

KOLECHAD

March 2013
Adar/Nissan 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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Sunday, February 24

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Carl Zeliger, (905) 669-2732 or email

czeliger@wza.ca

All proposals will be examined and voted on at an upcoming meeting.

AT A GLANCE

February 23

Purim Megillah Reading

March 10

Nominations & Breakfast Meeting

April 8

Speaker, Elections/Dinner Meeting

May 6

Dinner Meeting

June 3

Dinner Meeting

June 9

Social Outing at Woodbine

Dinner at 6:30; Meeting at 7:15

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PRESIDENT'S PEN



Greetings to all my Canadian, Forestdale Brothers and Sisters!

Being in Florida for vacation, I'm very much aware of being a Canadian – and proud of it. So many things are different here.

Some of them I list below:

- Motorcyclists do not wear helmets. No law forces them to. They race on highways, it seems, without a care in the world.
- Americans have the right to bear arms; you never know who's carrying a gun. I don't yell at bad drivers as easily and I'm very courteous! (My wife still thinks I need to improve on this!)
- Drivers can be seen on cell phones and texting. No law prohibits this.
- Medical coverage, as we know, is different. While many people in the U.S. have coverage, they pay "through the nose" directly. Canadians pay through our taxes. People in Florida fear going to doctors due to high costs and they talk about it on a regular basis.



- University or state college costs in the U.S. are through the roof. Canadians enjoy much lower fees for higher education (even though many complain about our costs!)
- The U.S. two-party system for over 300 million people, in my opinion, is too narrow. I like our Canadian multi-party system better – more choice for people.

- While taxes are generally less, so are wages. However, due to the volume of consumers here, clothing costs are much less and discounts and sales are great – a bonus for Canadian shoppers. (including my wife!)

- Billions of dollars are spent on the U.S. military around the world and

the debt here is over 16 trillion dollars. I believe it makes people in the U.S. uneasy about the future.

I love to visit Florida, swim in the ocean, see palm trees and feel the sunshine, while during the winter months Canada is often in a deep freeze. However, I know where my true home is located – in our great country of Canada – "the Maple Leaf Forever."

Ray Moscoe

EDITOR'S DESK



It's enough to make one want to scream.

Every year on campuses across the country, misguided teenagers and young adults gather to denounce Israel under the banner of Israel Apartheid

Week. For those unaware, Israel Apartheid Week (IAW) is an international series of events held on campuses across the globe. Its sole aim is to convince the public that Israel is an apartheid state.

Do these misguided people really know what they are protesting? I wonder if they have ever been to Israel. While I don't profess to be a mind reader, I would guess that the answer to both questions would be no.

The reality is that Israel is the most democratic and open country in the Middle East. All its citizens, enjoy the same rights and freedoms that we enjoy.

This means that everyone has the right to practice and enjoy their own religion. They also have a right to privacy and enjoy a level of free speech not found in neighbouring countries. As well, the Jewish state has a free press and the country allows full voting rights to all ethnic and religious minorities.

According to Shi'ite Pakistani-American scholar Tashbih Sayyed, the Arab citizens of Israel are afforded all the rights and privileges of Israeli citizenship. In fact, he has noted, "Israel is one of the few countries in the Middle East where Arab women can vote and be elected to public office."

Does that sound like an apartheid state?

In the recent general election, 56 percent of Israeli Arabs took part, compared to 53 percent in the last one. (Overall, 67.8 percent of Israelis exercised their democratic right to vote.) Clearly, Arab participation in the electoral process is on the rise.



Continued on next page

Of course, the naysayers will deride these numbers, saying that it represents just over half of eligible voters.

Yet in the 2010 municipal election, only 53 percent of Torontonians came out to elect Rob Ford as mayor and in the 2011 Ontario election, only 49.2 percent of eligible voters decided to cast a ballot.

The final result in Israel was that Arab parties picked up 11 seats in the Knesset or Israel's Parliament. Canada's Green Party would no doubt be thrilled to capture even half that many seats in our House of Commons.

So is Israel perfect? Of course not, but then again, what country, what government is?

I challenge those who swear Israel is an apartheid state to find an Arab country where Jews can enjoy the same types of freedoms that Israel grants to all its citizens. Of course, I know these vile haters will never attempt such a search for they know their answer in advance. Israel remains a shining beacon in that region of the world. The sole reason they choose to direct their venom towards the Jewish state is their hatred towards Israel and the Jewish people.

We must never forget that.

