

Forestdale Heights Lodge, B'nai Brith Canada

# KOL ECHAD

Volume 14, No. 7

March 2016

Adar I/Adar II 5776



# COVER ART

If it looks good, then it must taste fantastic! If it is March, then it must be Purim, which starts on March 23.



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# KOL ECHAD

Kol Echad is the official publication of Forest-dale 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 mem-bers 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.

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Jeff Rosen

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Editing Staff  
Cathy Indig, Lisa Rosen  
Debbi Silver

Printing/Mailing  
Aaron Pacter  
Michael Pacter

# AT A GLANCE

March 8	Bingo
March 14	Elections/Dinner Meeting
March 23	Purim Programme
April 11	Dinner Meeting
May 15	Installation
June 6	Dinner Meeting

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

**Dinner Charge: \$10 members/\$15 non-members & guests**

**If you plan to attend, you must RSVP Albert Ohana  
at [saloniaff@rogers.com](mailto:saloniaff@rogers.com) or call (905) 597-1999**

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



## BINGO

Our next Bingo will be held on Tuesday, March 8. 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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# EDITOR'S DESK

Jeff Rosen



Whether known as the Bulletin, Horizon or Kol Echad, the appeal of Forestdale Heights' various publications has always been timeless. From here on in though, the printed words contained in our monthly publication are truly "Timeless."

I guess some explanation is in order. After a bulletin is put together, Marc Kates and I go over each page, line by line, in an attempt to make a good product even better. While doing so last month, Marc suggested that perhaps it was time to change the font used in the body of the bulletin. The idea intrigued me, so I began exploring different fonts. Once a number of interesting alternatives were found, Team Kol Echad explored all the options. While first round voting resulted in everyone choosing a different font, on the second round, a consensus was formed.



As a result, you are now reading the first printed bulletin to utilize Timeless font. It is quite different from the Garamond font we employed in the past. It is a clean, modern font that I feel simply makes Kol Echad "pop."

Another change that you may have noticed is that we have added the logo for the American Jewish Press Association. Years ago, the *Jewish Tribune* was a member of this prestigious organization. However, with its demise, only the two Canadian Jewish publications were left as members. Since B'nai Brith Canada's website has yet to include links to lodge websites (although I remain confident it will happen one day), I felt it important that this bulletin, this publication, be connected to something larger than itself. (We remain a proud member of B'nai Brith Canada.)

As a result, I submitted an application for membership, which was approved in January. What this will mean for us in the future still remains unknown. If nothing else, it will reconnect me with an organization, I had some dealings with during my time with *The Canadian Jewish News*. If there is no value in belonging to this North American Jewish media organization, then we can reevaluate our membership at a future date.

In the meantime, we will continue to make this publication better each and every month.

Be well.

# Upcoming

## LMOL – Don Mills

Invites you to meet Ayal Lesh from Canadian Friends of Israel Guide Dog Center for the Blind. Film(s) to be shown.

### BLIND LOVE

BLIND LOVE recounts a trip to Poland of six blind Israelis and their guide dogs who took part in the annual March of the Living, where they visited once thriving sites of Jewish life and culture. On Holocaust Remembrance Day, the blind participants and their guide dogs marched from Auschwitz-Birkenau in memory of all victims of Nazi genocide and against prejudice, intolerance and hate.

The film captures the special bond between the blind individuals and their guide dog companions. BLIND LOVE emphasizes the importance of building a society where everyone is cherished – young and old, strong and weak, able and disabled – a world not filled with blind hate, but instead with blind love.



WEDNESDAY, MAY 11  
B'NAI BRITH BUILDING  
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7:00 p.m.

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# FEBRUARY MEETING



Forestdale Heights Lodge welcomed back B'nai Brith Canada CEO Michael Mostyn (left) as its guest speaker at our February 8 meeting. Twenty-one people, including six from Don Mills Lodge, attended the meeting. The guest members expressed a desire for our lodges to hold more joint programmes. Senior Vice-President Stewart Indig announced that he would be stepping in to run the Lodge until the elections in April. As well, Stewart announced that

Debbi Silver would be taking over the Lodge's finances until the elections.

Mostyn outlined a number of new programmes B'nai Brith is undertaking in an effort to reach out to the community, including a free skate day. This was held on Family Day in February and was designed, in part, to help create a hockey tournament. As well, he said that registration for softball teams was up from last year and that BBC was planning to relaunch its clothing bin program.

He also expressed B'nai Brith's concern about the federal Liberal government's plan to strengthen ties with Iran.

