

Forestdale Heights Lodge, B'nai Brith Canada

KOL ECHAD

March 2018

Adar/Nisan 5778

Volume 16, No 7

*Happy
Purim*



COVER ART

February is coming to an end, March is just days away. Overlapping these two months this year is the festival of Purim, which starts February 28 and ends on March 1.

Our website has most of the regular features found in print, plus much more. Visit kolechad.ca for up-to-date news from Jerusalem Post, CBC, Reuters and more.

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PRESIDENT'S PEN

Stewart Indig



I just finished watching the 52nd annual Super Bowl. It was a great game and I am not even a football enthusiast. In fact, I know nothing about American football. I only watched the game because of the hype and usually it is a good game. I was rooting for the Eagles only because they were the underdog. I really did not care who won, as I had no bets on the game. I enjoy seeing the underdogs battle and win. Nick Foles' touchdown will be

memorable to me.

Forestdale Heights Lodge – in my eyes – is like the underdog against all the other Lodges. We are probably one of the smallest Lodges with a shrinking membership. Yet, like the Eagles, we do not bow down and give up; we just continue with our game plan and move forward. I have no doubt that we will win the battle and will survive. Like any winning team, we have dedicated members. Some are on the offence; some are on the defence. I see myself as the captain and therefore on both the offence and defence.



It just came to me that I am also the quarterback. In football, the quarterback calls some of the plays, but not all. This also holds true with the Lodge, as well. A play where the quarterback takes the ball and runs will work sometimes, but not all the time. Being the President of the Lodge does not mean I have to do it all. It actually takes a team effort to win. Our team effort has made our CVS programmes so great. Usually it is not just one single person that makes it a success. It is the team. Every single one of our CVS programmes - with the exception of just one - is successful because of a group of people. Last year, Elizabeth Bloom started a hat, mitt and scarf programme to the Covenant House. She does it all on her own. I gave her the ball, she ran with it. Touchdown!! Last year, I challenged Jeff to do something in regards to costs associated with Kol Echad. He ran with it and scored another touchdown! (It seems Jeff is always challenging me, which helps to keep me on my toes.)

Continued on next page

A team is made up of individuals and, in my view, we have the best of the best on our team. We will not be defeated. Next year, I will be returning to the helm of the Lodge and will lead it to yet another victory. I just need some team players next to me. I think I will have that next year. Our team, although small, has drive and determination. That my friends, is the key to success and winning. Without drive and determination, you/we will go nowhere. Our Lodge members have the drive and determination to win. We just need a few more members.

A great idea was brought up at the Slate Committee meeting. Why do we not offer first year membership free? Try before you buy. What a great idea! Another example of other people calling some plays. With this idea, again we will score some touchdowns.

I look forward to leading the team to another great season next year.
Go Team Go!

NOMINATIONS

A meeting of Forestdale Heights Lodge's Slate Committee was convened on Wednesday, January 17 at 27 Elise Terrace. Nominations were held in February and elections will be held at our March 12 meeting.

President:	Stewart Indig
Vice-Presidents:	Elizabeth Bloom, Ruth Pupko
Treasurer:	Debbi Silver
Recording Secretary:	Eddie Arkin
Financial Secretary:	Jeff Rosen
Chaplain:	Harvey Silver (un-elected position)



MEMBERSHIP

A GREAT DEAL!

Forestdale Heights Lodge is launching a unique membership drive in an effort to grow our base. We will waive membership dues for the first year. So, bring out your friends and relatives and let them get a taste of what we have to offer. Their only charge will be the \$10 for an optional delicious kosher dinner at our meetings.

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.

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Jeff Rosen

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Lisa Rosen
Debbi Silver

Printing/Mailing
Aaron Pacter
Michael Pacter

AT A GLANCE

February 28	Purim Programme
March 12	Elections & Dinner Meeting
April 9	Dinner Meeting
May 6	Toronto Goodlife Marathon
May 14	Dinner Meeting
June 11	Dinner Meeting

Dinner at 6:30; Meeting at 7:15
Dinner Charge: \$10 members

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

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 put a greeting in is March 5. Please send wording for your greeting to jelijo@sympatico.ca.

Cheques (made out to Forestdale Heights Lodge) or cash can be handed in at the March meeting or mailed to Jeff Rosen, 150 Harris Way, Thornhill, Ont. L3T 5A8. If you are unable to attend, let me know and we can make alternate payment arrangements.

EDITOR'S *PURIM SCHPIEL* DESK

Jeff Rosen



WARNING: Portions of this column contain graphic language and may be too intense for younger readers.

