

A dense field of pink tulips with green leaves, filling the entire background of the page.

Forestdale Heights Lodge, B'nai Brith Canada

KOLECHAD

May 2018

Iyar/Sivan 5778

Volume 16, No 9

COVER ART

Spring has sprung and the tulips should be pushing their way out of the ground, heralding the start of another period of warmer weather.

FHL@50 has ended.

Be sure to check out the entire series from 1967-2017 at www.kolechad.ca/fhl50.htm.

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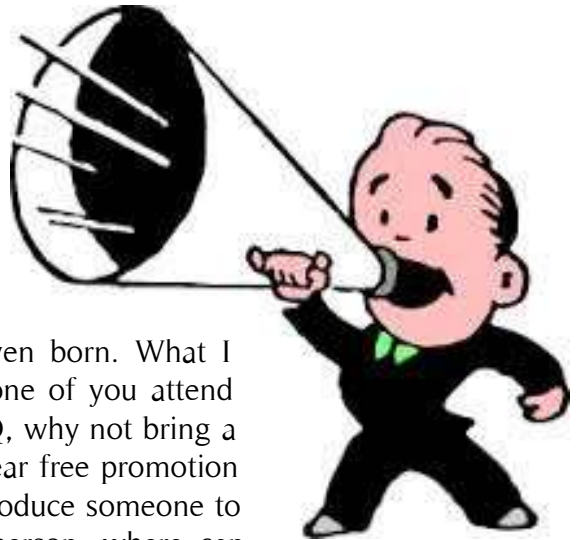
Stewart Indig



This year our installation will be combined with our annual BBQ. This is a Lodge first. It makes a lot of sense to combine our two most attended events. The real reason was timing. It seems like everybody wanted to attend but had other obligations on chosen dates. Seeing that I am flexible and wanted everybody there, we went with combining the two events. I have already started on getting my backyard in tiptop shape for this event. I am hoping

that our flowers will be in full bloom by then. Cathy and I are hoping that the weather is in our favour this year. The last couple of years it has been iffy. If not, we will hold it indoors. We have done that before!

This will be the 51st installation that the Lodge is holding. Wow, we certainly have been around for a long time. We were around before Neil Armstrong landed on the moon. That was also before our Prime Minister Justin Trudeau was even born. What I would like to see is that each and every one of you attend the installation, and since it is also our BBQ, why not bring a guest. Remember, we are running a first year free promotion to join the Lodge. What a great way to introduce someone to the Lodge. Everyone benefits. At \$20 a person, where can you find a better deal? As usual, I will make a punch. It is always a hit.



As Jeff has pointed out in the April edition of the Kol Echad, our Lodge bulletin is being read virtually across the world. I find that very exciting. I would love to get an e-mail from our online readers just saying hello. You can e-mail me at stewart.indig@gmail.com. Tell me what you think of our bulletin. If you live in the GTA, why not join the Lodge.

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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AT A GLANCE


May 6	Toronto Goodlife Marathon
May 14	Dinner Meeting
June 11	Dinner Meeting
July 8	Installation/Summer BBQ

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

If you plan to attend, you must
RSVP Albert Ohana
at salonpiaff@rogers.com or call (905) 597-1999

FHL@50: NEXT STEPS

In January 2015, we launched FHL@50, a look back on events that shaped Canada, Israel and the world during the five decades of the Lodge's existence. So much has changed since then. However, one constant has been the determination of members of Forestdale Heights Lodge to move forward with the Lodge's mission to help others in the community. Last month we concluded with a look back at 2017. So where does the column go from here? I guess that is up to our members. If you have any great stories about life in FHL during the past 50 years, send them in and we will publish them. Otherwise, we will retire this column, with the hope of being able to do another look back in 2027.



EDITOR'S DESK

Jeff Rosen



The dishes are packed away for another year, leftover matzah has been discarded (along with other non-essential Pesach foodstuffs), and life continues in the Rosen household.

Before we go forward into the spring of 2018, my family said I had to take one-step back, to share with you good people, what transpired during Passover 2018.

Last year our Pesach celebration was just a little bit different, as we sat down for our family Seder just a week after undergoing an adrenalectomy, which is the surgical removal of one or both adrenal glands. After last year, I was looking forward to our usual routines.

Unfortunately, life does have a way of altering the best of plans.

The first night was a textbook Seder for the three of us. The second was where life became interesting.