Responding to questions from members, he explained why the organization's website has no mention of the Lodges, pointing out that the site remained a work in progress. As to why there was no connection to existing lodges' websites, he said it was because so few existed.

When asked about the problems plaguing the Alzheimer's facility at 1 Kenton Road, Mostyn could say little, due to legal restrictions. Discussing the sale of 15 Hove, he said that BBC would be remaining on site for quite a while.

Overall, he said B'nai Brith is satisfied with the progress being made at improving the organization.

***Jeff Rosen***

***More photos can be found at [kolechad.ca/feb16.htm](http://kolechad.ca/feb16.htm)***

# FHL NOMINATIONS

The following members of Forestdale Heights Lodge have been nominated to serve on the executive for 2016-2017. Elections for all positions will be held on Monday, March 14, 6:30 p.m. for dinner at 15 Hove Street. (Please note new date and location). If you are attending, please RSVP Albert Ohana at [salonpiaff@rogers.com](mailto:salonpiaff@rogers.com).

President: Stewart Indig

Senior Vice-President: Richard Kotzen

Vice-Presidents: Elizabeth Bloom, Avery Matlow

Treasurer: Debbi Silver

Recording Secretary: Michael Kates

Financial Secretary: Ruth Pupko

Chaplain (unelected): Harvey Silver

Trustees: Barry Gordon, Sandy Gordon, Rhona Levistan, Lisa Rosen

## INSTALLATION 2016

Join the celebration

### **49TH ANNUAL INSTALLATION OF FORESTDALE HEIGHTS LODGE**



Sunday May 15, 7 Townsgate Dr., Thornhill, Party Room

Cocktails at 5:30 p.m.

Dinner 6:30 p.m.

Price and more information TBA



# TALKING POINTS

Debbi Silver

I am sitting at my computer and thinking of the reasons why I recently joined B'nai Brith. About 24 years ago, I was working for the B'nai Brith Youth Organization (BBYO) and our office was at 15 Hove. This building, which opened in 1967, was built for the youth of Toronto. Four B'nai Brith Lodges raised the money.

Over the years that followed, BBC decided that they wanted their head office in that building. During that time, BBYO unfortunately had to turn to BBC to help with such things as paying bills. It seemed like a good plan, until BBC came into a difficult financial situation in 1990. The Board of Governors of BBC deemed it necessary to "let" the BBYO teens and Hillel members fend for themselves.

In 1991, BBYO made a deal with the UJA Federation to help BBYO sustain them. As a result, that year BBYO moved into the JCC at Sheppard and Bathurst. The rest is history for some people, but not me.

I vowed never to join BBC due to the restraints they put on BBYO. Basically, I never forgave them for "pushing" the teens out of "their" building.

Fast forward to 2016. This past January, I made a joke that maybe I should run for treasurer of the Lodge. Little did I know that the Slate Committee would take me up on my offer. PROBLEM, I would have to join BBC. I thought about it for quite some time and realized that the Lodge at this time needed some new blood on their executive. With that being said, I joined Forestdale Heights Lodge. Many of the members I recall from past years have left, but the ambiance of those who remain today is amazing. There are a few past presidents who have helped to maintain the slogan "People Helping People." Without them, I am certain the Lodge would have folded a number of years ago.

Therefore, today (February 8) I will be attending my first Lodge meeting in over a year, as a member of B'nai Brith Canada. I certainly hope to be elected as treasurer in the upcoming elections. However, even if I am not elected, I will still be available to help the Lodge. I have seen my husband, Harvey, work with his friends on Community Service, Fundraising, Socials, etc. I know that with Stewart Indig at the helm, the Lodge will be around for the many years.

As for me, well I hope to be a valuable asset to Forestdale Heights Lodge.

# PESACH GREETINGS

## TO ALL MEMBERS OF FORESTDALE HEIGHTS LODGE:

This year we will be running Pesach Greetings in the April issue of Kol Echad. Greetings will be \$5 each (just one size). Deadline to submit a greeting is March 14. Please send wording for your greeting to [jelijo@sympatico.ca](mailto:jelijo@sympatico.ca).

All payments must be made no later than the Lodge's March meeting. Cheques (made out to Forestdale Heights Lodge) or cash can be handed in at the meeting or mailed to Jeff Rosen, 150 Harris Way, Thornhill, Ont. L3T 5A8.



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# PURIM 5776



On **Wednesday, March 23**, Forestdale Heights will be hosting its popular annual Megillah reading at 4300 Bathurst Street. The programme will commence at 7:50 p.m. Volunteers are requested to be there by 7:30 p.m. If you are coming, please RSVP to Carl Zeliger at (905) 669-2732 or e-mail [czeliger@wza.ca](mailto:czeliger@wza.ca).