The federal government's decision to legalize marijuana this summer has thus far received mixed reviews from all levels of society. However, the day before yesterday, it was resoundingly rejected by officials in America's highest political office.

"This is yuge and definitely the most stupid decision I have ever heard from my good, good friend Justin Trudeau," declared U.S. President Donald Trump. "Believe me, we will not allow our vile neighbours to poison our incredible nation."

After deliberating with staff for 30 seconds, the President announced that a massive wall would be erected along his country's northern border and that Canada would pay.



"Believe me, if they want NAFTA to continue, they will pay and pay bigly," Trump thundered, while chewing a double cheeseburger. We will defend our incredible men and women."

The president expressed mild confusion when told that the boundary between the two countries is 8,891 kilometres long.

"That's fake news," the Commander in Chief bellowed, pointing out that his friend Steve told him that it was only a little more than 5,000 miles.

His chief of staff tried to explain, saying that the two measures were the same.

"That's it, you're fired. Get out of my office," Trump yelled.

When a reporter from a non-fake news outlet inquired about what would become of the 1,500-mile border Canada shares with Alaska, Trump announced that he was giving the northern state to Israel and that his good friend, Bibi would build a wall.

Vice-President Mike Pence tried to correct The Boss, pointing out that Israel was in the Middle East and that the President had already announced that the U.S. was moving its embassy to Jerusalem.

Continued on next page

“What dufus made that decision,” Trump said scowling. “Mark my words; I want that loser out of my country!”

The room went silent, as everyone waited for their master to realize the error of his ways. Finally, a smile appeared on POTUS’s face. “No matter, we will loan the northern state to my good friend, Vladimir.”

Attempting to deflect the random announcement, Trump doubled back on his “tremendous” idea of building a northern wall. Failure to do so, he yelled, would be met by fire and fury.

His attorney general said that this would not be legal, but the president remained unconvinced. However, Trump’s golden boy and senior policy advisor, came to the rescue.

“We will convince the Canadians that it is in their best interests to build this wall, from sea-to-shining sea,” said Stephen Miller. “Furthermore, giant fans will be erected along the perimeter to blow the noxious fumes back into their country. After a few months...well, maybe after a few days...everyone will have the munchies. That’s when we strike. We simply withhold the pretzels, ding-dongs and chips until they pay their bills. Trust me, Mr. President, we can’t lose on this.”

“What an incredible plan,” Trump said, rubbing the advisor’s shiny dome. “And when can we start construction,” he added.

“Why not on February 28,” Miller responded. “After all, it’s the start of Purim and everyone loves a good **Purim Schpiel.**”

Be well and have a good Purim.

FHL MEMBERSHIP RECORDS



Forestdale Heights Lodge is in the process of updating its records. As a result, we require e-mail addresses for all members. These will remain confidential and not shared with other members. As well, we request birthday and anniversary information to use in Kol Echad.

Thank you for your assistance. Send all information to jelijo@sympatico.ca.

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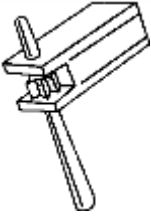
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PURIM 5778



On Wednesday, February 28, Forestdale Heights will be hosting its annual Megillah reading at 4300 Bathurst Street. The programme will commence at 6:40 p.m.

Volunteers are requested to be there by 6:15 p.m. If you are coming, please RSVP to Carl Zeligler at (905) 669-2732 or e-mail czeligler@wza.ca

CORRESPONDENCE

January 31, 2018
15 Shevat, 5778

Mrs. Debbi Silver
Forestdale heights Lodge
c/o 27 Elise Terrace
Toronto, ON M2R 2W9

Dear members of the Forestdale Heights Lodge,

I am writing to express our sincere gratitude to the Forestdale Heights Lodge for their generous and meaningful gift of \$100.00 to Chabad of Mississauga in honor of Mr. Lloyd Lindsay. The funds were directed to our recent Kids Shabbat Takeover.

Through your generosity and kindness you become a partner in our work to generate more good deeds.

Chabad of Mississauga is devoted to teaching and strengthening our Jewish heritage and identity. We offer programs geared for all ages, backgrounds and affiliations making Judaism an accessible reality. Whether it is through our Sunday Hebrew School, Hospital Chaplaincy, Adult Education, Senior Programming, Community and Holiday Events, Summer Camp, Chabad of Mississauga has something for every aspect of the Jewish Community.

