

Forestdale Heights Lodge, B'nai Brith Canada

# KOL ECHAD

May 2017

Iyar/Sivan 5777

Volume 15, No. 9



# COVER ART

WARNING! Although the cover looks good enough to eat, we do not print on edible paper. The cheesecake is a reminder that Shavuot starts the evening of Tuesday, May 30, concluding on June 1. Also in May: Yom Hazikaron - May 1, Yom Ha'atzmaut - May 2, Lag B'Omer - May 14, Jerusalem Day - May 24. Also, May 22 is Victoria Day.

## Second World War V-E Day Ceremony

Monday, May 8th at 12:30pm

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# PRESIDENT'S PEN

Stewart Indig

Unofficially I have served as your president since January of 2016; officially, it has been since May of 2016. One year has now passed and a lot has happened. I learned a great deal and the Lodge survived. I am not from the old school as some of the "boys" are. I love to communicate via email rather than on the phone. To me, it is just quicker and I can say what I want to say at three in the morning. How many of you would like my phone call at that hour? Not many. I can also read and answer an email at my earliest convenience.

I am proud to say that thanks to the efforts of Jeff, Harvey, and Albert, our two biggest costs to the Lodge (the Kol Echad and dinners) are now under control. To them I say "Thank You." We have had representation at CVS events by a handful, but thanks to the efforts of Carl and Mark, they have attended the most. So, to them I say, "Thank You." The budget is kept under control and the treasurer is always on top of things. Debbi has done a remarkable job. To her I say, "Thank You." Bingo is attended every month religiously by Richard and Barry. Sometimes there are more of us than there are players. To our dedicated bingo volunteers, I say, "Thank You."



So, I guess the point is that without the contribution of our active members the Lodge would be stale. I sure cannot do everything. Based on the events of last year I do not need to do everything. Most of you do contribute in one way or another. This is something that I have learnt in the past year. Can you do more? For sure.

Lastly, this past year we lost our chairman, Michael Kates. He was the face of Forestdale Heights Lodge...he was Forestdale Heights Lodge. He kept things together, and was usually the one to put out fires. To Michael I say, "Thank You." I hope that I can live up to his expectations and continue to make the Lodge thrive. As with everything else, I cannot do it alone. I will count on your continued support in the upcoming year.

# KOL ECHAD

Kol Echad is the official publication of Forestdale 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 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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Cathy Indig, Marc Kates,  
Lisa Rosen, Debbi Silver

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Aaron Pacter  
Michael Pacter

## AT A GLANCE

May 7	Goodlife Toronto Marathon
May 8	Speaker & Dinner Meeting
May 9	Bingo
June 4	Gala 50 <sup>th</sup> Anniversary Installation
June 13	Bingo
July 9	Summer BBQ

### SEE YOU IN SEPTEMBER

**Dinner at 6:30; Meeting at 7:15**  
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DEADLINE FOR ALL ISSUES IS 10<sup>TH</sup>  
OF THE MONTH  
UNLESS OTHERWISE CHANGED

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## ALLOCATIONS

At the Lodge's April 3 meeting, funds were allocated to the following groups/organizations:

- Covenant House
  - Hill House Hospice
  - Imagine a Cure
  - Yellow Brick House
  - Blue Door Shelter
  - Maot Hittim
- 

# EDITOR'S DESK

Jeff Rosen



I've often noticed that many aspects of life happen in groups of three, both negative and positive. The negative, as many of you may have surmised, often involve the passing of "celebrities." Of course, this is happening more and more, as those stars and luminaries who we grew up with enter (and exit) their twilight years.

Fortunately, for every negative in life, there are often positives, which also occur in groups of three. I recently discovered this after I came under the care of three wonderful people during an overnight stay at Toronto General Hospital. Top marks go to Richard, Samantha (Sam) and Lorna, the three nurses who tendered to my health needs after I underwent an adrenalectomy. For those not in the know, adrenalectomy is the surgical removal of one or both adrenal glands.



This story actually starts a little over a triennium, or three years ago, when a routine procedure uncovered a non-cancerous growth on one of my adrenal glands. At the time, my doctor, David Urbach, decided that the best course of treatment was to monitor it on a yearly basis. After the last test was conducted in December, and fully diagnosed a month later, it was decided that this was no longer possible and that surgical excision was now the best option. (On an unrelated medical matter, the date I got my surgical diagnosis was the last I would see my good friend and colleague, Michael Kates).

