

Forestdale Heights Lodge, B'nai Brith Canada

KOLECHAD

May 2015
Iyar/Sivan 5775

48th Annual Installation of

Forestdale Heights Lodge

Sunday May 3, 2015
Cocktails at 5:30 p.m.
Dinner to Follow

4300 Bathurst Street
Toronto, Ontario

1967

2015

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

The social event of the season is upon us as we prepare to hold the 48th annual installation of Forestdale Heights Lodge. For those who failed to get their invites in the mail, the price is \$30 members/\$35 non-members. Please RSVP to Albert Ohana.

AT A GLANCE

May 3	Toronto Marathon
May 3	Installation
June 8	Dinner Meeting
June 28	Day at Fallsview Casino
July 12	FHL Summer BBQ

SEE YOU IN SEPTEMBER!

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

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PRESIDENT'S PEN

George Garten

As I sit here writing this column we are halfway through Passover. That can only mean, for Forestdale Heights Lodge, the installation is around the corner.

The installation is not about one big party. It is about the people who have been elected to office. Each member is sworn in with the intentions of their doing

the best job possible. I hope that the new vice-presidents will be taking a more active part in helping me run the Lodge. I look forward to my senior vice-president chairing some of the meetings. We have a good foundation with good ideas.

Entering my second term, I will use what I have learned this past year. I know there is still more we can do. The work never ends. I feel privileged and honoured to work with these people. All in all, we will have a successful year.

Thanks go to Harvey Silver and Jeff Rosen for preparing and sending the invitations out in a timely fashion. By now, members should have received their invitations. Remember, the last day to respond is April 20. I hope to see some of our members, who have not been attending any functions lately, come out so I can meet them. I hope to see a good turn out on May 3.



MAY MEETING



Due to the 48th Annual Installation of Forestdale Heights executive, the May 11 meeting has been cancelled.

TORONTO MARATHON



Sunday, May 3

Forestdale Heights Lodge has participated in the Goodlife Toronto Marathon for close to a decade. 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 email at debbisilver@rogers.com.

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EDITOR'S DESK

Jeff Rosen



I've seen it happen in Stratford, and at theatres in downtown Toronto. I've even witnessed it in funeral chapels and been turned off by it at our own Lodge meetings.

You are probably wondering what am I talking about. Unfortunately, its become such a common occurrence, that many people just shrug it off or ignore it. However, this remains one of my pet peeves; cell phones going off in the most inappropriate of places.

I'm sure you've noticed that movies run "cute" infomercials reminding people to turn off their communication devices prior to the start of the film, so as not to bother those seated around them. As well, plays routinely begin with a reminder to patrons to turn off their phones or to put them on vibrate.

What I cannot understand is why people have to be asked to do something that should simply be common sense or common decency. Why shell out good money to see a play or movie, only to have it interrupted by an incoming call? I understand that some people have to keep their devices active, either due to the nature of their work or the fact they may be expecting an emergency call. However, in those cases, why do people have to be reminded to put their phones on vibrate?



Have we lost the ability to think for ourselves?

Sitting in a funeral chapel recently, I was annoyed when someone's phone went off. Even though the service had yet to start, I could not understand why the gentleman had to take the call while sitting in the chapel, as opposed to stepping into the hall. To make matters worse, the person even took a second call a short while later. I guess decency has taken a holiday.

I would like to think that when we gather for our monthly meetings we are above all this nonsense. Unfortunately, too often someone's cell phone will go off during a meeting. In my view, the Lodge should have a rule: cell phones off or placed on vibrate.

Maybe we should institute some type of penalty to ensure compliance; perhaps a small fine or perhaps asking the offending party to leave the meeting.

While this may sound harsh, I feel that talking on a cell phone or even having a phone ring during a meeting shows a level of disrespect to the chair and to fellow Lodge members.

In a way, I look at this social phenomenon as a disease; one I wish that could be cured with a simple vaccination. However, even if such a medication existed, I doubt that everyone would bother getting their shots.

Be well.



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ALL STEW

Stewart Indig

Here is a recipe that is pretty much low on fat, but high on taste. What more can you ask for? It makes a fine dessert!

