however. After they were in the boiling water they had changed the water.

“Which are you?” she asked the daughter. “When adversity knocks on your door, how do you respond? Are you a carrot, an egg, or a coffee bean?”

Think of this: Which am I?

Continued on next page

Am I the carrot that seems strong, but with pain and adversity, do I wilt and become soft and lose my strength?

Am I the egg that starts with a malleable heart, but changes with the heat? Did I have a fluid spirit, but after death, a break-up, a financial hardship, or some other trial, have I become hardened and stiff? Does my shell look the same, but on the inside am I bitter and tough with a stiff spirit and a hardened heart?

Or am I like the coffee bean? The bean actually changes the hot water, the very circumstance that brings the pain. When the water gets hot, it releases the fragrance and flavour. If you are like the bean, when things are at their worst, you get better and change the situation around you.

When the hours are the darkest and trials are their greatest do you elevate to another level?

How do you handle adversity?

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AS I SEE IT

Marc Kates



The musical, *Dear Evan Hansen*, won the 2017 Tony Award for best musical and is now playing in Toronto. It is a play that deals with teen suicide, the Internet, and connectedness. It is truly tragic to think that in a world of social media, when people are supposed to be more connected than ever with the world around them, feel more isolated and alone. I don't understand the desire to share every aspect of one's life openly with strangers. I don't really care to know what others are having for dinner or how toilet training their toddler is going. If I really wanted to know the intimate details of their child's bowel movements, I'd ask.



Recent published studies are quite horrific in terms of research being done on "screen time" for youth. The longer a child is prone to screen time, the greater the risk they are for ADHD (Attention Deficit Hyperactivity Disorder), anxiety, and depression. Teenagers are not getting enough sleep as the Pavlovian dogs in them need to check their messages at all hours of the day and night when they hear that *bing*. The Internet is a scary place with creeps lurking in all corners of the web.

As parents of young children, we designed a room in our renovated house to help combat the problem. You see, we decided to construct a "homework room" where our children's computers will be plugged in. Computers, we believe, should not be allowed in bedrooms. Moreover, in order to monitor Internet activity, the door to the homework room is going to have glass panels. Our children aren't at that stage that they need to be connected to the Internet. When they need to look something up, they do it with us. However, the time will come when this will change, and that time is fast approaching. We won't be able to shield our children from everything, but gosh darn-it, we'll try to monitor the situation closely for their sake.

I never got on board the Facebook wagon. In my opinion, it was a waste of time, and if I wanted to be "friends" with someone, it had to be in the real, not virtual, world. To stress this point further, I recall a colleague of mine being called into the boss's office to explain why he "liked" a particular article that was posted.

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Knowing that the boss was actively looking at the staff's online activity was scary. Life blurs between the public and private worlds, and I never wanted to justify my private life in public. I simply chose not to engage. How many times have we heard of job applicants being googled as part of the screening process?

The truth is, the Internet can be scary, but can also be wonderful. A friend, aged 41, recently died. People were able to reach out to her during her remaining days and share thoughts, stories, and good wishes. In this case, she never felt alone. Cyber bullying and vindictive posts seem, unfortunately, to be the norm. As in all things, we need to be cautious of what we do, what we post, not to mention, our privacy, our passwords, and our pictures. I'm hard pressed to find someone not "connected" to a screen. How many times have you sat in a restaurant and saw everyone around the table glued to his/her phone? To quote the Beatles, "All the lonely people, where do they all come from? All the lonely people, where do they all belong?" It's not "connectedness" that we need — it's the desire to belong.



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