Being unfamiliar with the world of elective surgery, I assumed that a surgical decision meant soon. Silly me! Basically, life was put on hold in the Rosen household, until I finally got THE CALL. Unfortunately, that was just for the pre-op surgical assessment. Fortunately, about three weeks later, I got another call, informing me of my surgical date was set for April 4.

**Continued on next page**

As I said earlier, I was unfamiliar with the world of elective surgery. Now, having gone through the system, my only complaint was the lengthy wait for a surgical date. However, I have been told that three months is really not that long.

Anyways, the two-week window prior to my procedure seemed to drag on. However, it did spur us into action though, as we had gotten the notice just a little under three weeks before Pesach. We realized that the holiday this year would be different than usual, but decided an abbreviated celebration was better than nothing. So planning, preparation and cooking were begun (and completed) prior to my visit to one of Toronto's premier medical facilities.

So, what finally happened at Toronto General? Well, the pre-op preparations were flawless, and everyone I dealt with was not only extremely professional, but compassionate. The same standards continued on into surgery, with doctors asking if I had any questions minutes before I was put to sleep.

Finally, we come to the triad I referenced at the start of this narrative. If doctors are the brains of a medical unit, then it is the nurses who are the lifeblood. They deal with patients, but they really are the ones with patience. They see people at their weakest following surgical procedures and deal with what some would call "minute" (and messy) issues.

I hope none of you has to have to undergo medical procedures that require in-hospital visits. If you do, may you be as fortunate as I was to have such amazing three nurses, as Richard, Sam and Lorna. They are credits to their profession and outstanding representatives of this city's health care system.

Be well.



**Yom Ha'atzmaut  
Israel Flag Raising**  
**Tuesday, May 2nd at 9:00am**  
**Toronto City Hall, 100 Queen St. W.**  
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# MAY MEETING

Mark Silver will be our guest speaker at our May 8 meeting.

Mark, the son of Harvey and Debbi Silver, has been a central figure in the most ambitious digital sports media initiatives in Canada, who prior to founding Stadium Digital spearheaded the re-structuring of TSN's digital media businesses, including the launch of TSN GO TV everywhere app and BarDown.com, and the re-launch of TSN.ca.

He earned an MBA from the Schulich School of Business. He currently sits on the school's faculty, where he teaches Social Media for Marketing and Management.

Mark also lead the digital program for the joint Bell and Rogers Media broadcast of the London 2012 Olympic Games and received a Gemini Award for his role in the groundbreaking digital coverage for Vancouver 2010.

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# GOOD & WELFARE

## **Birthday**

Barry Gordon

May 15



FHL wishes a speedy recovery to past president Jeff Rosen.

Mazel Tov to past president Carl and Debbie Zeliger on the birth of their grandson in Israel. Their daughter and son-in-law are proud first time parents.

Mazel Tov to Ivan and Elizabeth Bloom and Richard Kotzen and Rhona Leviston on the birth of a grandson. Brandon Kent Bloom was born on March 21. He is the son of Darryl Bloom and Karen Kotzen-Bloom and brother of big sister Ava.

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# AS I SEE IT

Marc Kates

It's always a challenge, and no matter how much we prepare, getting ready for Pesach requires precision, planning and preparation. Pulling off this feat requires a lot of forethought. Pesach 2017 preparations began the moment we closed the plastic boxes on Passover 2016. Taped to the outside of the box is an inventory of what we used, what we have, and what we need for the coming year.

In our minds, the conclusion of Purim marks the final dash towards the finish line. Just as we get lots of goodies in the mishloach manot packages delivered by friends and family, we try to get rid of them, somehow, as eliminating chametz from the house is the next task we must do. In some grocery stores, shelves are lined for Pesach the very night the Megillah is read. This, in my opinion, is way too much to handle, as Passover is a month away. This rush to move on to celebrate the next holiday is not dissimilar from those stores that bring out the Christmas decorations once Halloween is over. Two months of Christmas music does not lead to “goodwill towards men” as much as it does to rage and frazzled nerves. Thinking about how many cans of matzo meal we need or even contemplating the purchase of dairy products a month in advance is ludicrous. The only thing that we began to do for Pesach immediately following Purim was to re-teach our 3 year old daughter the Ma Nishtana. In that instance, her recitation of the 4 Questions was outstanding, and the naches reaped was immeasurable.