DOUBLE CHOCOLATE MOUSSE

INGREDIENTS

- 1 1/2 cups skim milk
- 2 squares of Baker's semi-sweet chocolate (or any brand of your choosing)
- 1 pkg of fat free instant chocolate pudding (we use Jello Brand)
- 1 cup plus 2 tbsps. thawed light Cool Whip

DIRECTIONS

- Pour 1 cup of milk into a large microwavable bowl
- Add chocolate squares
- Microwave on medium power for 2 minutes or until chocolate is melted
- Stir in remaining milk
- Add dry pudding
- Beat with wire whisk for 2 minutes or until well blended
- Refrigerate for 20 minutes
- Gently stir in 1 cup of cool whip
- Spoon into 6 dessert bowls. (We like using fine china tea cups.)
- Refrigerate
- When ready to serve, top with remaining Cool Whip



The fine china tea cups give it a more elegant look.

Enjoy

GOOD & WELFARE

FHL PAST PRESIDENTS COME IN ALL SHAPES.

Here, former Lodge president, Ray Moscoe, volunteers as a guide at Gumbo Limbo Turtle Sanctuary and Nature Center in Florida.

They needed someone to be Luna The Turtle for the kids camp graduation. Enter Ray (in a \$5,000 custom-made suit complete with ice packs and a fan in the head!)

He was mobbed
and it was a fun time.



Mazel Tov to Stewart and Cathy Indig on the birth of their first grandchild, Gaby Elisha Levy, who was born on March 21. Proud parents are Barb and Jeremy Levy.



CVS - BLUE DOOR SHELTERS



Ten years ago it was called Transitional and Supportive Housing Services of York Region. Today its name is Blue Door Shelters. The mission of this agency remains the same though: to provide safe, supportive, emergency shelter and services for people who are homeless or at risk.

After a successful fall campaign to help this agency, Forestdale Heights is re-launching this CVS initiative.

Once again, we are asking Lodge members to please bring toiletries when they come to monthly meetings (as well as to the May installation), which will be donated to the agency. The items most needed are men's disposable razors, shaving cream, men's deodorant and shampoo. They would also appreciate toothbrushes and toothpaste.

If you are unable to attend a Lodge meeting and would like to make a donation, please contact Jeff Rosen at jelijo@sympatico.ca.



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. **Also, if we have omitted your birthday and/or anniversary, please let us know.**

CORRESPONDENCE

Toronto Rehab Foundation  UHN

March 13, 2015

Mr. Michael Kates
Forestdale Heights Lodge
54 Millbank Crt.
Thornhill ON L4J 6B9

550 University Avenue, 3rd Floor
Toronto, ON M5G 2A2
Tel: 416-597-3040 Fax: 416-597-6201
E-mail: trf@uhn.ca
www.torontorehabfoundation.com

Dear Mr. Kates:

On behalf of Toronto Rehab, thank you for your most recent donation of **\$100.00** in support of Toronto Rehab Foundation. Please find enclosed an official charitable tax receipt.

As a member of the UHN family, Toronto Rehab is Canada's largest academic health sciences centre dedicated to adult rehabilitation and complex continuing care. As an international leader in this field, we have taken bold steps to dramatically improve outcomes for patients and their families. Their courage inspires us each and every day.

Toronto Rehab embraces the potential of our patients, and we work with them to maximize their results. In addition to providing unparalleled patient care, Toronto Rehab is home to iDAPT, the world's largest state-of-the-art facility dedicated to rehabilitation research. This internationally-renowned centre is developing innovative technologies, advanced treatments, and practical solutions to support the challenges faced by people with disability.

Our research also aims at preventing injury by developing more effective industrial design to make streets, homes and workplaces safer. With six sites across the city, Toronto Rehab facilitates personalized care for serious injury and illness including: stroke, heart disease, arthritis, brain and spinal cord injuries.

Your ongoing commitment is helping to ensure that patients regain the skills, abilities and confidence to live life to the fullest. Together, we are already well on our way. Thank you once again for your generous support.

With warm regards,



Cindy Yelle
President & CEO



APRIL MEETING



Michael Mostyn, who was recently appointed as B'nai Brith Canada's new CEO, was guest speaker at the final meeting of the Lodge's 2014-2015 season on April 13. (May's meeting has been cancelled).

Mostyn, who was warmly greeted by about 18 Lodge members in attendance, outlined his Jewish background, pointing out that his first involvement with B'nai Brith was through B'nai Brith Sports. He also explained how he came to be the organization's new chief executive officer.

He stressed that B'nai Brith will continue to focus on its core values, including sports, Holocaust education, standing up for Israel, People Helping People, and Jewish housing. At

the same time though, he said that the organization would continue to evolve, in order to remain relevant to the entire community.

