

Forestdale Heights Lodge, B'nai Brith Canada

# KOL ECHAD

May 2014

Iyyar/Sivan 5774



# 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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# COVER ART

An air display flies above the Tel Aviv beach on Israel's 61st Independence Day in 2009. This year Yom Ha'atzmaut starts the evening of Monday, May 5. Photo courtesy Wikimedia Commons.

## 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 4	Goodlife Marathon
May 5	Dinner Meeting
May 25	Installation
June 1	FHL@Woodbine
June 9	Dinner Meeting

**Watch your e-mails and  
our website for dates of upcoming programmes.**

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

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

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# PRESIDENT'S PEN

Wow, where did the year go? I can't believe that this is my last article for Kol Echad as President. In looking back over the year there were many hurdles to overcome and we succeeded. With the help of so many of you, my job was made much easier.

Looking forward, there are still a few programmes coming up, i.e. Installation, Toronto Marathon, the Woodbine Raceway and of course, our BBQ at the Indigs' home. I hope to see most of you at all of these events.

Installation is an important part of our Lodge, and I hope that you will come out and support our incoming executive.

I would like to quote our late president, Irv Pupko ז"ל, and remind everyone that April 27 is Holocaust Remembrance Day, and "it is a day on which we pass on to our children, and grandchildren the story of the Shoah, but this time we need to also pass on the message 'NEVER AGAIN'. We, as Jews, must be in the lead to guarantee that genocide is not acceptable, not against ANY people simply because of race, religion or tribe."

By the time you receive this bulletin Passover will be almost over. We hope everyone had a healthy and happy Pesach.

I will highlight the year in review at Installation, but for now, thanks to everyone who has helped make 2013-2014 a memorable year for Forestdale Heights Lodge.

I would publicly like to thank my wife, Debbi, for being my right hand "lady."  
See you all at the Installation.

*Harvey Silver*





## EDITOR'S DESK

*Harry Basil, David Galet, Michael Wolburgh, Harry Warga, Earl Lepofsky, Irv Knopman, Stan Penzner, Gary Pollock, Harvey Rachman, Nate Salter, Allen Fink, Murray Fallen, Norman Aronson, Frank Wilson, Zev Scherer, Allen Goldberg, Stan Horowitz, Harvey Glasner, Gabe Nachman, Al Reider, Michael Kates, Frank Shapiro, Jack Britstone, Albert Ohana, Carl Zeliger, Arthur Eisenbaum, Shelly Luftspring, Harvey Silver, Jeff Rosen, Bonnie Kates, Irv Pupko and Ray Moscoe.*

To this illustrious group, we now have the pleasure of adding one more: George Garten. On May 25, George will join these Lodge Brothers and Sister who have given their time and energy to ensure that Forestdale Heights has thrived and survived all challenges that have arisen since the Lodge began in 1967. Who are these 32 people you might ask?

Simply put, they are (or sadly were), spouses, parents, accountants, businesspeople, nurses, teachers, lawyers, journalists and many other things. They were no different from anyone else who has taken out a membership in our Lodge.

Yet, despite busy personal lives, they managed find the time to assume the mantle of the president of Forestdale Heights Lodge. It's like I have been told on more than one occasion: if you want something done, give it to a person who is already busy.

Since joining Forestdale Heights 23 years ago, I have had the privilege of working with 10 of these leaders, while co-ordinating communications for the Lodge. The request to do so came almost immediately after I signed my membership form. I never thought of saying no, but really, why would I? I joined because I wanted to become part of something, not to sit on the sidelines.

As time went by, my involvement increased and I was eventually asked to serve on the executive, becoming trustee, financial chair, vice-president and senior vice-president. Finally, in 2003 (and again the following year), I was asked to lead the Lodge. It was an honour to be asked and to serve.

The first thing I realized was that holding the top post is very different than watching the president in action. Each president before me had their own style, their own strengths and weaknesses. So basically, what I had to do upon becoming president, was take what I learned from my predecessors, add my own ideas and make the presidency my own.

**Continued on next page**



Of course, I was lucky to have a great backup crew at my side, letting me know when I was on the right track and giving me a good nudge in the side, when they felt that I needed it. That's why we have vice-presidents and senior VPs.