Shalom,

Jeff Rosen

MARCH MEETING

Please note changes for our March meeting.

We will be holding a breakfast meeting on Sunday, March 10
at 4300 Bathurst Street at 9:30 a.m.

(Don't forget to change your clocks before you go to sleep the night before)

**Be sure to RSVP to Albert Ohana
at saloniaff@rogers.com
or call (905) 597-1999**

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SLATE COMMITTEE

The Slate Committee met on January 6 and has recommended the following individuals serve on the executive of Forestdale Heights Lodge for 2013-2014:

President: Harvey Silver

Senior Vice-President: George Garten

Vice-Presidents: Richard Kotzen, Ruth Pupko, Jeff Rosen

Treasurer: Charlene Garten

Financial Secretary: Stuart Indig

Recording Secretary: Position to be filled at nomination meeting

Trustees: Elizabeth Bloom, Ivan Bloom, Rhona Leviston, Barry Gordon, Sandy Gordon

As immediate past president, Ray Moscoe, will serve as chaplain

Nate Salter is chairman of the Board of Governors

Elections will be held at our March 10 meeting



Rabbi Jay Kelman read the Megillah at our annual Purim programme at 4300 Bathurst St. on Feb. 23. For more photos and report, go to kolechad.ca [Jeff Rosen photo]

NIAGARA FALLSVIEW CASINO



A group of Forestdale Heights' members took a gamble in the new year, when they took part in the Lodge's first social programme of 2013.

On January 27, George and Charlene Garten, Barry and Sandy Gordon and Jeff and Lisa Rosen went to Niagara Fallsview Casino, choosing to meet at Tim Hortons at Red Maple Road. While the bus was packed, the six of us still managed to secure seats together.

Despite the small group that came out for this social programme, it was a fun day. On the way to Niagara, we kibitzed and watched the movie being shown on the overhead screens. Once we arrived, it was down to the business that drew us to Ontario's gambling mecca. Some of us won, but most of us lost a few dollars.

As for myself, I managed to turn \$20 into a \$70 win, before finally walking away with \$30 at the end of the day.

As per our schedule, our group met just past midday for lunch. Afterwards some of us did some window-shopping in the casino complex. Then it was back to the casino for more gambling, before we did a final regroup. We collected our coats, said a final goodbye to Niagara, and headed back to the city.

In the end, the day was no gamble. Win or lose, everyone who came out walked away a winner. We need more such programmes and hope that more members choose to take part in future programmes.

Special thanks go to George Garten for spearheading this event.

Jeff Rosen

BINGO

Bingo – Tuesday, March 12, 4300 Bathurst Street.

Please arrive by 7:15 p.m.

For more information, contact Richard Kotzen,

(416) 783-2737 or richkotzen@rogers.com

Future Bingo Dates: April 16, May 14, June 11



WOODBINE 2013



SUNDAY, JUNE 9

Cost \$40/person, which includes buffet lunch, programme and reserved seating

Doors open at 11:00 a.m.

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candgarten@hotmail.com or (416) 221-2407

VENDOR MARKET IN THE MANOR

The 2nd Annual Vendor Market In The Manor will be held at 15 Hove Street on March 3, from 11 a.m. to 4 p.m.

This annual marketplace is made up of vendors displaying their products and/or services.

A portion of the proceeds will be directed to B'nai Brith Canada and their social service programmes, including the Glassman Senior Outreach Centre and the Chanukah and Purim Basket Deliveries. Another portion of the proceeds will be directed to Uptown Chabad to help support a variety of synagogue and community services and events.

Vendor inquiries are welcome. To get a table, the cost is \$75 each. A product list is required and table and chairs are provided.

Free admission to the public

For more information, please contact Sandy Gordon
at 416-605-0868 or **sandygord@gmail.com**

NOTES FROM NATE

January 26, 2013



You know, my fellow Forest-daleniks, it's never easy putting pen to paper and turning out yet another gem for your edification, knowing that what I write today won't be in your hands for

another month.

As I write this, I realize I am one lucky *alter kacker* and I thank G-d that I am here to be sharing this tale. I am not talking about my assorted and miscellaneous physical *tzuriss*.

Last night, I came closer to meeting our deceased past presidents and my deceased *mishpoche*, than I ever have before.

The whole thing started when my wife and I went out with another couple who we have been friends with for years. Since my recent stroke and heart attack, I decided not to drive for a while, so for the first time, we rode with them. I promise you though, that it was also the last time, as I value my life and whatever time remains.