This year, this outreach will include special Jerusalem Day programmes, which will be held in three Canadian cities on May 17 and be open to the entire Jewish community.

As well, he said, B'nai Brith aims to find new ways to engage youth and wants to make further inroads onto Canadian campuses.

Mostyn said the organization would continue to work and talk with other agencies in order to get its message out.

He also stressed that it is essential that B'nai Brith not simply react to news, but has to be proactive in dealing with events. He said that B'nai Brith recently led the first Sephardic delegation to Ottawa, where they met, among other people, Prime Minister Stephen Harper, and federal cabinet minister Jason Kenney. He said that B'nai Brith hopes to build a stronger relationship with the Sephardic community in the future.

Mostyn said that B'nai Brith also recently launched a website in an effort to stop the annual Al Quds Day at Queen's Park. In recent years, this event has become an anti-Israel/anti-Jewish rally. He said this initiative has been getting support from a number of politicians and urged Lodge members to register their opposition to the event. The website can be found at www.stopalquds.ca.

For more photos, go to www.kolechad.ca.

Jeff Rosen

1971

FHL@50

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.

January 12 – The television sitcom, All in the Family, starring Carroll O'Connor as Archie Bunker, debuts on CBS.



February 16 – The “Fuddle Duddle” incident. Prime Minister Pierre Elliott Trudeau was alleged to have spoken or at least mouthed unparliamentary language in the House of Commons, causing a minor scandal. Trudeau mentioned the words “fuddle duddle” in an ambiguous answer to questions about what he may or may not have said in Parliament.

March 28 – The Ed Sullivan Show airs its final episode.

May 18 – The Montréal Canadiens win the Stanley Cup against the Chicago Blackhawks.

May 22 – Ontario Place opens in Toronto.



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AS I SEE IT

Marc Kates



April 2015 marked the 100th yohrzeit of famed Yiddish poet and author, Y. L. Peretz. Peretz, along with Sholem Aleichem and Mendele Mokher Sforim, is considered one of the three fathers of modern Yiddish literature. He is best known for his love of the “little people” and the need to cry out against all injustices done to them. He was interested in culture and self-improvement. Peretz believed that our cultural icons should be our community

leaders.

Peretz was a staunch Yiddishist who believed that Jews in the Diaspora should create their own national consciousness and identity. The ideas that shaped his thoughts are still relevant today as they were when he wrote about them at the turn of the last century. Peretz, if he were alive today, would be discovering that not much has changed.

He would challenge us as Jews of the Diaspora to examine our relationship with the State of Israel. Where, would he argue, do we get our sense of Yiddishkeit? Is it the fact that there is a Jewish nation state in the Middle East, or is it the fact that our daily lives are steeped in tradition that knows no borders or time? Does the Israeli prime minister speak for all Jews in every country, and should my vote in the upcoming federal election be based solely on Canada’s relationship with Israel? Furthermore, Peretz would challenge each of us to analyze our relationship with others. He would argue for the equality of the citizens of this world regardless of race, colour or religion.

To honour Y. L. Peretz on his 100th yohrzeit, take a simple account of your own Yiddishkeit, and if you have time, curl up with one of Peretz’s short stories or two, and immerse yourself in our own rich and vibrant Jewish culture.



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.



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SANDY'S SCRIPT

Sandy Gordon



I can't help but be amazed that prior to and during the week of Passover, we saw signs for catering services. You see it from the kosher caterers, as well as the non-kosher ones.

I constantly ask myself why anyone would go to the bother of ordering catering for a seder when it is coming from a non-kosher facility. What does Chag Kosher



Sameach stand for? Oh, I get it; we should just go through the motions, but not the real thing. It sort of makes those who go all the way preparing for the holiday to be quite the minority. It's really not fun being the minority within a minority group.

Don't get me wrong, everyone should do what they want to, but I don't support non-kosher caterers looking to supply meals at Passover. It's like saying it's O.K., I would rather see a kosher caterer supply meals to non-kosher homes so that folks would experience a kosher Pesach seder.

If we water down our traditions, what will our children, grandchildren and all of our descendants celebrate when Passover arrives each year?

I won't be around to see it, but I do hope a miracle happens!

Here's hoping everyone enjoyed a great Passover – and my rants too shall pass!

Until the next time!



SOCIAL



Annual BBQ

Sunday, July 12 at 5:30 p.m. – At the home of Stewart & Cathy Indig
43 Bryant Street, Toronto

Members – \$15.00 Guests – \$20.00

For information and to RSVP contact Sandy Gordon
(416)-631-8261 or sandygord@gmail.com

MONEY MUST BE PAID PRIOR TO THE EVENT.

