

Forestdale Heights Lodge, B'nai Brith Canada

KOLECHAD

May 2019

Nisan/Iyar 5779

Volume 17, No 9



Lag B'Omer

COVER ART



Lag B'Omer falls this year on Thursday, May 23. It is the 33rd day of the Counting of the Omer and always falls on the 18th day of Iyar. The Omer is the counting period that begins on the second day of Passover and culminates with the holiday of Shavuot, following day 49. While the Counting of the Omer is a semi-mourning period, all restrictions of mourning are lifted on this day. As a result, festivities (and even haircuts!) are commonly scheduled to coincide with this day among Ashkenazi Jews. Families go on picnics and outings. The Sephardi custom is to continue mourning practices through the 33rd day of the Omer and celebrate on the 34th day of the Omer. The most well-known custom of Lag B'Omer is the lighting of bonfires throughout Israel and around the world.



Excite your senses with our premium selection of extra virgin olive oils, balsamic vinegars, and more...



Two Locations:
Kingston, Ontario
Picton, Ontario



613.546.5483

<http://www.kingstonoliveoil.com/>

PRESIDENT'S PEN

Stewart Indig



Now that we have survived the matzah from Passover, we can run off the extra weight this month starting with the Toronto Marathon. Personally, I enjoy doing the marathon. Well, I don't actually run in it, but I do help out at the first water station. The Lodge has operated this station for over a decade. We start bright and early (6 a.m.) and we are done before 9 a.m. We clean up and then we're off to breakfast. Half a dozen of us participate and come back year after year. What a great CVS programme.

Thanks, Harvey.

Cathy and I are cruising to Bermuda this month. We have never been there but have heard that it is beautiful. We are looking forward to it. Next month (June) I would like it if someone can organize a Lodge outing, perhaps to Woodbine, a Blue Jays game or some other interesting outing. I think it would be a nice ending before the summer. Do I have any volunteers?

See you next month.

CVS/TORONTO MARATHON

**GoodLife
FITNESS
TORONTO
MARATHON**



Sunday, May 5

Forestdale Heights Lodge has participated in the Goodlife Toronto Marathon for close to a decade. Our Lodge is responsible for the first water station. The route for 2019 has been slightly modified. **As a result, our new checkpoint will be at Harlandale Avenue, just**

north of Yonge & Sheppard.

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 contact Harvey Silver at debbisilver@rogers.com.

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.

Editor
Jeff Rosen

Advertising
Harvey Silver

Editing Staff
Marc Kates
Lisa Rosen
Debbi Silver

Printing/Mailing
The UPS Store,
Stouffville, Ont.

AT A GLANCE

| | |
|---------|--------------------------------------|
| May 5 | Toronto Goodlife Marathon |
| May 13 | Dinner Meeting |
| June 17 | Dinner Meeting |
| July 7 | 52 nd Annual Installation |

All Dates Subject to Change

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

ALLOCATIONS

Allocation requests will be considered at our May 13 meeting. If you would like the Lodge to consider a specific organization, please send a request to Stewart Indig, prior to the next meeting.

TRIVIA

May's birthstone is the emerald, which is emblematic of love and success. The birth flowers for May are the Lily of the Valley and the Crataegus monogyna. The zodiac signs for the month of May are Taurus (until May 20) and Gemini (May 21 onwards). May is National Mobility Awareness Month in Canada and the United States.

EDITOR'S DESK

Jeff Rosen



How often has it been said that the best-laid plans of mice and men are often...GROUNDED? Well, they may not have used those exact words, but basically, that is what happened to Lisa and me back in March.

In the end, our loss was the Lodge's gain and the end result was an even better issue of Kol Echad. However, I really am getting ahead of myself. Before continuing, I should go back and start at the beginning.

Last June, Lisa lost a beloved family member who lived in the Lake Worth, Florida area. With no direct or reasonably priced flights into the area at the time, we decided to postpone a family visit until the fall.

Unfortunately, personal family matters forced us to make a last minute cancellation. Still, we were not giving up on this excursion and so we set a date – March 18, 2019 – to depart to West Palm Beach.