All of this vital work is made possible only with the help of supportive friends like yourself. Through your Tzedaka you share in our work of building a strong and vibrant Jewish Community.

May G-d grant you and yours health, happiness and nachas and may you be successful in all your endeavors.

With warm personal regards,


Rabbi Yitzchok Slavin
Director

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THANK YOU

To the Members of Forestdale Heights Lodge,

On behalf of the Gordon and Ginsberg families, thank you for your kind expression of sympathy on the loss of my sister, Doreen Ginsberg. It was deeply appreciated.

With sincere thanks,

Barry and Sandy Gordon

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This year, our goal is to reach over 1,000 people across the Greater Toronto Area for each holiday.

We can't do this without your support.

Please help us support the needy in our community by **sponsoring a Purim-themed food bag**. Your life-protective food bag sponsorship will help a Jewish family or individual(s) living at or below the poverty line enjoy the holidays.





HARMONY

Rosalie Moscoe

When I was a child, I was a sugar addict. I loved chocolate, ice cream, cookies, pies, cake and candy. I suffered from colds, tonsillitis, stomachaches and always had bags under my eyes. I was a rambunctious child and couldn't sit still, symptoms that may have been caused by too much sugar, according to Dr. Doris Rapp, author of *The Impossible Child*.

In childhood, ice cream and candy are routinely given for "being good." Babies and children crave sweets especially if given to them often. It's easy to become attached and addicted to these types of foods.

The high rates of sugar consumption are alarming. In September 2011, Statistics Canada released the Health Report: *Sugar Consumption Among Canadians of All Ages*.

Consumption of total sugars averages 21% of daily energy intake. This includes all naturally occurring and added sugars in the diet. As well, we have seen a surge in processed and refined food in the past 50 years. According to Diabetes Canada, the number of cases of diabetes and other lifestyle-related illnesses has continued to climb as the estimated diabetes prevalence increase is predicted to be 44% from 2015 to 2025.

For those who are unaware, refined sugar is hidden in soft drinks, breads, baked goods, fast food, ice cream and pies. Too many grains, often found in bread, cereal, crackers, energy bars, and croissants are converted to sugar in the body.

When my father and his four brothers were diagnosed with diabetes, I started to take notice. I looked to my diet to prevent the diabetic 'curse' and fluctuating moods that seemed to affect not only my family, but also a high percentage of the population.

Not only has excess sugar has been shown to deplete the body of B vitamins and amino acids, but it also compromises the immune system. A strong immune system is key to fighting off viruses and other illness, even cancer. Keeping sugar out of your diet over time will increase your body's strength and health, making it harder for diseases to attack your system. A little sugar is ok, just know when to stop!

Continued on next page



So, how can you control sugar cravings? One of my strategies is to read labels and not bring home foods high in sugar. If sugar is listed in the top few ingredients, I suggest you leave it behind and look for another brand with less sugar. As well, I realize that when I exercise more, my appetite for sweets decreases as I burn more calories. Research in Reuters.com, Jan. 2015 reported that mild exercise, such as walking could also trigger metabolic processes that make more blood sugar available to the brain, reducing the craving for sugary foods.

Another way to break sugar cravings is to eat protein at each meal, three times a day: 2 – 3 oz. for women and 3 – 4 oz. for men. Protein foods include chicken, fish and other seafood, lean cuts of meat, low fat cheese, plain yogurt, beans, legumes, and tofu.

Also, remember to eat complex carbohydrates (vegetable, fruits, and whole grains), instead of simple sugars such as chocolate or other candy. These complex carbs have less sugar and a slower release time due to their fiber content. Also, remember to add some fat to the meal (olive oil, nuts or avocado) to further help blood sugar regulation.

You can lick the sugar habit! I know I did! Your health depends on it.

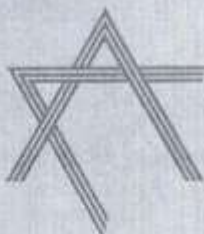
GOOD & WELFARE

Birthdays

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



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 jelijsympatico.ca.



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Sunday, May 6

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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.