As the days ticked closer, the plans intensified. Our meat order had to be placed by a certain date, and that meant that recipes had to be chosen. Invitations and Seder start times were sent, and the cooking and baking began in earnest a few days before the Seders. The table was set, the flower centerpiece picked up, and the long list of chores and things to do were crossed off one at a time. By the time the first of four cups of wine was poured, despite the exhaustion, we knew that we had pulled it off. The look in our kids' eyes meant that we had done it, and we were ready to enjoy our Seder.

Now that Pesach is here, we can finally breathe a little easier, and in just a few short days, start to think about Passover 2018. Oy.



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Reserve early as space is limited

# FUNNIES

Donald Trump is flying over New York City.

He looks out of the window and says to his family, "You know what, I'm gonna throw ten \$100 bills out of the window and make ten people very happy!"

His son looks at him and says, "Dad, why don't you throw two hundred \$5 bills out of the window? Then you can make two hundred people happy."

Donald says, "Son, that's a great idea!"

His wife turns to him and says, "Donald, why not throw one thousand \$1 bills out the window? You could make one thousand people happy!"

Donald looks at her and says, "Babe that is a fantastic idea! The best I've heard!"

The pilot turns and looks at Trump and says, "As long as you're at it, why don't you throw yourself out of the window and make millions of people happy?"

Donald Trump calls Angela Merkel's office. Her secretary answers. Trump asks, "What's the time difference between Washington and Berlin?"

The secretary replies, "Just a second, Mr. President..."

Trump: "Thanks." <click>

After Trump ran out all the REAL workers from the USA farms, restaurants and Big Box stores like Wal-Mart etc., Sally Mullihan of Coral Springs, Florida, decided to take one of the jobs that most Americans were not willing to do.

Sally applied for a job in a Florida lemon grove, but she seemed to be far too qualified for the job. She had a liberal arts degree from the University of Michigan and had worked as a social worker and a schoolteacher.

The supervisor frowned and said, "I have to ask you, have you had any actual experience in picking lemons?"

"Well, as a matter of fact, I have," she said, "I've been divorced three times, owned two Chryslers and I voted Trump."

She starts work on Monday.



We are counting down to our 50th anniversary celebration in June 2017. For a comprehensive look back, go to [kolechad.ca/fhl50.htm](http://kolechad.ca/fhl50.htm).

## **1999**

**FHL President Shelly Luftspring**

**Prime Minister Jean Chretien/Ontario Premier Mike Harris**

April 1 – Nunavut, an Inuit homeland, is created from the eastern portion of the Northwest Territories to become Canada's third territory.

May 17 – Ehud Barak is elected prime minister of Israel.

July 16 – Off the coast of Martha's Vineyard, a plane crashes piloted by John F. Kennedy Jr., killing him, his wife Carolyn Bessette-Kennedy, and her sister Lauren Bessette.

## **2000**

**FHL Presidents Shelly Luftspring/Harvey Silver**

**Prime Minister Jean Chretien/Ontario Premier Mike Harris**

January 3–10 – Israel and Syria hold inconclusive peace talks.

March 21 – Pope John Paul II begins the first official visit by a Roman Catholic pontiff to Israel.


May 25 – Israel withdraws IDF forces from southern Lebanon after 22 years.

July 13–25 – Israeli Prime Minister Ehud Barak and PLO leader Yasser Arafat meet at Camp David, but fail to reach an agreement.

September 28 – Israeli opposition leader Ariel Sharon visits the Temple Mount, protected by a several-hundred-strong Israeli police force.

October 21 – Fifteen Arab leaders convene in Cairo, Egypt, for their first summit in 4 years; the Libyan delegation walks out, angry over signs the summit will stop short of calling for breaking ties with Israel.

November 27 – Jean Chrétien is re-elected as Prime Minister, as the Liberal Party of Canada increases its majority in the House of Commons.



# CORRESPONDENCE

Hi Jeff,

We just received a copy of the April Kol Echad.  
It looks really nice. Thank you!  
Have a great weekend.