We prepared everything for the evening meal, and sat back to relax before starting. Suddenly, at 5:45 p.m., the power went off. A few minutes later, it flickered on, but immediately went off again, casting the house into shadows. At first, we thought that the outage would be a minor distraction lasting a few minutes. However, as the minutes dragged on, we realized that this might not be a temporary problem, so we decided to start the Seder while we still had some light.

The blinds were open to let whatever outside light remained into our home and we began. The words, “Why is this night different from other nights...” really meant something different that night.

As the remaining light of day slowly faded, we sped up our service, finally arriving at the festive meal part of the evening. Of course, with no power, soup was out of the question. Fortunately, chicken and turkey are delicious whether served hot or cold.



Continued on next page

Afterwards, Jordana took charge of the cleanup and the three of us sat in the living room, talking about Seders past and present. We all agreed though that despite the unusual challenges the second Seder posed, the memories that we created that night would last far into the future.

Before we wrap-up for another month, I would like to wish good luck to all those vying for a seat in the June 7 provincial election.

While I was planning to vote for a real (Progressive Conservative) change this time out, the PCs, under newly minted leader Doug Ford, do not appear to be saying anything that would entice me to abandon the Liberals under Kathleen Wynne.

The Conservatives seem to think that government should be run like a business. However, I believe that the goals of government and business are very different in that the latter's primarily purpose should be to maximize profit, whereas government often has to spend money to better society. So far, it seems that Ford's only goal is the bottom line. That is not enough reason for giving them my vote.

Be well.



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FORESTDALE HEIGHTS LODGE'S 51ST ANNIVERSARY INSTALLATION

The installation will be held on Sunday, July 8 at 5:30 p.m. at the home of Stewart and Cathy Indig, 43 Bryant Street, in conjunction with our popular annual BBQ.

Cost is \$20/person.

Please RSVP to Albert Ohana at salonpiaff@rogers.com.





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TALKING POINTS

Debbi Silver



Here I sit at the computer, yet again, thinking about what I'll write about this month.

I'm trying to remember when my mother told me that at "65 years of age" all hell breaks loose with our body. Boy was she ever right. Every week either Harvey or I have doctors' appointments. Thankfully, there are no major problems at this point. Still, it would be nice not to have to worry about our health and age. Seventy-two is not old in today's world. Some of our grandparents, unfortunately, didn't make it to that age.



For me, I feel that my grandchildren keep me young. We are forever taking them out to their activities, eating dinner out on a Wednesday evening, babysitting, going to watch our grandson play hockey, and them sleeping over at our house. All of the above make life much more exciting.

When I worked at BBYO for over 23 years, the teens made me feel like I was part of their group. I'd go out for dinner with the chapter advisors and we talked about their world. Today, I still keep in touch with BBYO, volunteering at their "J-Serve," a day for teens to volunteer in the community. It is so important for teens to become involved in these programmes. I'm thrilled that one of my granddaughters is participating this year. I also get the opportunity to give out an award every year at BBYO's closing programme. It is called the Debbi Silver Leadership Award. It is given to a BBG (B'nai Brith Girl), who has exemplified the feelings of BBYO as I have over my lifetime.

Although I haven't been a member of Forestdale Heights Lodge for very long, I have been involved in helping out at different events with Harvey for over 45 years. Unfortunately, yes, the numbers have dwindled, but for the members who are doing the Community Service programmes, it is amazing how they feel when their job is complete.

We are looking forward to the first-ever BBQ Installation at the Indigs' home in July. Albert, again, will do an amazing job as installation chair.

I wish everyone a great month, and I'll write to you again soon.

**GoodLife
FITNESS
TORONTO
MARATHON**



CVS/TORONTO MARATHON

Sunday, May 6

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.

CORRESPONDENCE



Jeff Rosen
Forestdale Heights Lodge
B'nai Brith Canada
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Dear Friends:


Thank you for your very kind and generous financial donation!

Many people experience homelessness in York Region and many more lack a secure roof over their heads. For more than 35 years, Blue Door Shelters has opened doors to families, youth, women and men without a safe place to stay. Each year, over 900 people from babies to seniors stay in one of our three shelters yet our hard work and our best efforts are never enough in reducing the impact of homelessness.

Blue Door Shelters believes everyone deserves a home. It's a basic right and necessary for anyone to have a chance to live their life with dignity, autonomy and self-determination.

Please accept our sincere appreciation for the gift you have given us.