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## GOOD & WELFARE



### **Birthday**

Michael Pacter	March 9
Marc Pollock	March 12
David Gorender	March 21
Ray Moscoe	March 22

### **Anniversary**

Avery & Marla Matlow	March 26
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FHL welcomes Debbi Silver as the newest member of Forestdale Heights Lodge. Debbi, a long-time volunteer with Kol Echad, is stepping in to run the Lodge's financial affairs.

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).

Contact: VITO



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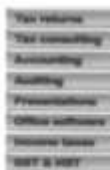
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We are counting down to our 50th anniversary celebration in June 2017. Each month we will look back in time, outlining key events in history. For a complete list of what transpired that year, go to [kolechad.ca/fhl50.htm](http://kolechad.ca/fhl50.htm).

## 1981

**FHL Presidents: Norman Aronson/Frank Wilson**

**Prime Ministers: Pierre Trudeau**

**Ontario Premier: Bill Davis**

January 1 – In Canada, gasoline and diesel are sold by the litre rather than the gallon.

January 20 – Iran releases the 52 Americans held for 444 days within minutes of Ronald Reagan succeeding Jimmy Carter as the 40th President of the United States, ending the Iran hostage crisis.

March 30 – U.S. President Ronald Reagan is shot in the chest outside a Washington, D.C. hotel by John Hinckley, Jr.

June 7 – The Israeli Air Force destroys Iraq's Osirak nuclear reactor killing ten Iraqi troops and a French technician.

June 12 – Indiana Jones and the Raiders of the Lost Ark is released in theaters.

July 29 – Over 700 million people watch the wedding of Charles, Prince of Wales, and Lady Diana Spencer at St Paul's Cathedral in London.

October 5 – Raoul Wallenberg becomes a posthumously honorary citizen of the United States.

October 6 – Egyptian president Anwar Sadat is assassinated during a parade by army members who opposed his negotiations with Israel.

October 14 – Vice President Hosni Mubarak is elected President of Egypt.

November 13 – The Canadarm is first deployed aboard the Space Shuttle.



# FUNNIES

## WOMEN'S REVENGE

“Cash, check or charge?” I asked, after folding items the woman wished to purchase. As she fumbled for her wallet, I noticed a remote control for a television set in her purse. “So, do you always carry your TV remote?” I asked. “No,” she replied, “but my husband refused to come shopping with me, and I figured this was the most evil thing I could do to him legally.”

## WORDS

A husband read an article to his wife about how many words women use a day. 30,000 to a man's 15,000. The wife replied, “The reason has to be because we have to repeat everything to men...” The husband then turned to his wife and asked, “What?”



## CREATION

A man said to his wife one day, “I don't know how you can be so stupid and so beautiful all at the same time.” The wife responded, “Allow me to explain. G-d made me beautiful so you would be attracted to me; G-d made me stupid so I would be attracted to you!”

## THE SILENT TREATMENT

A man and his wife were having some problems at home and were giving each other the silent treatment. Suddenly, the man realized that the next day, he would need his wife to wake him at 5:00 a.m. for an early morning business flight. Not wanting to be the first to break the silence (and LOSE), he wrote on a piece of paper, “Please wake me at 5:00 a.m.” He left it where he knew she would find it. The next morning, the man woke up, only to discover it was 9:00 a.m. and he had missed his flight. Furious, he was about to go and see why his wife hadn't wakened him, when he noticed a piece of paper by the bed. The paper said, “It is 5:00 a.m. Wake up.” Men are not equipped for these kinds of contests.



# ALL STEW

Stewart Indig

Here is a great recipe I found while going through our family favourites recipe book. Not only is it vegetarian it is also low fat. If Cathy eats it, it must be healthy too!

## MY MOTHER'S MOCK CHOPPED LIVER

### INGREDIENTS

1 can of French Style green beans  
2 hard-boiled eggs  
2 medium onions chopped  
Oil for browning the onions  
1/4 cup chopped walnuts  
Salt to taste

### DIRECTIONS

Sauté onions in oil until brown.  
Drain green beans, pressing out as much water/liquid as possible.  
Put all ingredients into food processor, processing until smooth.  
Salt to taste.

Very yummy! Even tastes like Chopped liver.  
Enjoy!



## KOSHER FOOD BANK

Forestdale Heights is a supporter of the Pride of Israel Kosher Food Bank. Members are requested to bring an item of non-perishable kosher food to each Lodge meeting. The food items should bear a kosher certification. Donations collected at each meeting will be delivered the following day.