Remember, what I said though about the best-laid plans of mice and men? Well, on March 13, just five days before we were to depart, Air Canada grounded their fleet of 737 Max 8 aircraft. To be honest, I was a bit relieved when they finally decided to join the rest of the world in keeping these planes on the ground. However, both Lisa and I were disappointed that our planned getaway was put on hold for the second time in less than six months.

While we could have flown into Fort Lauderdale or chosen a layover in Montreal or Newark, we did not consider either option a viable solution. Once again, we put our warm weather clothing away and got back to life in Toronto.



Continued on next page

Prior to the cancellation, I had managed to finish off last month's issue of Kol Echad. Now, with the extra time available and the Purim programme coming up, I decided to "STOP THE PRESSES." I contacted our printer, Michael Pacter, and asked if it was possible to hold off printing so that we could include this special programme in the April issue. He said there was no problem and I commend him for his decision.

On March 20, we came out for the Purim programme. Not only was the number of guests down from last year, so were the number of Lodge volunteers. Including Lisa and myself, there were just six Lodge members present. I think that's very sad, given the popularity of this CVS programme. Perhaps it's time to talk about the programme's future.

When the programme ended, we came home and I immediately focused on finishing the April issue. A report was created and put into the issue along with photos. Thanks go to Lisa, Debbi Silver and Marc Kates for their late night work in proofing my work. You can never have too many editors to ensure a quality product.

In the end, we finished on time and on schedule. Unfortunately, our Florida excursion is now on indefinite hold.

I guess you can't have everything in life.

C'est la vie.

GOOD & WELFARE


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.

Birthday

Aaron Pacter

May 4





For the second year, we will be combining the best of our Lodge's two major social programmes.



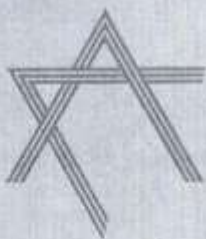
**FORESTDALE
HEIGHTS LODGE'S
52ND ANNIVERSARY
INSTALLATION**

The installation will be held on Sunday, July 7 at the home of Stewart and Cathy Indig, 43 Bryant Street, in conjunction with our popular annual BBQ.

Cost: \$20/person.

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





Steeles Memorial Chapel

www.Steeles.org

At Steeles Memorial Chapel, we take pride in providing the Jewish community with a service that is sensitive, caring and helpful in your time of need. Our professional staff takes every detail into careful consideration.

For some, it is the relief and peace of mind knowing that their wishes are now recorded and will someday be honoured by their family. For others, it is to unburden loved ones of financial decisions at an emotional time.

For information on prearranged funeral services, please call us at

(905)881-6003

or visit

www.steeles.org

Serving the Jewish Community since 1927.

HIGH HOLIDAY GREETINGS 5780



Kol Echad is currently planning our annual High Holiday Greetings issue. We will be offering greeting ads in three sizes. Prices are \$10 for business card size ads and \$15 for the double size.

As well, we now offer a **special custom half-page colour ad for \$40**, which can include a photo of yourself and your family. The greetings will appear in the September issue.

We will accept submissions during the summer via e-mail and snail mail. These can be sent to jeiljo@sympatico.ca or to me at 150 Harris Way, Thornhill, L3T 5A8. Payment can be submitted by cheque, cash or electronic transfer.

The final deadline for submissions is August 1. Payments must be received by August 10 for greeting ads to run in the September issue.

Contact me if you are interested in direct deposit.

Jeff Rosen

THIS FUNDRAISER HELPS SUPPORT KOL ECHAD AND FORESTDALE HEIGHTS LODGE.

ADVERTISING RATES

Black & White

Full Page \$200
Half Page \$100
¼ Page \$50
Business Card \$40

Colour

Full Page \$250
Half Page \$150
¼ Page \$100
Business Card \$80

If you would like to advertise or know of a business that would be interested in advertising, please contact Harvey Silver at (289) 597-5780.

A decorative wavy line at the bottom of the page.