That was then though, and this is 2014. George, the care of Forestdale Heights is being handed to you. Treasure and take good care of her. Remember, you are not alone. You have a good executive behind you. You will have amazing times as our leader and days when you will question your decision to take the job. However, I guarantee you that the day will come when you will look back and proudly proclaim, "I was president of Forestdale Heights Lodge."

*Chag Sameach,*

*Jeff Rosen*

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## FUNDRAISING

On Sunday, March 23, Forestdale Heights Lodge participated in the 3rd annual Vendors Market at 15 Hove St. This was our first year participating in the event that had vendors showing their wares from all walks of life. The show started at 11 a.m. and finished at 4 p.m. Thanks goes out to Harvey Silver, Michael Kates and Ruth Pupko for making this a successful event.

Thanks also goes out to Debbi Silver for helping put this together. During the event, Stewart Indig, Charlene and George Garten also helped out. Even though we didn't make much, all had fun and a big thank goes out to Mitchell Wein from Marathon Watch who provided us with most of the goods we had at the table.

Unbeknownst to us at the time, Mitchell has kindly donated all the goods to the Lodge and if we want, we have enough supplies to do it again next year. If you want to see a picture of our table, it will be in the April issue of Snap magazine.



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# GOOD & WELFARE

## Birthday

Barry Gordon

May 15



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).

Shalom & Linda  
Magazzinich

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# PURIM 5774



It's been about 20 years since Forestdale Heights Lodge launched its popular Purim CVS programme. While turnout from residents at 4300 Bathurst Street and Lodge members has declined over the years, the programme remains a true mitzvah, as we allow residents who are unable to travel to hear the reading of the Megillah. For that reason alone, this programme deserves the Lodge's continued support.

On Saturday March 15, approximately 25 residents of the B'nai Brith building came out to listen to Rabbi Jay Kelman read the Megillah. We were also blessed with a strong show of support from Lodge members and their families.

Before Rabbi Kelman and his family arrived, Carl Zeligler opened the programme by beautifully reciting Havdalah.

After the Megillah reading concluded, residents enjoyed hamentashen, and *nosherai*.

On hand to help serve up delicacies were Carl along with his wife, Debbie, and their son Josh, as well as Ruth Pupko, Michael Kates, Harvey and Debbi Silver, George and Charlene Garten, Albert Ohana, Sandy and Barry Gordon, Lisa Rosen and me. As well, we were joined by Debbi Silver's cousins, Brenda Pedvis and Benjie Diamond.

After the Megillah reading was complete, FHL Treasurer Charlene Garten presented Rabbi Kelman with a donation to Torah in Motion, where the rabbi is a founding member.

Special thanks for this annual programme go to Carl Zeligler who makes it is a success each and every year.

*Jeff Rosen*





# PURIM 5774



For more photos, go to  
[kolechad.ca/purim.htm](http://kolechad.ca/purim.htm)

*[Jeff Rosen photos]*



# FHL EXECUTIVE 2014-15

The following individuals have been elected to serve on the executive of Forestdale Heights Lodge for 2014-2015:

President: George Garten

Senior Vice-President: Ruth Pupko

Vice-Presidents: Stewart Indig, Richard Kotzen, Jeff Rosen

Treasurer: Charlene Garten

Financial Secretary: Elizabeth Bloom

Recording Secretary: Stewart Indig

Trustees: Elizabeth Bloom, Ivan Bloom, Rhona Leviston, Rosalie Moscoe, Lisa Rosen

As immediate past president, Harvey Silver, will serve as chaplain

Michael Kates is chairman of the Board of Governors



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# INSTALLATION 2014

Join the celebration

## **48th Annual Installation of Forestdale Heights Lodge**

Sunday May 25, 7 Townsgate Dr., Thornhill, Party Room

Cocktails at 5:30 p.m.; Dinner 6:30 p.m.

Price \$25 per person for members, \$30 per person for guests

Please return your reply card to George Garten by May 15.



## WOODBINE

On Sunday, June 1, members of Forestdale Heights Lodge will head to Woodbine Racetrack for our annual popular Day at the Races. Cost is \$40/person, which includes buffet lunch, programme and reserved seating.

Doors open at 11:00 a.m.

Don't miss one of FHL's premiere social outings.