Most of us have seen boneheaded moves as we travel the highway. However, while out with these friends, I thought for sure that our numbers were up. You haven't had your kishkas in a knot until you sit in a car with a

driver who decides to stop on the highway, without his lights on, and then proceeds to cross three lanes without signaling in order to access an exit ramp.

My heart was in my mouth as this brilliant manoeuver had one car spinning out to the left of us and a tractor-trailer skidding to a halt behind us, with his horn blaring.

It was only after the incident was over that I became angry. I thought about what I have suffered over the past six years trying to stay alive for my wife, my kids and my grandkids, only to face possible death in a car accident caused by stupidity.

There are those who believe we all have a time and a place when our number comes up. As for me, I don't like to be rushing to that conclusion. As poorly as I feel, I still get to hug my daughters and kiss and hug my little angels. That makes the pain go away, and I want to have as many of those days as G-d gives me. The only thing I can figure from last night is that there were no writing jobs open up there and they already had a good supply of Boobies and Zaidys on hand, so they let us be.

Continued on next page

So, my Forestdale brothers and sisters, hear me well: Each day is a gift. Love as if there is no tomorrow, overcome those things you can, and find a way to live with things you can't change. Do what you can to bring joy to those who matter to you and remember that they call today, the present, because it really is a present that you can choose to enjoy.

Oy, Pincus is nagging me, I should tell you that he learned an important lesson on the golf course. If you are going to throw a club, throw it forward, so you don't have to go back and get it when you calm down.

Nate Salter

GOOD & WELFARE

Birthdays

Michael Pacter	March 9
Jack Aronson	March 10
Marc Pollock	March 12
David Gorender	March 21
Ray Moscoe	March 22
Gary Budd	March 29



Anniversary

Avery & Marla Matlow	March 26
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FHL wishes Cyril and Vanessa Gerson a hearty mazel tov on the engagement of their son Brandon.

FHL expresses condolences to Albert and Honey Ohana, on the loss of Honey's sister, Gloria Mandel. May you have no further sorrow.

FHL expresses condolences to Alan and Wendy Berger., on the loss of Wendy's mother, Gloria Mandel. May you have no further sorrow.

FHL sends get well wishes to Maurice Hilkwitz who was in North York General with a broken leg and a broken hip after he slipped and fell.

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



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PRIDE ISRAEL

December 6, 2012

Forestdale Heights Lodge,
B'nai Brith Canada
c/o Carl S. Zeliger,
158 Brownridge Drive,
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Dear Friends:


On behalf of the Pride of Israel Kosher Food Bank, I would like to thank Forestdale Heights Lodge once again for your very generous donation for our Kosher Food Bank.

As you know, this donation will go a long way towards feeding the needy in our community.

Please convey our thanks to your lodge brothers and sisters for the very generous cash donation for our Kosher Food Bank.

Once again, our thanks.

Yours sincerely,


Alan Marks,
Co-chairman,
Kosher Food Bank.



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JEWISH HUMOUR

Don't miss our April 8 meeting, when **Alf Kwinter** will speak on:



THE HISTORY OF JEWISH HUMOUR

Alf Kwinter was born in Vienna in 1945. Although he took great pride in his Austrian heritage, he found that the cultured life of the city did not meld with his other interests and he eventually made the decision to emigrate to Canada bringing his parents with him. He began telling jokes on the boat from Europe to help pay for the family's passage.

Alf grew up in a Yiddish speaking home in downtown Toronto and attended King Edward Public School and Harbord Collegiate. His parents were broken-hearted when he decided to forsake a career in comedy and go to law school, graduating from U of T Law in 1970. His real legal education comes from the years working in his father's store in the Kensington Market.

He is a founding partner in the firm of Singer, Kwinter and is certified as a Specialist in Civil Litigation by the Law Society of Upper Canada and a past director of The Advocates Society.

His first love however, is comedy and he has appeared in synagogues throughout Toronto and across Canada.

TORONTO MARATHON

Sunday, May 5

Forestdale Heights Lodge has participated in the Toronto Marathon for over seven years. Our Lodge is responsible for the first water station at Mel Lastman Square.

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

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

AS I SEE IT



Each year, our family attempts to add new insights into the Pesach seder and to bring forth deeper comprehension into the passages we've committed to memory.

One of my favourite parts of the Passover Haggadah is the section about the four sons. "The Torah," it says, "speaks of four sons: one who is wise, one who is wicked, one who is simple, and one who doesn't even know how to ask a question." As a teacher, I have each one of these kids in my classes, yet each student exhibits the qualities of each one of the sons at various times.