APRIL MEETING



Home security can be as simple as placing a hockey stick between sliding patio doors or as elaborate as a wall-mounted camera. Both serve their purpose: to prevent a home invasion. Mitchell Unger, the owner of Safeguard Video Systems, addressed the Lodge on April 8, explaining that his own neighbourhood of Bathurst Manor has seen an increase in break-ins and hold-ups over the years.

His message was simple but important. “If you have an alarm, use it,” said Unger, who has worked in the security field since 1983.

Unger said that many homeowners make themselves easy targets as they leave bicycles outdoors and fail to lock their vehicles at night. In the latter case, he said that all thieves have to do is go from car to car, searching for gift cards, loose change and other items left in

the open.

When it comes to preventing burglary, Unger said that good security does not have to be elaborate or expensive. Sometimes just trimming bushes can deter thieves. However, he said that video remains the best protection. He said that Ring doorbells are a perfect example, as unwanted visitors don’t know if you are actually on your premises.

According to that company’s website, Ring products use your existing home Wi-Fi network to create a ring of security around your home. By hooking up to your Wi-Fi, they use the free Ring app to alert you whenever someone approaches your door or comes in a range of a security camera. You can then view a video stream of the person and speak to them using two-way audio communication.

Continued on next page

Unger said this product is actually better than setting up a home alarm as it provides security outside. He also said that full camera systems are great deterrents, not only for your residence, but also for the surrounding neighbourhood.

Unger also warned against leaving car key fobs too near your front door, as some thieves now have the technology to mirror the fob's unique signal. Once obtained, they then use it to get into your vehicle. He said that Toyotas are especially prone to this problem.

Jeff Rosen



APRIL MEETING



More photos and report
can be found at
www.kolechad.ca/april19.htm.
[Jeff Rosen photos]



416-398-6777

3915 KEELE Street
South of Finch

416-292-6400

8 PROGRESS AVE.
KENNEDY South of 401
Beside Pita Pit

905-436-3730

1280 SIMCOE STREET
OSHAWA, ONTARIO
Across from Millwork
Simcoe & Taunton

CENTRE STREET DELI



CATERING FOR ALL OCCASIONS
"PARTY SANDWICHES OUR SPECIALTY"

905-731-8037

7 AM - 8 PM

1136 CENTRE STREET
THORNHILL, ONTARIO L4J 3M8

WWW.CENTRESTREETDELI.COM

Sonny Langer's

DAIRY & VEGETARIAN CATERERS

Sonny Langer's Dairy and Vegetarian Caterers considers it an honour to feed to family and friends. Our business is built on love of family and respect for community.

Our staff will put you and your guests at ease while catering to your needs with attentive grace.



Josh Abrams
josh@sonnylangers.com

180 Steeles Avenue West, Unit 12 • Thornhill, Ontario L4J 2L1
Tel: 905-881-4356 • Fax: 905-881-2873
www.sonnylangers.com

You might not be able to do everything at once, but you can do everything in one place.

- Digital Printing
- Copying
- Document Finishing
- Mailbox Rentals
- Courier Services
- Packaging Supplies and Services
- Computer and Cellular Repairs

Michael Pacter
The UPS Store
5 - 18 Ringwood Dr.
Stouffville, ON L4A 0N2
Tel.: 905 642-5700
Fax: 905 642-6700
Web: www.theupsstore.ca/383
E-mail: store383@theupsstore.ca



The UPS Store®

Celebrating Canadian Jewish Heritage Month

This May communities across the country will mark the second annual Canadian Jewish Heritage Month. Last March I was proud to sponsor Bill S-232, which passed unanimously in the House of Commons and became law. It officially designated May as Jewish Heritage Month in Canada, allowing communities across the country to celebrate Canada's unique Jewish heritage.



As a Jewish parliamentarian, sponsoring this bill is one of my proudest accomplishments as a Member of Parliament. My riding of York Centre is home to one of the largest and most active Jewish populations in Canada, and I am proud to represent them and be their voice in Parliament. With Jewish Heritage Month, we can now celebrate not only the contributions of Jewish Canadians in Ontario, but on a national level in communities from Sydney, Nova Scotia, to Victoria and Iqaluit.

