

# KOLECHAD

May 2012  
Iyyar/Sivan 5772



FORESDALE 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.

## Editor

Jeff Rosen

## Advertising

Harvey Silver

## Editing Staff

Marc Kates

Irv Pupko

Lisa Rosen

Debbi Silver



# CAN YOU TWEET?

Our website has been updated to allow for the use of social media tools. Most pages of Kol Echad, [kolechad.ca](http://kolechad.ca), have been enabled to allow connections to Twitter and Facebook. As well, the site now has its own QR code (found on this page). Scan the code with your cell phone or other mobile device and go to our website. If you find a page that has not been upgraded to allow for social media, please let us know at [jelijo@sympatico.ca](mailto:jelijo@sympatico.ca).

To get a QR code reader go to <http://www.getscanlife.com>.

## 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 of sealed toiletry items are also welcome. Donations collected at each meeting will be delivered the following day.

## AT A GLANCE

May 6	Toronto Marathon
May 6	FHL Installation
June 3	Woodbine
June 11	Dinner Meeting

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

**Dinner Charge: \$7.50 members; \$10 non-members**

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# PRESIDENT'S PEN



It's springtime! The flowers are peaking through the dark earth and buds are on the trees. (By the time this article appears the trees will be in full bloom!)

It's a time of renewal, which for Jews seems to start at Pesach, symbolizing freedom from bondage – we can start again. While Pesach cleaning is one thing, spring-cleaning is quite another – closets, drawers, cupboards, garages and basements. It's as though springtime inspires us to get rid of all the old stuff (and make way for the new!).

For those baseball fans, in the past, opening day even saw some snowflakes fall from the sky, along with brisk, cold winds. At the same time, hockey finals always took place during the last stage of winter. However, with more teams in the

National Hockey League and the longer schedule, hockey games continue well into June, coinciding with the end of spring! Times are a-changing and we need to change with them.

I've learned to work my new iPhone (after much practice). I didn't think it was possible. Some days, I'm even taking a streetcar to work instead of taking my car. I decided to go for brisk walks a few times a day and it's amazing that once I made up my mind to do this, I found the time.

Let's keep a springtime feeling with us the entire year.

Inspiration can come at any time; we just need to attend to it when it does. I hope all of our members become inspired to help Forestdale Heights grow and blossom so that our work can help and inspire others.



*Ray Moscoe*

# COVER ART



Alex Levin was born in 1975 in Ukraine.

From the time he was 6 years old, Levin knew that he was called to be a painter. Entering the Art Academy at age 12, and graduating with multiple honours, only made the fire burn hotter. Feeling the need to get closer to his heritage, Alex Levin immigrated to Israel in 1990, and became a student of Prof. Baruch Elron, chairman of the Israel Artists' Association.

In 1997, following three years army service, Alex Levin enrolled in an industrial and web design programme in order to round out his artistic talents.

Today, his main painting styles are Judaica, Surrealism and Realism. He works in oil, acrylic, pencil, charcoal, and tempera. He is perhaps best known for his

technique involving the multilayered use of tempera and oil, with no brush strokes.

Levin's works are on display in private and public collections and galleries in Israel, Belgium, U.S., Australia, and Russia. His paintings have been reproduced on the covers of books and other printed materials.

Levin is represented by Tribes Fine Art Gallery, Tel Aviv. For further information about this artist, contact [Info@tribes-gallery.com](mailto:Info@tribes-gallery.com) or go to [www.tribes-gallery.com](http://www.tribes-gallery.com).

To purchase this piece of art, go to <http://goo.gl/vQw1n> or scan QR code below.



# EDITOR'S DESK



Where did the year go? It seems like we were just starting the 2011-12 Lodge year. Now it's time to reset the clock, install a new executive and hope for the best as a new group picks up the reins to run the Forestdale Heights

for another year.

Traditionally installations are a time of transition and this year is no different. While our president, Ray Moscoe, consented to stand for a third consecutive term (only the second person to take on the task), there will be a number of new faces on the executive council for 2012-13. I wish the new executive best of luck.

Looking back over the Lodge year ending, I applaud those who gave of their time and energy to help run Forestdale Heights. It's a volunteer position with no perks, other than the personal satisfaction of knowing one is contributing to make this a great group to belong.

Of course, my highest praise goes to those who help maintain the Lodge's strongest (and probably largest)

committee. I am referring to Forestdale's communications network.

When I signed up 21 years ago, I could not have imagined how technology would change this job. Looking at the first bulletins I worked on back in 1991 is like peering into an alternate universe. Quality wise, there simply is no comparison.