Please mail cheque to Sandy Gordon at 59 Verwood Ave., Toronto, ON M3H 2K8 or bring payment to our Installation on May 3.



HEALTH IN HARMONY

Rosalie Moscoe

The Payoff of Going Organic

According to Nutrition Action Health Letter, nearly 4,000 farms in Canada produce certified organic products. Sales of organic foods continue to grow, and now exceed \$2 billion a year. Half of that comes from mainstream grocery stores. Organic foods are working their way into Canadians' diets – and that's a good thing.

Some benefits of organic produce:

- Higher levels of potentially healthy compounds in 60% of studies
- No synthetic fertilizers that contaminate ground water
- They don't chase away important pollinators such as bees and butterflies
- Reduced exposure to harmful pesticide residues



Organic expert, Charles Benbrook, says “The data shows that you reduce your exposure to pesticide residues when you buy organic foods.” While organic foods may not be entirely free of synthetic pesticides due to traces blown in the air from conventional farms, still – organic produce scores higher. They store longer due to the fact that they've got a higher concentration of antibacterial phenolic acids right under their skin, which helps to retard the growth of molds and bacteria that lead to spoilage, says Benbrook. While conventional farms can drive up the yields and produce bigger plants, their levels of vitamins, minerals and polyphenols are diluted.

Benbrook refutes the results of Stanford University's review which claimed that organic produce isn't more nutritious than conventional produce. Studies that compare the same varieties of fruits and vegetables grown in a similar location is the ideal way to do comparisons, says Benbrook, and he found that only half the Stanford studies were done that way.

Nutrition Action Health Letter reported that it appears where your produce is grown makes a difference. Some countries test higher for pesticides in certain crops than others.

Organic Foods and Children

It seems that for children, organic produce is even more critical. Benbrook stresses that pesticide regulation must focus on protecting the developing fetus and protecting children especially during the first two years of life – even through adolescence. The brain continues to grow and the nervous system continues to develop throughout the teenage years.

Continued on next page

Good news – Benbrook assures that the Food Quality Protection Act (FQPA) in the U.S. has restricted the use of pesticides by reducing the numbers and rates of pesticide applications and lengthened the interval between the last application and the harvesting of food. For the most part, Canada also followed suit. This act has no impact on imports.

Do your best to choose organic produce. For better health, number one – eat more fruits and vegetables. Number two – eat more organic produce.

SOCIAL



Day Trip to Niagara Falls -Sunday, June 28

Meet at Richmond Hill (Hwy 7/Yonge Street
(Tim Hortons on Red Maple Road)

The bus leaves at 9:30 a.m. returning at 5:00 p.m.

The fare is \$7 with a PAC Card

Everyone is responsible to make their own reservations
by calling Safeway Tours at 416-593-0593.

(Please do not indicate that you are part of a group)

PLEASE NOTE: You must have the Casino's Players Advantage Card to get the \$7 bus price.

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Jewish Holidays		
Purim	2015 (5775)	2016 (5776)
Pesach	March 5	March 24
Yom Hashoah	April 4-11	April 23-30
Yom Haatzmaut	April 16	May 5
Shavuot	April 23	May 12
	May 24-25	June 12-13
Rosh Hashana	2015 (5776)	2016 (5777)
Yom Kippur	Sept. 14-15	Oct. 3-4
Sukkot	Sept. 23	Oct. 12
Shemini Atzeret	Sept. 28-29	Oct. 17-18
Simchat Torah	Oct. 5	Oct. 24
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WANTED: VOLUNTEER FOR B'NAI BRITH BINGO

B'nai Brith Canada is currently looking for a Lodge member who is interested in volunteering at one of their bingo centres for one of their bingo charities.

The centre is located at Delta St Clair (St. Clair and Weston Road).

Sessions are guaranteed two to three times a month for a couple of hours each time, mostly in the morning or early afternoon. There are no nightly sessions.



Interested individuals are required to attend a training session in order to volunteer.

If this interests you, please contact Elyse Gruenspan, B'nai Brith Canada, (416) 633-6224, ext. 109 or e-mail egruenspan@bnaibrith.ca.



BINGO



Tuesday, May 12
4300 Bathurst Street.
Please arrive by 7:15 p.m.
For more information, contact Richard Kotzen,
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Future bingo dates: June 9.

Rosalie Moscoe

RHN, RNCP



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