Jewish Heritage Month is about more than our history, it is about celebrating Jewish Canadians ongoing meaningful and important contributions to Canadian society. In Ottawa, we recently welcomed the state visit of Israeli President Reuven Rivlin, to celebrate the 70th anniversary of the Canada-Israel relationship with the Governor General, Prime Minister and Jewish Canadians from across the country.

Throughout these celebrations though, we have also seen a rise of anti-Semitism and intolerance, both in Canada and around the world. Jewish communities and institutions in Canada have been the targets of hateful, violent attacks, and these incidents are deeply troubling.

Canada has a dark history of intolerance and anti-Semitism. It is important to recognize and learn from these chapters of our history. The Prime Minister's formal apology in the House of Commons over the fate of the MS St. Louis and its passengers was an important recognition of this national shame, but also demonstrate how far we have come as a country since then.

When we mark the second Jewish Heritage Month this May, we must not only celebrate Jewish Canadians' contributions to Canada, but also work together within our communities and as a country to combat hate and intolerance. I strongly believe that these celebrations will unite Canadians, highlighting the outstanding accomplishments of Jewish Canadians and Jewish communities across the country. I look forward to celebrating with you.

Michael Levitt is the Member of Parliament for York Centre, and Chair of the Canada-Israel Interparliamentary Group.

SPONSORED CONTENT

HARMONY

Rosalie Moscoe



Spring is in the air; time for a detox. While the body has its own way of detoxing, it can often use some help. Our long, cold winter kept people hibernating like bears. We can feel sluggish.

According to Health Canada, and other research sources, we may need to create and support some healthy choices as I have listed below.

1. According to Health Canada's Food Guide's article on "Limit Processed Foods," we need to cut down on highly processed products that are considered unhealthy as they contain too much sodium, sugar, and saturated fat. It's not recommended to eat these foods on a regular basis. Processed foods are processed (deli) meats, deep-fried foods, cookies and cakes, sugary drinks, and breakfast cereals laced with sugar. Ready to heat-and-eat packaged meals can also mean trouble with high sodium, sugar and saturated fats.

I try to find healthier choices such as organic deli meats, breakfast cereals with no sugar, and try to stay clear of the ready-made meals. Yes, there are slip-ups, such as arriving at Beijing airport at 5 a.m. Nothing was open except McDonald's. Ray and I were starving and had scrambled eggs, hash browns and a cup of coffee. There are exceptions to every rule!

2. Limit alcohol; there are health risks linked to excess drinking. According to research in the World Journal of Hepatology, March 2015, excessive drinking can severely damage your liver function. Then your liver cannot perform its miraculous task of filtering waste and other toxins from your body. Cutting back on alcoholic beverages can reverse this damage. Can I have a sip of Manischewitz wine?

Actually, at our Seders and Shabbat dinners, we've switched to grape juice!

Continued on next page




3. Get enough sleep. Sleeping helps your brain get organized and recharged. With enough sleep, your body has time to remove toxic waste products that we accumulate through the day. According to Nature of Science & Sleep, May 2017, poor sleep can cause stress, anxiety, heart disease and even type 2 diabetes and obesity. Seven to nine hours per night are recommended. I find that a short nap later in the day refreshes me so that I'm not yawning the whole evening or sleeping on the couch!

4. Drink eight glasses of water a day, but not all at bedtime! According to Clinical, Cosmetic and Investigational Dermatology, August 2011, water is the main component of cells and tissues and represents 60% of the body's composition in adults. It keeps body temperature steady, help digestion, lubricates your joints, help nutrients to absorb throughout your body and aids in detoxification by removing waste products. Remember though, you're not a camel. Drink up! Keep a glass of water at your computer. I know it works for me.