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AS I SEE IT

Marc Kates

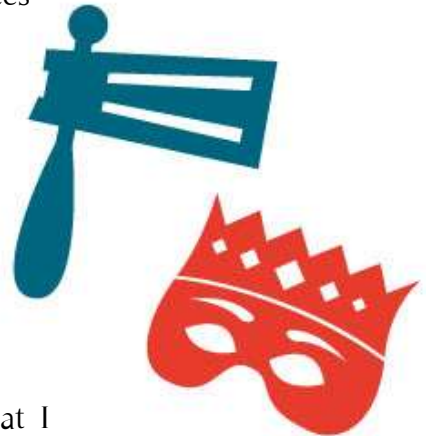


Someone once told me that religion is the hypocrisy one is willing to live with. How true. Living in the modern age, we have to moderate between millennia of tradition and the demands of living in a time where instant communication is omnipresent, and the pressures of the fast-paced world never cease. Negotiating between those two opposing forces is certainly a challenge.

Every day, one is presented with questions that challenge one's faith and it is up to the individual to decide on a solution and deal with those consequences, both good and bad. As parents, we try to instill our values in our children, but also making them productive members in this world who fit well into the outside society. I don't believe that I have any of the answers. In fact, I'm sure that I don't.

Certain things are just easy to decide. I know that I won't have a Christmas tree in my house, and I know that Jewish education is a priority. I know that keeping kosher is important, but I certainly won't be wearing a *shtreiml* or refrain from seeing a movie in the theatre (if ever I get to see one).

Just when I think that I am the only one who is facing this, I need but look around to see that others are grappling with the same. The choice we all make is where to draw the line; in which areas are we going to be flexible, and in which areas are we rigid. Truth be, even as we are about to celebrate Purim, Mordecai and Esther too had to delicately engage in this balancing act. In the *Megillah*, Mordecai warns Esther not to reveal her true identity, and Esther goes by Esther, and not her Jewish name, Hadassah. Esther does marry outside the faith, but yet is touted as a heroine. Negotiations are never easy, they are a matter of give and take, and life, culture, and identity are certainly no different.



MEMBERSHIP

Forestdale Heights Lodge is launching a unique membership drive in an effort to grow our base. We will waive membership dues for the first year.



So, bring out your friends and relatives and let them get a taste of what we have to offer. Their only charge will be the \$10 for an optional delicious kosher dinner at our meetings.

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FHL@50 explores what has been going on in the world since the Lodge was born in 1967 and will wrap-up next month.

For a comprehensive look back, go to kolechad.ca/fhl50.htm.

2016

FHL President Stewart Indig

Prime Minister Justin Trudeau / Ontario Premier Kathleen Wynne

January 16 – The International Atomic Energy Agency announces that Iran has adequately dismantled its nuclear weapons program, allowing the United Nations to lift sanctions immediately.

January 28 – The World Health Organization announces an outbreak of the Zika virus.

March 21 – Barack Obama, visits Cuba, marking the first time a sitting U.S. president has visited the island nation since president Calvin Coolidge visited in 1928.

May 3–4 - The city of Fort McMurray, Alberta is fully evacuated due to a catastrophic wildfire that destroyed numerous structures.

June 23 – The United Kingdom votes in a referendum to leave the European Union.

July 22 – The final videocassette recorder is manufactured in Japan.

August 5–21 – The 2016 Summer Olympics are held in Rio de Janeiro, Brazil, the first time in a South American nation.

September 3 – The U.S. and China, together responsible for 40% of the world's carbon emissions, both formally joined the Paris global climate agreement.

September 9 – The government of North Korea conducts its fifth and reportedly biggest nuclear test. World leaders condemn the act, with South Korea calling it “maniacal recklessness.”

November 8 – Businessman and television personality Donald Trump is elected the 45th President of the United States as a Republican.

December 23 – The United Nations Security Council adopts Resolution 2334 condemning “Israeli settlements in Palestinian territories occupied since 1967.”



TALKING POINTS

Debbi Silver



Purim is here. So many memories come bouncing back to me; it was a special time as a child, a grownup, a mother and now a grandma.

Years ago, our two children would spend special time with my mom in Montreal. Everyone would cram into her little kitchen on McDonald Avenue, where they would make hamentashen. They were so yummy; I wish I could make them like my mom.

Today, the tables have turned. Now our daughter, Lisa, invites our grandchildren and a few friends over to her apartment to partake in making these holiday treats. What fun we have filling them with jam, chocolate chips, raspberry jam, and for me, prune. We do lots of laughing, and eating, but the best part has to be the bonding that takes place between the generations.



* * *

Harvey and I just returned from a cruise via the Norwegian Getaway, where we stopped in Roatan, Honduras, Belize, and Cozumel. I can't give you full details because I am writing this one week before our actual departure.

I am hopeful that the nomination meeting went off without a hitch while we were away. The Lodge requires our support NOW more than ever.

Chag Purim Sameach.



Purim Sameach!



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