Today we have stable of committed writers who submit monthly columns, members who send in material on a regular basis and valued advertisers whose assistance help make this the bulletin, Kol Echad, so much stronger.

Then there is our website. I often question its usefulness. However, in this digital age, I know that most successful organizations exist on the web and therefore we maintain a parallel presence in cyberspace.

Perhaps maintain is the wrong phrase. As of late, there have been many changes on our site to make it more eye-catching. We now have the ability to connect our site with social media, including Twitter and Facebook. Another new feature allows readers to leave online comments at the end of each web column. I invite everyone to check out these changes.

**Continued on next page**



We also have our own QR code to allow those who want to view the website on mobile devices. To do so, scan any of the codes in this bulletin.

So, is that the end of the changes to our print and web creations?

Probably not because as technology changes, so will Kol Echad. As always, it is a work in progress.

A lot will depend on you, the members who read this, because this publication belongs to you and we always welcome your input.

It's been an honour and privilege to steer our communications another year.

Thanks go to Harvey Silver for taking care of the business side of this enterprise, Irv Pupko and Debbi Silver for their sound advice, Ray and Rosalie

Moscoe, Nate Salter, Sandy Gordon and Marc Kates for providing ongoing content for this publication. The latter individual deserves special kudos, stepping in as he did, to fill some very big shoes at a very trying time in his life.

Finally, where would I be without the most important person in this equation? Not only does my wife Lisa go over each issue, word-by-word and offer her advice, but also helps keep me grounded on my worst days. Simply put, she is the best.

Hope to see everyone at installation.  
*Shalom*

*Jeff Rosen*

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# TORONTO MARATHON

**Sunday, May 6**

Forestdale Heights Lodge has participated in the Toronto Marathon for over six years. Our Lodge is responsible for the first water station at Mel Lastman Square. We have four volunteers this year. We would appreciate if at least two more members come and help. Arrival time at the water station is 6 a.m. and we are usually done by 9 a.m.

The fun continues when we all go out for breakfast.

Please call Harvey Silver at (416) 223-0780 or email at [harveysilver@rogers.com](mailto:harveysilver@rogers.com).

# WOODBINE 2012

**Sunday, June 3**

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

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# FHL ALLOCATIONS

Forestdale Heights Lodge will be holding an allocations session at our June 11 monthly meeting. If there is a particular group or organization you wish an allocation be made to, please send in a detailed request to Carl Zeliger prior to May 15 so that it can be considered. Please include amount requested. Carl can be reached at [czeliger@wza.ca](mailto:czeliger@wza.ca) or call **(905) 669-2732**.

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Join the celebration for the  
46<sup>th</sup> Annual Installation of

# Forestdale Heights Lodge

Sunday, May 6, 2012  
4300 Bathurst Street

Cocktails at 5:30 p.m. followed by dinner

Cost: \$20/person for members;  
\$25 non-members

Please make cheque out to  
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Please RSVP to Albert Ohana by April 30  
(416) 494-2636 or [salonpiaff@rogers.com](mailto:salonpiaff@rogers.com)

# NOTES FROM NATE

*Never letting the truth get in the way of a good story*



A very special hello to my brothers and sisters of Forestdale.

The last two weeks have been, to say the least, very interesting from where I was sitting.

Trust me when I say I wouldn't recommend the program to anyone.

Yes, I had a heart attack and while it knocked me for a loop, I am still kicking, just not so high. Let me tell you those four days and nights in the cardiac isolation unit at York Central gives one a lot of time for navel gazing. It gives one a far greater appreciation of those who love and support you and it gives you a real perspective of what is really important in life. It allows you to savour the times of nachus and joy that you have shared and this is what gets you over the rough spots. It lets you give thanks to G-d for allowing you to sit at a family Seder and watch your grandchildren and their cousins frolic together. This is as it should be, children being children, so full of exuberance.

I know I cried to myself when I thought that I would not be able to share this with my family ever again.

However, I was blessed and I was there this year and my heart kvelled from the joy, which was far stronger medicine than anything the doctors gave me.

My darling wife of 44 years, Andrea, was at my side each and every day and I know how hard it was on her as well. She really was my strength to get through this. If you ever define love, then this is the real thing. My daughters, in spite of their busy lives and small children, were there to love and support their daddy and their visits made the isolation a little easier to bear.

In spite of my existing collection of infirmities and this rather large bump in the road of life, I am truly a lucky man because I have the love of my family and friends to help me along the way.

While I am going to be moving a lot slower for a while and will be restricting my activities, somewhere down the line I will be back attending meetings and breaking bread with my Forestdale family. I look forward to that day.