Yours truly,


Anne Stublely
Executive Director

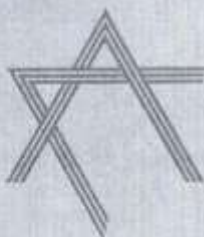


Items in Need & Accepted

Toiletries	Housewares & Linens
toothpaste	towels
toothbrushes	blankets/comforters
disposable razors	twin/double size sheets
shaving cream	pillows
shampoo	dishes (plates, bowls, coffee mugs)
deoderant	cutlery
tampons/pads	Infant Items
Footwear	baby formula (+ iron & without iron)
Winter boots	baby wipes
Runing Shoes	baby bottles
men's work boots (steel toe)	diapers - size 3, 4, 5 & 6 & pull-ups
Clothing	Gift Cards
socks	Grocery Stores-Superstore
underwear-boxers/briefs	Wal-Mart / Sears
clothing	Mark's Work Wearhouse
men's belts	Gas Stations
spring/fall jackets	Movies (Famous Players)
infant clothing/blankets	Tim Horton's, McDonalds, Pizza etc.
men's winter gloves & hats	YRT/Viva bus tickets
winter coats	Non-Perishable Food
Miscellaneous Items	
napsacks, sport/duffle bags	
NEW items only please	All items for men, women & children unless otherwise specified

Blue Door Shelters provides safe, supportive emergency shelter and service for people who are homeless or at risk. Forestdale Heights Lodge remains committed to assist this organization. We are asking members to bring toiletries when they come to monthly meetings. Blue Door Shelters is also looking for the items listed here.





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FORESTDALE FUNNIES



On a windy, fall day Taylor, Mitchell and Cameron went for a walk and came upon a raging, violent river. They needed to get to the other side, but they hadn't an idea of how to do it.

Taylor prayed to the God and said, "Please God, give me the strength to cross this river." The light shone, God gave him big arms and strong legs, and he was able to swim across the river in about 15 minutes.

Mitchell saw this and prayed to the God, "Please god give me the strength and ability to cross this river." The light shone again and God gave him a canoe. He was then able to row across the river in about 10 minutes.

Cameron had seen how this worked out for the other two, so he also prayed to the God, "Please god give me the strength, ability, and intelligence to cross this river." The light shone one more time and the God turned him to the Catherine Z. Jones. She looked at the map, and then walked upstream and across the bridge.

What's the difference between an Edsel and a FORD?

Both initially showed a lot of promise...was promoted to be the best on the market, but in the end, proved duds.

I see the new model FORD is out...it only goes in one direction...REVERSE!



**Second World War
V-E Day Ceremony**

Tuesday, May 8th at 12:30pm

Nathan Phillips Square, 100 Queen St. W.

Help us honour the courage and sacrifices of our brave Veterans.



HARMONY

Rosalie Moscoe

As part of my nutritional upgrade requirements each year to keep my registration active as a Registered Holistic Nutritionist, I'm required to take courses, read books, see videos or attend conferences on the latest findings about nutrition. For the past 28 years, I've been investigating nutrition and its integral connection to mental health. As I am aging, and having memory slips at times – forgetting names, where I put my glasses, (even when they are on my head!), where I left my phone, or my credit card, I've been drawn to investigating brain health and memory.

It seems a lot of other aging baby boomers are too, because I'm seeing topics related to memory, dementia and Alzheimer's disease being discussed at conferences, on PBS TV, and many books by neuroscientists now on the market. One excellent book about brain health is *The Healthy Brain* by Aileen Burford-Mason, PhD. Much of this research below can be found in her book.



Ten Tips to Improve Memory:

- 1) Keep active. Walk, do light weights, and keep moving and sweating. It's good for the brain, heart and the rest of your body.
- 2) Pay attention to what you're doing. Multi-tasking is not as easy as we age; we slip up. Make lists of what needs to be done.
- 3) Keep active and involved in life – engage with others. Do community work or a hobby that keeps your mind sharp by learning new skills. If you're still working, find balance with leisure activities.
- 4) Start eating more plant foods: That means five to seven servings of veggies and three servings of fruit each day. One half cup is equal to a serving. The phytochemicals they contain nourish the brain and are low in calories!
- 5) Eat protein at meals – low fat dairy, fish, poultry, lean beef occasionally, and eggs. Try vegetarian protein such as beans and legumes, 3 – 4 servings a week.
- 6) Keep starchy carbs to a minimum. These include grains, bread, muffins, croissants, and high calorie desserts.

Continued on next page

7) Consume healthy fats; olive oil, salmon, fish oil supplements, small amounts of butter, avocado, nuts and their butters, such as almond butter. The brain is 60% fat – dry weight. It needs healthy fats to function at its best.