Probably my favourite interpretation is that the four sons do not merely represent four sons in one family, but are four generations.

The wise son is the hard-working generation from the "old country" who is very learned. He asks deep questions about Pesach and wants to know even the most minute details. The wicked son, or preferably interpreted as the contrary son, is the wise son's child. He rejects his father's traditional values and wants to blend into the modern world. The contrary son tells his father that



Pesach and all of its customs are for his father, and not for him. The simple son is the contrary son's child. He is the child who knows little about his *Yiddishkeit* and any Jewish values are going to be instilled in him not by his father, but by his grandfather. The simple son's child is the child who does not know how to ask a question. He is completely devoid of any Jewish knowledge. His father is incapable of instilling in him a Jewish identity, and his grandfather, the contrary son, is not going to help. By this time, the great-grandfather, the wise son, has passed away.

Continued on next page

What is most disturbing is the unmentioned fifth son, who does not even show up to the Pesach seder.

This interpretation of the four sons is, for too many families, not merely an allegory, but a reality. We Jews are diminishing our bond with the past and throwing our traditions away.

As with many other facets of our lives, there is not one factor that can mitigate this process. Jewish education, strong familiar bonds, respect for our traditions and a healthy dose of mazel are probably our best preventative measures.

So, as the first cup of wine is poured, the yon-tif candles are lit, as my 3-year-old son recites the Ma Nisthtana for the second year in a row and as we begin to chant “*Avadim Hayeenu*,” I look cautiously optimistic into the future that the fifth son will return to the seder table, and be another link in the chain.

From my family to yours, *chag Pesach kasher ve’sameach*.

Mare Kates

FORESTDALE FUNNIES

Bar Mitzvah Bee

Two bees met in a field. One said to the other, “How are things going?”

“Really bad,” said the second bee. “The weather has been cold, wet and damp, and there aren't any flowers, so I can't make honey.”

“No problem,” said the first bee. “Just fly down five blocks and turn left. Keep going until you see all the cars. There's a bar mitzvah going on and there are all kinds of fresh flowers and fresh fruit.”

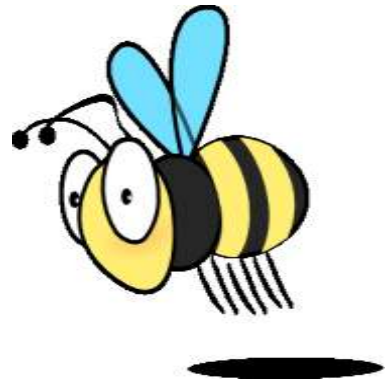
“Thanks for the tip,” said the second bee, and flew away.

A few hours later, the two bees ran into each other again. The first bee asked, “How'd it go?”

“Great!” said the second bee. “It was everything you said it would be. There was plenty of fruit and, oh, such huge floral arrangements on every table.”

“Uh, what's that thing on your head?” asked the first bee.

“That's my yarmulke,” said the second bee. “I didn't want them to think I was a wasp.”



HEALTH IN HARMONY

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It's time to get a homocysteine test!

Dr. Kilmer McCully was a highly regarded physician at Harvard and the Massachusetts General Hospital until his controversial

theories on heart disease cost him his research funding and his job. However, his theories are now widely accepted by the medical and scientific community. Dr. McCully proposed the homocysteine theory of cardiovascular disease.

He received numerous awards for his research. From 1961-2004, he published over 75 research articles in peer-reviewed journals.

Two books for the general reader include "The Homocysteine Revolution" and "The Heart Revolution." The implications of this theory are of great importance for reducing the risk of heart disease, cancer and other health problems. Dr. McCully shows how deficiencies of

certain B-complex vitamins (B6, B12 and folic acid (folate) can lead to a build-up of an undesired amino acid in the blood. Optimizing the intake of these vitamins can save your heart!

Check out livestrong.com for foods containing, B6, B12 and folic acid. However, vitamin supplementation may be necessary to top up food intake of these nutrients in cases of high homocysteine found in the blood.

At your next check-up, ask for a homocysteine test, especially if diet, exercise or your heart medications are not helping to reduce your cholesterol levels.

Another B vitamin that can influence the health of your heart is niacin (Vitamin B3). Check out the article in Life Extension Magazine,

"Using Niacin to Improve Cardiovascular Health" by William Davis, MD, March 2007.

Be sure to check with your doctor or naturopathic doctor for proper dosages.



Rosalie Moscoe



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