# HEALTH IN HARMONY

Rosalie Moscoe

It's difficult to avoid stress in a fast-paced society. As we get stressed emotionally, so too the body becomes tense. Deep breathing techniques are tops at achieving back to normal functioning – homeostasis.

**Calm Your Mind:** 1) Gently, deep breathe into your belly. Breathe in to the count of four. Hold to the count of four; breathe out to the count of five. Repeat until calm.

2) Positive self-talk also calms the mind. Include statements such as “I am calm,” “Look how far I’ve progressed and I’m still moving forward,” and “This too shall pass.”

**Neck/shoulders:** 1) Try shoulder rolls – bring shoulders up towards your ears; roll shoulders back gently four or five times. Stop if painful.

2) Drop chin to chest; roll chin gently from side to side.

3) Try a warm compress on your neck. Massages can help.

4) Are you slouching when sitting at the computer? Get up and move at least once an hour. Raise arms above head; stretch.

**Jaw/teeth:** 1) Check with your dentist if your bite is off. If your jaw crackles or clicks upon opening your mouth, you could have TMJ, which causes pain in teeth and jaw. See a dentist who specializes in bite plates/night guards to stop clenching or grinding of teeth.

2) Enlist breathing techniques before bed.

3) Use a warm compress on your jaw.

4) Gentle jaw stretches include: put tongue to roof of mouth. In this position, slowly open mouth (not fully). Close mouth. Again, put tongue to roof of mouth and open the mouth in this position slightly more than the first time. Repeat. If painful, stop.

**Hands/feet:** 1) Do wrist rolls, hand exercises. With arms outstretched in front, rotate wrist 5 times one way; repeat the other way. Open and shut hands five times.

2) For feet: while sitting with an outstretched leg, flex one heel with foot pointing to ceiling; then point the toe forward. Repeat pointing foot up and down ten times. Repeat exercise with the other foot. Do “marching” when sitting at computer, with

**Continued on next page**




your feet. Walk to encourage circulation. Put a tennis ball under your arch. Stand on it gently; roll it around the painful areas, not directly on them.

**Sore stomach, poor digestion:** 1) For good digestion, get calm before eating.

2) Reduce fast foods/ fried foods.

3) Reduce antacids, which strip the stomach of important stomach acids that aid protein digestion.

4) Take probiotics to soothe your stomach or eat plain yogurt.



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# AS I SEE IT

Marc Kates



“My heart is the east, but I am at the ends of the west,” is a famous line for Yehudah HaLevi’s (1085-1141) poem about his longing for Zion. Although he lived most of his life in Spain, he very well understood the centrality of Israel in his life, even as a Jew living in the Diaspora. Although it is February, and I am about to depart for an undoubtedly wonderful ski vacation in British Columbia’s interior, I cannot help but think towards our summer trip in August to Israel.

I figure that I have been fortunate to have been to Israel on 10 previous occasions, and yet every trip to Israel is a new opportunity to explore, connect with our past, and learn something new. Our kids are also very excited about the trip, and often ask if they can visit a particular site or significant place in Israel. Their Jewish education is already paying off, but their love for Israel was already enshrined in their beings by simply having us as parents. Israel holds a special place in our hearts, and we can’t wait to discover Israel through our children’s eyes.

Yes, I love Israel, but I also hate things about it. I hate the politics, the religious and diplomatic tensions that permeate the air and the harshness of daily life in Israel. I learned long ago that to survive in Israel, akin to Israel’s survival itself, one needs to be a little edgy, or in other words, *chutzpadik*. I’ll never forget being told off by my mother while shopping in a grocery store on French Hill in Jerusalem. She was shocked that I blasted the ignorant and pushy Israeli woman who had butted in the checkout line. I opened up a *pisk* to her and blasted her in Hebrew for her uncouth behaviour. My mother was not so happy at MY behaviour, but being able to yell at the woman in her own language was truly satisfying as she snuck away towards the other cashier. This polite fifth generation Canadian can also dish it out.

So, despite August seeming so far away, and despite the numerous things that have to happen beforehand, I simply can’t wait. No doubt, my 11th visit will provide me with much material for future Kol Echad editions. A word of caution, however, to the pushy Israeli woman at the Shufersal and others like her, “I’ll be back.”



# TORONTO MARATHON



## Sunday, May 1

Forestdale Heights Lodge has participated in the GoodLife Toronto Marathon for close to a decade. Our Lodge is responsible for the first water station behind Mel Lastman Square.

Arrival time at the water station is 6:00 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 [debbisilver@rogers.com](mailto:debbisilver@rogers.com).



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