Regards,

**Mylene Bezerra**

**Executive Assistant Ward 1 Councillor Valerie Burke**  
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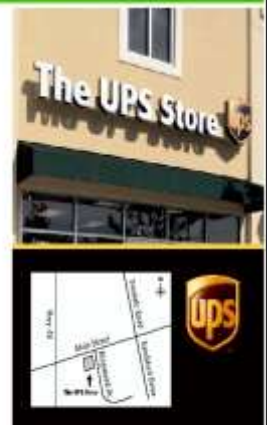
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# HEALTH IN HARMONY

Rosalie Moscoe

Sleep problems have become epidemic, affecting 1/3 of the population. Yet, sleep is vital for rejuvenating the mind and body and is essential for survival.

People who are sleep-deprived have elevated levels of substances in the blood that indicate a heightened state of inflammation in the body, which has also recently emerged as a major risk factor for heart disease, stroke, cancer and diabetes.

## What keeps you from sleeping?

- Heartburn- learn the source and treat it.
- Interpersonal or financial stress, loss of a job.
- Medical or psychiatric conditions, sleep/wake cycle disturbances, medications, substance abuse, or primary sleep disorders.
- Depression
- Menopause or post-menopause



## Foods that Make You Sleepy

Adequate amounts of Vitamin B6 and tryptophan are needed to send you off for a good night's sleep. Foods high in tryptophan are chicken, turkey, cheese, tuna, tofu, eggs, nuts, seeds, milk, lettuce and oats. Vitamin B6 is found in chicken, turkey, beef, fish, vegetables such as spinach, baked potatoes with skin, green peas, yams, broccoli, asparagus. Nuts and seeds, whole grains and bran, beans and legumes such as chickpeas, lentils and kidney beans can help lower deficiencies of vitamin B6.

## Supplements that Aid Sleep

Supplementing 5-HTP or melatonin itself is effective. 100-200 mg of 5-HTP a half hour before sleep can help you to get a good night's rest. Tryptophan, at 2,000 mg a night (prescription necessary), also works well. Under the care of a health professional, trying 5-HTP or melatonin for a month can bring you back into balance, to re-establish proper sleep patterns. A calcium/magnesium combined supplement, (600 mg. of calcium and 400 mg of magnesium) at bedtime helps people unwind.

**Continued on next page**

## Natural ways to fall asleep

1. Limit your caffeine, nicotine and alcohol consumption, especially after 6:00 p.m. Alcohol may help you get to sleep but often will awaken you in the middle of the night.
2. Exercise each day (not within two hours of bedtime) to release pent-up stress.
3. Try to get at least 15 minutes of sunlight each day to properly set biorhythms.
4. Listen to a relaxation CD or soothing, mellow music.
5. Do deep, slow, rhythmic breathing. Breathe slowly, as if you were already asleep.
6. If you have the day's activities marching through your mind, imagine writing each one on a blackboard, and then erasing the lines you've written with a brush or soft cloth.
7. Ensure that you sleep in a dark room to boost melatonin production in the brain.
8. Don't eat dinner too late in the evening. However, a small snack a half hour before bed to prevent low blood sugar may help ease you into sleep.
10. Warm (not hot) baths are relaxing and may induce sleep.
13. Count your blessings.



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# Communications

Did you know there is a Jewish website where you can access up-to-date news? Among the news feeds:

- Jerusalem Post
- CBC
- Reuters



As well, this site contains a link to weather updates and features from award-winning journalists.

If you guessed, [kolehach.ca](http://www.kolehach.ca), then you are correct.

As well as the numerous columns and important lodge information, your Lodge's own

website is a virtual one-stop portal for your everyday needs.

The site also includes a PDF version of the current month's print bulletin and an extensive library of past issues, going back to 2010.

If you have not visited the site before, then it's definitely time to go to <http://www.kolehach.ca> and check out everything the site has to offer.



## TALKING POINTS

Debbi Silver

Talking Points will return next month. I hope everyone enjoyed Pesach and their seders as much as we did. Looking forward to seeing everyone at the installation on June 4.

# TORONTO MARATHON

**GoodLife**  
**FITNESS**  
**TORONTO**  
**MARATHON**



**Sunday, May 7**

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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