5. Eat your antioxidants! According to the Internal Journal of Biomedical Science, June 2008, antioxidants are a superb detoxifier and are found in many plant foods. They protect your cells against damage caused by molecules called free radicals which lead to a phenomenon called oxidative stress. This can lead to many illnesses. Free radicals are caused by the build-up of pollution, tobacco smoke, alcohol, medications, and a poor diet. Stop those radicals in their tracks with a diet rich in antioxidants, and added supplements as needed. Antioxidants are found in berries, pecans, dark chocolate, and other vegetables. Which is your favourite - chocolate? Me too!

6. Get off the couch! According to ISRN Cardiology, 2012 of Brazil, even doing brisk walking a few times per week (150 – 300 minutes total) helps the body detoxify by getting rid of waste. Being active also reduces inflammation and helps the body protect itself from the disease. Moving more and sitting less has tremendous benefits for any person. Ray and I try to walk at least three kilometres each day. As for inclement weather, find a treadmill that's just waiting to take you for a brisk walk, or enrol in a class at a gym!

7. Rid toxic cleaning chemicals in the home; you're breathing these chemicals into your lungs. "The Human Experience," a film documentary, suggests that North Americans are slowly poisoning ourselves through persistent chemical exposure. Use natural products instead; they clean just as well. I use seventh generation cleaning products, found at Loblaws and Whole Foods and they work wonderfully. It's a good feeling knowing that our home, our clothing, and bedding are all chemical free. 😊



Contact: VITO



MAPLE AUTO BODY

1393569 Ontario Limited
Collision - Spray Painting

Repairs to All Makes - First Class Workmanship

49 Costa Rd. & Hwy. #7
Concord, Ontario L4K 1M9

Tel: 905-669-2066
Fax: 905-669-2055



Northwood Mortgage Ltd.

L.C. 10146

Aaron Kates, B.A.

*Credit Recovery Manager
Senior Mortgage Agent*

☎ 416-318-3444 ☎ 866-401-2219

akates@northwoodmortgage.com

www.northwoodmortgage.com/aaronkates

7676 Woodbine Avenue, Suite 300, Markham, ON L3R 2N2

LLOYD LINDSAY CPA, CA, CMC

Chartered Professional Accountant

Licensed Public Accountant

| |
|-----------------|
| Accounting |
| Auditing |
| Tax Returns |
| Tax Consulting |
| Income Taxes |
| GST & HST |
| QuickBooks |
| Office Software |
| Presentations |

Address: 1166 Carlo Court
Mississauga, Ontario
L4W 3N6

Tel: (905) 629-8498

E-mail: info@lloydindsay.com

Web: www.lloydindsay.com



SILVERBERG, PEREL & SHELDON LLP

CHARTERED PROFESSIONAL ACCOUNTANTS

E. HOWARD SHELDON, CPA, CA, B.Sc.

1170 SHEPPARD AVE. WEST, UNIT #10 TORONTO, ONTARIO M2K 2A3

14845 YONGE STREET, SUITE #210
AURORA, ONTARIO L4G 6R8

e-mail: ehsheldon@spsc.on.ca

BUS: (416) 636-6690

FAX: (416) 636-6160

CELL: (416) 727-3409



WINDSOR INSURANCE GROUP

Steve Midanik

Member

Independent Financial Brokers of Canada

1136 Centre Street, Suite 208
Thornhill, Ontario L4J 3M8

Bus: (905) 731-5382

Fax: (905) 731-7830

Cell: (416) 580-1836

Mark Spergel

Sales Representative

Royal LePage Signature Realty

Shops At Don Mills

8 Sampson Mews, Suite 201, Toronto, Ontario, M3C 0H5

office: 416 443 0300 direct: 647 984 9079 fax: 416 443 8619

mspergel@trebnet.com

www.mytorontohome.com www.royallepagesignature.com



3M Drug Mart

"Pharmacists are not created equal"

☎ 905-882-4774

☎ 905-882-1580

☎ 3mdrugmart@gmail.com

105-7117 Bathurst Street
Thornhill, ON, L4J 2J6



Grassroots human rights advocacy
and a lifeline for our community

Volunteer with B'nai Brith Canada!

April 3, 2019

Do you have any extra time during the week or weekend? Are you interested in volunteering to help support your community? Then this email is for you!