If you are interested in joining us, you **MUST** RSVP to George Garten [\*\*candggarten@hotmail.com\*\*](mailto:candggarten@hotmail.com) or (416) 221-2407 by **May 5**.

## CONSTITUTION

At the Lodge's April 7 monthly meeting, members approved amendments to the constitution of Forestdale Heights Lodge. As a result, the number of vice-presidents will be reduced to two from three and the number of trustees from a maximum of six to two. As well, terms of office for all elected officers will now be for two years from date of installation, from the previous one year.



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# ALL STEW



## LOW FAT BLUEBERRY MUFFINS

### Ingredients

1 3/4 cups flour  
2 teaspoons baking powder  
1/4 teaspoon salt  
3/4 cup of skim milk

1/3 cup sugar  
1/4 cup oil  
2 teaspoons lemon or orange rind  
1-teaspoon vanilla  
1 large egg beaten  
1-cup blueberries



### Directions

Combine all the dry ingredients and mix well.  
Then, combine the rest of the ingredients BUT the blueberries.  
Mix it all together well.  
Fold in blueberries.  
Place into a muffin tin.  
Bake for 20 mins at 400 degrees.  
Each muffin is approx. 50 calories.

Enjoy!

*Stewart Indig*

# LOOKING BACK

*From the files of Kol Echad*

MAY 2004

## **B'nai Brith Annual General Meeting, Sunday, May 2**

As part of this year's AGM, outgoing president Rochelle Wilner presented awards to the lodges. Among them, Jeff Rosen received the award for Web Site Design for our lodge's Web site, Kol Echad. This is the fourth year the award has been presented and the third our lodge has received the honour. Delegates to this year's AGM from Forestdale Heights Lodge were Jeff Rosen, Bonnie Kates, Harvey Silver, and Michael Kates.

## **Notes from Nate**

A gracious good day all my fellow boychicks and maidlechs of Forestdale. By now most of you know that your Rotund Reporter has emerged as a retreaded, but newly elected (and almost installed) vice-president. I won't bore you with a repetition of the acceptance speech which I did not give, but let me tell you I am actually excited about the prospects of once again assuming office in a more official capacity, after many years of serving as a member of the loyal opposition.

As our lodge is becoming reborn and revitalized, each and every one of us who call ourselves loyal members of Forestdale Heights Lodge need to look inward and ask yourselves, what each of you as an individual can contribute to this rebirth. Maybe you don't have the time or desire to head up a committee, and heaven only knows we can use help in that department, then commit yourself to taking part in the programs that are being offered.

Show us your smiling face at an event, even if you only want to come out, say hello and give us moral support. You know I can almost assure you that a very strange phenomena will take place, you might actually really like what you see, and then before you know it, maybe you will find the time to get involved. Then both you and the lodge emerge winners

A very wise man once told me the "Can't lives on won't street." So ask yourself, each time you read either version of Kol Echad why you think you can't take part in some event over the course of the year. As much as we love collecting your dues, the lodge exists because of YOU. Your participation is vital to making our rebirth happen. Don't be sitting on the sidelines, and paying your dues. Frankly, you are losing out on a great opportunity being a active member of our lodge.

Get off the old tush and stand up and be counted. Come to a program and roll up your sleeves, and become a real Foresdalenik making things happen. Now the ball is in your court!

***Nate Salter***



# AS I SEE IT



April 30 is my last official day on paternity leave. I can't believe how time has flown by so quickly. By April 30, my baby will be 8 months old and heading off to daycare. She will just be part of the morning routine of getting the kids up, dressed, fed and out the door. It is sad that the infant stage will soon be over, but I know that it will make way for more steps along her journey of growth and discovery.

So, what have I learned? I don't think that I've learned anything new, but this time period has only reiterated for me important life lessons. I

know what purity is in the sound of a baby's laughter. I know what the meaning of family is and carving out that special time of being together. I know (and please don't share this with the parents of my students) that my kids are more important than theirs. I know the role of work in a person's life and creating that life-work balance makes us all tightrope walkers. I know the wonderment of seeing something for the first time through a child's eyes, or witnessing a joyful sense of accomplishment.

Parenting is the hardest task bar none, and unlike the Cabbage Patch Kids phenomenon of the 1980s, my kids did not come with an instruction book. I have to base my parenting on nearly five years of parenting experience, being in dialogue with other parents, my own experiences and observations, and occasionally consulting a parenting "maven." Some days I'm good at it, and other days I fall short.