**Continued on next page**

In the interim, even though Jeff gave me a sabbatical, we will continue to amaze and confuse you in our little corner of Kol Echad, mostly because with my new iPad I can write while lying in bed. I wish I had known about these things 30 years ago.

So until next issue here is your *Pincus Punim* thought for the month:

*A psychiatrist is a qualified person, who gives you an expensive and critical analysis about yourself, that a Jewish wife gives you every day free.*

*Mate Salter*



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# FORESTDALE FUNNIES

## Shavuot Oldies

**Q. What kind of man was Boaz before he married?**

*A. Ruth-less.*

**Q. Which servant of G-d was the most flagrant lawbreaker in the Bible?**

*A. Moses. He broke all 10 commandments at once.*

**Q: Where is medicine first mentioned in the Bible?**

*A: When G-d gave Moses two tablets.*



## Showing Up Late

Bernstein walks into work one day at nine. He is very late and the boss is furious. "You should have been here at eight-thirty!" he shouts.

"Why?" says Shapiro. "What happened at eight-thirty?"

## Lightbulbs

How many Zionists does it take to replace a light bulb?

Four: one to stay home and convince others to do it, a second to donate the bulb, a third to screw it in, and a fourth to proclaim that the entire Jewish people stands behind their actions.

## Manure

Schwartz, an elderly man, is resting peacefully on the porch of his small hotel outside Boca when he sees a cloud of dust up the road. He walks out to see who could be approaching: It is a southern farmer with a wagon.

"Good afternoon," says Schwartz.

"Afternoon," says the farmer.

"Where you headed?" asks Schwartz.

"Town."

"What do you have in the wagon?"

"Manure."

"Manure, eh? What do you do with it?"

"I spread it over the fruit."

"Well," says Bernstein, "you should come over here for lunch someday. We use sour cream."

# TASTY TREATS

## **CHEESECAKE CRUST:**

- 18 graham crackers
- 2 tablespoons sugar
- 2 tablespoons butter

Crush graham crackers.

Melt butter.

Mix ingredients together, and spread on bottom and sides of 8x11-inch baking pan.

Put in refrigerator.

## **CAKE:**

- 3 8-oz. packages cream cheese - at room temperature
- 5 eggs
- 1 cup sugar
- 1 teaspoon vanilla

Mash the softened cream cheese in a bowl.

Add eggs into bowl, one at a time, mixing well after each egg.

Add sugar and vanilla into bowl.

Pour the cheese mixture onto the crust.

Bake at 375-degrees for metal pan, or 350 for Pyrex - for 40 minutes.

## **TOPPING:**

- 1 teaspoon vanilla
- 2 tablespoons sugar
- 2 cups (16 oz.) sour cream

Mix ingredients together, and spread over baked cake.

Bake at 475-degrees for metal pan, or 450 for Pyrex - for 5 minutes.

## Rosalie Moscoe

RHN, RNCP



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# APRIL MEETING



Rabbi Michal Shekel, executive director of the Toronto Board of Rabbis, was the guest speaker at our monthly meeting on April 2, which was attended by over half the Lodge membership. She addressed the important topic of the Jewish perspective of organ donation.

Rabbi Shekel was introduced by Stewart Indig. Afterwards, she was thanked by President Ray Moscoe who presented her with a donation to a charity of her choice.

Rabbi Shekel said that generally ethnic and immigrant groups have been reluctant to consider organ donation. While Israel had a response rate of 8% as of 2008, Canada's was even lower, she said. This was contrasted with Spain, which had a response rate of 31%.

She pointed out that even if one were to sign an organ donation card, it does not mean that one's organs will be used, as it depends on a variety of circumstances, including cause of death and if the surviving family has any objections. For this reason, she said it is important to make one's wishes known to family members well in advance.

Rabbi Shekel said while there are issues concerning respect for bodies of the deceased and the need for a proper, swift burial soon after death, all major movements within Judaism agree that it is mitzvah to donate organs. In fact, not only can organs be donated, but also she said some movements within Judaism permit other parts of the body to be donated, such as corneas, tissue and even skin.

She said, as organs are not limbs, it is not considered desecrating the body. As well, she said that if an organ is to be used, it has to be removed right after death occurs to be considered viable. Therefore, a timely burial is not an issue.

In all cases though, she said that people should consult with their own rabbi to get specific details about how it applies to their own religious beliefs.

For information regarding organ donation and halachah, go to Halachic Organ Donor Society at [www.hods.org](http://www.hods.org).

To contact the Trillium Gift of Life Network, go to [giftoflife.on.ca](http://giftoflife.on.ca).