We at B'nai Brith Canada are looking for volunteers to help represent us at charity Bingo games in the Greater Toronto Area! Your responsibilities will include providing general customer service, calling out numbers during Bingo games, assisting with clean-up, and answering questions about the game and Bingo Hall processes.

It's a wonderful way to support the community and make some new friends while you're at it!

For more information, please contact Arina Harris at (416) 633 6224 x 139 or at aharris@bnaibrith.ca.



**Do you think
you or someone you know
could benefit from the use of
Hearing Aids?**

.....

 Celebrating 20 years as the Largest Canadian Owned and Independently Operated Hearing Clinic in Ontario. Discover our Award Winning advice, service and care at a clinic near you. 

.....

Book your FREE Hearing Test & Hearing Aid Demo today!

 **Hearing Solutions**
www.hearingsolutions.ca

Spring Farm Marketplace
Clark & Hilda, Thornhill
(888) 885-4370

Lawrence Plaza
Bathurst & Lawrence, Toronto
(888) 817-5088

AS I SEE IT

Marc Kates



Why can't politicians' personal characteristics be like a buffet? Every night, I watch the news and wonder what I'll agree with, and what I'll simply shake my head in disbelief. I've always been a "political news junkie," an attribute I inherited from my mother, but how I wish that I was able to pick and choose the things that

I agree with, and disregard those things that I oppose. I am not a fan of Ontario Premier Doug Ford, but his recent announcement on transit is something I totally agree with.

We know that Toronto transit is grossly inadequate for a city of our size, only to get worse as the population continues to grow at an alarming rate. Ford's tactics, bungling of the autism file, and lack of action on the environment front leaves a bad taste in my mouth. Mr. Trump, who does not make my top 45 list of American presidents, moved the American embassy from Tel Aviv to Jerusalem, a decision that has been long overdue.

Similarly, the Liberal handling of the SNC Lavalin affair disappoints me, as the new "sunny ways" of doing things does not look all that different from the old ways. I admire the fortitude of Jody Wilson Raybould and Jane Philpott for demonstrating conviction and upstanding moral character when their party was only concerned about future political fortunes come next election.

It's too bad that a politician is a "package deal," and we are unable to vote for the specific policies that we agree with. I like having the choices that a buffet offers, but that only works with food, and not people. The only thing we voters have to do is try to determine which politicians have more of the policies that resonate with us when we cast our ballots. Lately, it seems, it's a decision we make while plugging our noses.



FORESTDALE FUNNIES

TEACHER: Glenn, how do you spell 'crocodile'?
GLENN: K-R-O-K-O-D-I-A-L'
TEACHER: No, that's wrong
GLENN: Maybe it is wrong, but you asked me how I spell it.
(I love this child.)

TEACHER: Donald, what is the chemical formula for water?
DONALD: H I J K L M N O.
TEACHER: What are you talking about?
DONALD: Yesterday you said it's H to O.



Teacher: How old is your father?
Kid: He is 6 years.
Teacher: What? How is this possible?
Kid: He became father only when I was born.
(Logic!! Children are quick and always speak their minds.)

TEACHER: Maria, go to the map and find North America.
MARIA: Here it is.
TEACHER: Correct. Now, Class, who discovered America?
CLASS: Maria.

Pancer's Original DELICATESSEN

*Serving the best corned beef and pastrami
in the city of Toronto since 1957*

Heading north to open the cottage?
Then be sure to pick up some deli first.
It won't speed up your clean-up time.

However, it should make the experience
MUCH more enjoyable!



CALL UBEREATS.COM FOR ON-LINE ORDERING
For more information call (416) 636-1230 or go to
<http://www.Pancersoriginaldeli.com>.

SERVING DELICIOUS FOR OVER 60 YEARS





L'chaim!



T. 905.761.9022
F. 905.761.9023
info@simchawine.com

Exclusive Agents Representing Wines From 9 Countries

Argentina | Australia | Chile | France
Israel | Italy | Portugal | South Africa | Spain