On May 1, life will return to "normal," but I will have to work extra hard in my role as Daddy. I know that I will always be present in my kids' lives, but I'll have to work even harder at it. Yes, it's daunting, but I'm up for the challenge.

*Marc Kates*





# HEALTH IN HARMONY

## Are You A “Type A” Personality?

Do you have a short fuse? Are you always in a hurry? If so, you may be a Type A Personality. Type A's were first identified by cardiologists, Drs. Friedman and Roseman, who noticed that their patients all had similar traits. Published in JAMA, 1959, it appears that Type A's are four times as likely to have heart attacks, than the rest of the population. Type B's (a more relaxed personality type) endure fewer accidents, get along better with their families and are more apt to “stop and smell the roses.”

The following are some traits of the Type A Personality. (Even if you're retired, you still can be a Type A – habits die-hard!) Tick off some of these traits if you think they apply to you, and then read on to uncover ways to slow down.

Symptoms of Type A Personality

**SENSE OF TIME URGENCY:** Type A's have “hurry sickness.” Do you always try to stuff more into less time or create deadlines that don't really exist?

**AGGRESSION AND HOSTILITY:** (Perhaps the most dangerous characteristic) A's are extremely competitive, challenging other people -- in sports, games, work or even discussions. Their free-floating hostility has them fuming at something.

**CONSTANT MOTION:** Do you move, walk and eat rapidly?

**IMPATIENCE:** Do you find yourself hurrying the speech of others or finishing their sentences for them? Is it anguish to wait in line? Do slow drivers in your lane make you boil?

**THINKING OR DOING TWO OR MORE THINGS AT ONCE:** Do you use an electric razor or phone while reading or eating (or driving)?

**DOMINATING CONVERSATION:** Do you always change the topic to subjects that interest you? Is it difficult to restrain from cutting in? When you can't cut in, do you pretend to listen while thinking of something else?

**FEELING GUILTY WHEN RELAXING:** Do you begin to lose respect for yourself when you do nothing for a few hours?

**SCHEDULING MORE AND MORE IN LESS AND LESS TIME:** Do you fail to make allowances for unforeseen circumstances? Do you always feel pressured by time?

**Continued on next page**



**FEELING COMPELLED TO CHALLENGE OTHERS:** Do you find yourself competing even when the situation doesn't require it? (Often, nothing arouses the aggressive hostility of a Type A more than another Type A.)

**NERVOUS TICS OR GESTURES:** Do you frequently clench your fist or bang your hand on the table to drive home a point? Do you habitually clench your jaw or grind your teeth? Do you jiggle your knee and have eye tics?

**FEAR OF SLOWING DOWN:** Do you feel that your success is due to your ability to do things faster than others?

**Five Ways to Ease Stress of the Type A Personality**

- 1) Exercise. Even a walk around the block for 15 minutes each day is an excellent strategy to reduce toxic stress chemicals.
- 2) Breathing techniques. Notice your breath as you breathe in and out. Slow it down and take a few deeper breaths during the day.
- 3) Practice mindfulness. Live consciously; quit multi-tasking. Notice your surroundings. Get the most out of each moment.
- 4) Meet with friends. Research shows friends can help you live longer. Be with people who make you laugh.
- 5) Improve nutrition. Cut down on junk food. Eat three good meals a day. Take a high quality, multi vitamin/mineral supplement each day.

*Rosalie Moscoe*

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# TORONTO MARATHON

Sunday, May 4

**Forestdale Heights Lodge** has participated in the Toronto Marathon for over eight years. Our Lodge is responsible for the first water station at 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 e-mail at [debbisilver@rogers.com](mailto:debbisilver@rogers.com).



## BINGO

**Tuesday, May 13**

4300 Bathurst Street

Please arrive by 7:15 p.m.

For more information,

contact Richard Kotzen, (416) 783-2737

or [richkotzen@rogers.com](mailto:richkotzen@rogers.com)

## LODGE BBQ

Please join us on Sunday, August 17, for our annual Lodge BBQ at the home of Stewart and Cathy Indig.

Details to follow.



# Rosalie Moscoe

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