To view more photos, go to [kolechad.ca](http://kolechad.ca).

# AS I SEE IT



On April 21, 1926, two women were born to very different worlds. One was born in London, England, and the other in Toronto, Canada. Unlike her British counterpart, the Torontonion was

not raised with a silver spoon in her mouth and struggled financially as an adult. Both Elizabeth Alexandra Mary and Helen Mary were the first born in their respective families, and with that, especially growing up during the Depression and World War II, made each of them grow up a little more quickly. This past April was their 86th birthday.

Elizabeth Alexandra Mary became most widely known as Her Majesty Queen Elizabeth II in 1952, and Helen Mary was conferred the title of “Bubbie” in 1975. This year, the Queen is celebrating her diamond jubilee – 60 years on the throne. She is cognizant of her image, her role in society and the media scrutiny. The Queen’s life is indeed a rich one, both

literally and figuratively, but the genuine richness of life is not valued by diamonds and rubies.

I wonder what kind of grandmother the Queen is. Do her *eyniklekh* have a favourite recipe that only she makes? Was she the kind of grandmother who was interested in her grandchildren’s toilet-training habits? I don’t know.

One thing is certain – both grandmothers have a long heritage that is being passed down to the future



generations. Even though my Bubbie Helen passed away 26 years ago, she would *shep* much *nakhes* watching her 2-year-old great-grandchild recite the *Ma Nishtana* at the Seder table. Ever since my Bubbie Helen passed away, there has been a gap in the family calendar. How *bashert* it is that she and her eldest

great-grandchild share the same birthdate.

To Her Majesty, in this milestone year, I wish her much mazel, health, and *nakhes* from the *eyniklekh*, *biz hundert un tsvantzik*.

*Mare Kates*



# HEALTH IN HARMONY

## Reduce Stress with Healthy Nutrients



Yesterday, she fed me pizza and french fries and a supersized coffee. The sole redeeming factor of the meal was the ketchup on the fries, due to its lycopene content – a powerful

antioxidant! I guess I shouldn't complain, although the high sugar content made me jittery for about a half hour. My circuits are malfunctioning; I can't remember squat. I needed the caffeine in the morning to rev up the neurotransmitters out of doze mode. Now I'm in overdrive and need anxiety relief!

Today if my owner, my Hurried Person, isn't running too fast, I might get a real dinner with some grilled chicken (amino acids), brown rice, broccoli and a salad (complex carbs) with olive oil dressing (essential fats). Who am I kidding? If I'm lucky, I'll get a greasy burger with diet soda pop and a donut for dessert. Sigh...I can't go on. I'm walking out. Oh, I can't. I'm her brain.

### **Food, Mood and Stress: Are They Connected?**

Can your food choices be the culprit for bad moods, body tiredness and fuzzy thinking? Do you find yourself

getting anxious a few hours after you've skipped lunch or after a meal with high sugar content? If so, you're not alone. Have a good look at your diet. The foods you put into your mouth each day have the potential to offer natural stress, anxiety relief...or misery.

### **Let food be thy medicine. (Hippocrates, 400 B.C.)**

Nutrients such as vitamins and minerals cross the blood brain barrier that protects our brain from bacteria and other invaders. Human beings have survived for eons by eating foods that our beautiful planet has given us. Unfortunately, as a society in the past 75 years, we have become addicted to the taste of junk food. Many seem to be lacking facts about healthy eating and how nutrient dense foods encourage superior brain and body health. However, you can change your habits! Remember that healthful food choices are natural stress remedies that soothe your nervous system.

### **Seven Nutrition Tips for Stress Management**

Drink eight glasses of water daily.

Use cold pressed oils, and other healthy fats such as nuts, olives, seeds.

Eat a serving of leafy greens and some beans daily.

**Continued on next page**

Eat four or more servings of vegetables; fresh, cooked or in soup. Eat two to three servings of fresh fruit daily.

Use whole grain products instead of processed ones.

Eat two to three servings of protein foods daily – i.e. fish, chicken, low fat dairy, soy products, whey protein

powder, beans or legumes, lean meat choices.

Give yourself the gift of whole foods – a natural stress remedy. Your mind and body will love the resulting nutrition health benefits.

*Rosalie Moscoe*

## GOOD & WELFARE

### Birthday

Barry Gordon

May 15



FHL wishes a speedy recovery to Nate Salter

FHL expresses condolences to Brother Jack Aronson on the passing of his son Andrew.

Sonny sez:



I'm here doing what I do best, serving you and loving it! Call Sonny, that's me, Sonny Langer.

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