8) Let water be your beverage of choice, 6 – 8 glasses a day; add a slice of lemon to help detoxification.

9) Check out bowel health and poor digestion; believe it or not, the brain and the gut are connected. The gut contains 2/3 of the happy brain chemical serotonin. Wrong foods can equal bad moods or fuzzy thinking.

10) Supplements: Take a high quality multi-vitamin/mineral supplement. Investigate memory-targeted supplements such as L-tyrosine, L-theanine and citicoline. Much positive research has been done on citicoline found in most health food stores. They all boost your own neurotransmitters, which help memory slips. Check with a knowledgeable pharmacist or nutritional consultant. Get tested for vitamin D levels.

GOOD & WELFARE

Birthday

Aaron Pacter

May 4



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 jelijo@sympatico.ca.

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ALLOCATIONS

At a recent meeting of Forestdale Heights Lodge, allocations were made to the following charities/organizations:

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



If you would like the Lodge to make an allocation, please send your request to Harvey Silver at debbisilver@rogers.com.

REGISTRATION FOR 3RD ANNUAL B'NAI BRITH CHARITY GOLF CLASSIC NOW OPEN



We are delighted to announce that registration for the 3rd Annual B'nai Brith Charity Golf Classic is now open! This year's tournament will take place at the breathtaking Lebovic Golf Club in Aurora, Ont., on **Monday, June 11, 2018**.

Designed by renowned architect Doug Carrick, the Lebovic Club is a picturesque and challenging 18-hole championship course, spread across more than 150 acres. The tournament will offer players the chance to schmooze with celebrity guests, nosh on tasty hor d'oeuvres, bid on amazing prizes, and play a round at one of the most prestigious golf clubs in the province. All food and refreshments will be Kashrut observed.

Tournament co-chairs Steven Picov and Marty York are expecting this year's event to be just as fun-filled and enjoyable as our tournament in 2017, when more than 100 golf enthusiasts assembled, under sunny skies, at the Lebovic Golf Club. Each golfer received more than \$1,500-worth of donated gifts.

Donations to the B'nai Brith Charity Golf Classic will go towards:

- **Supporting Canadian students** with advice, assistance and resources when faced with discrimination and antisemitism on campus.
- **Daily programs and services** designed to help inform, stimulate and keep seniors active, as well as create lasting friendships and maintain ties to their community.
- **Providing affordable housing** for our community's most vulnerable.

Sponsorship opportunities (both major and minor) are available.

For more information, please contact Marty York at marty.york@bnaibrith.ca.

AS I SEE IT

Marc Kates



The famous quote, “It's déjà vu all over again” is attributed to Yogi Berra, but I’m changing the quote slightly to, “It’s déjà VIEW all over again.” Turning on the television lately seems to be a trip down memory lane rather than watching something modern and new. Everything old comes back in vogue is true. TV shows like Will and Grace, Roseanne and Trading Spaces are back on the airwaves. Survivor is in its 36th season, and The Amazing Race celebrated its 30th season. TV executives are looking to the past to fill their modern television schedules, but they are not the only ones. Movies too are recycling movies from the past, and adding new movies to old franchises.

Creativity has seemed to stagnate, and old shows will fill the void and the wallets. The Book of Ecclesiastes states that “There is nothing new under the sun,” and that goes the same for the boob tube. More old television shows are set to hit the airways, and that trend doesn’t seem to be ending any time soon.

Keeping up to date, relevant, and modern, seems to be what people want, if not demand. However, perhaps this “back to the past” attitude is some sort of rejection of modern day living, back to a time when FaceTime and texting did not exist, and when Google was simply a mathematical representation.

Progress is often cyclical and we move forward based on the past and what has been done before. The future is still a mystery, but that doesn’t mean that we can’t continue to try to recreate and expand our minds, even if it is only in the realm of entertainment.





FOOD SENSATIONS

SAUCY BEEF PATTIES

Ingredients

1 egg, lightly beaten
1/2 cup soft bread crumbs
1/2 teaspoon salt
1/4 teaspoon pepper
1-pound ground beef

1 can (8 ounces) tomato sauce
2 tablespoons chopped green onion
2 tablespoons brown sugar
1-teaspoon Worcestershire sauce
1 teaspoon prepared yellow mustard

Directions

1. In a large bowl, combine the egg, breadcrumbs, salt and pepper. Crumble beef over mixture and mix well. Shape into four patties. In a large skillet, brown patties on both sides. Remove and set aside; drain drippings.
2. In the same skillet, combine the remaining ingredients. Return patties to the skillet. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes.



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