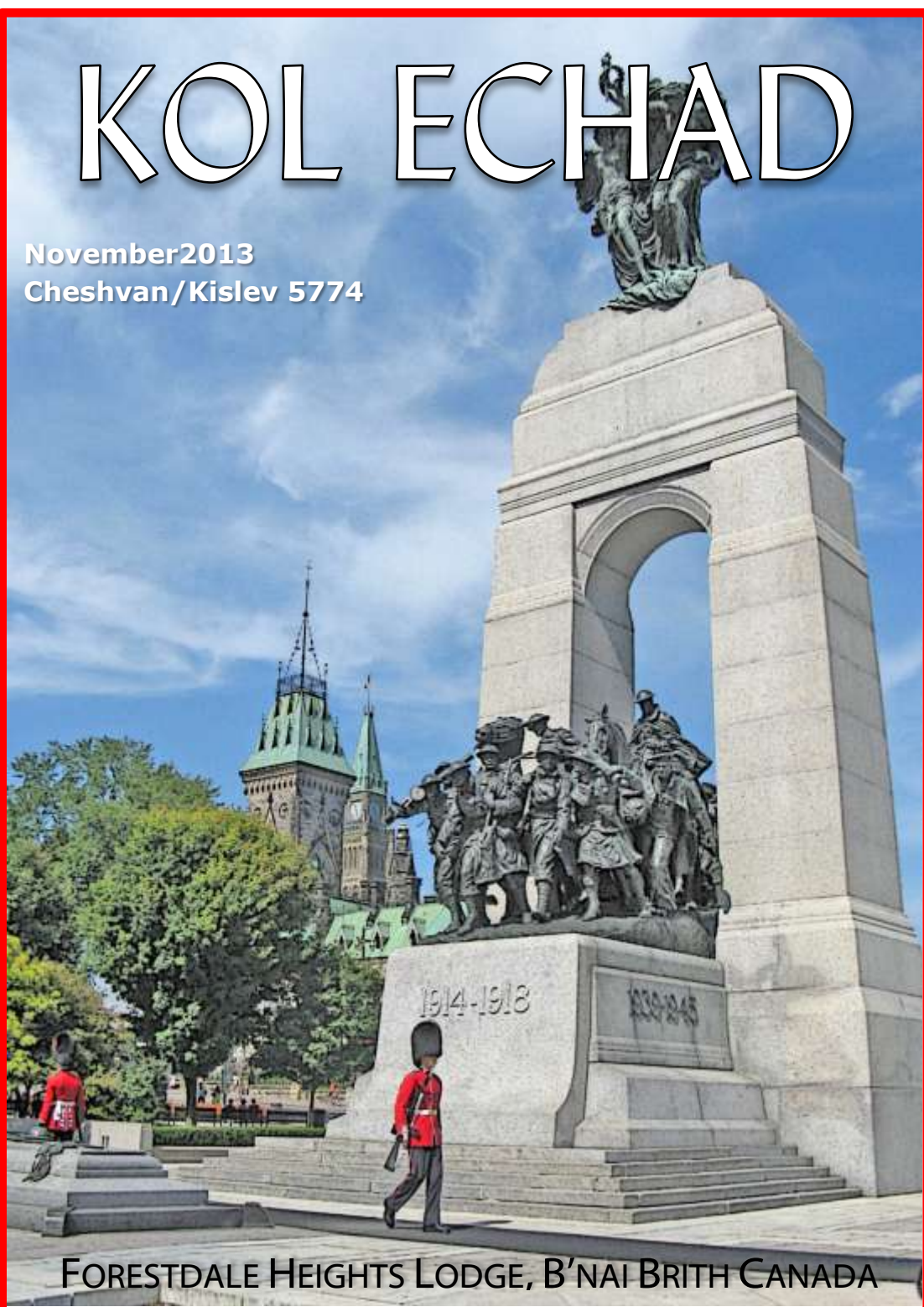


# KOL ECHAD

November 2013  
Cheshvan/Kislev 5774



FORESTDALE HEIGHTS LODGE, B'NAI BRITH CANADA

# 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

This month's cover photo comes courtesy of Wikimedia Commons. The photo was taken at the cenotaph in Ottawa and is being used in commemoration of Remembrance Day.

## 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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## AT A GLANCE

November 4	Dinner Meeting
November 23	Chanukah Party
December 2	Dinner Meeting

**Watch your e-mails and  
our website for dates of fall meetings.**

**Dinner at 6:30; Meeting at 7:15**  
**Dinner Charge: \$10 members/non-members**  
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# PRESIDENT'S PEN



## The Power of the Tongue

In order to survive the waters of the flood, Noah was commanded to build an ark, TEIVAH in Hebrew. Biblical commentators note that TEIVAH also means “word.”

It was an ark that saved Noah and his family, but maybe words could have done the same. After all, the Torah records no instance of Noah speaking to others about the impending flood. He chooses to build a TEIVAH to separate himself instead of using a TEIVAH to help others.

As the population of the world expanded in the generations after Noah, people sought to use words to unite humankind. But instead of uniting for good, language united for vanity, as it says: “Let us

build for ourselves a city and a tower...and let us make for ourselves a NAME.” Man wanted a “name” for himself, for his own glory.

Communication is often the singular roadblock that keeps us from getting along. Either we don’t say what we need to say, like Noah; or we say the wrong thing, like his descendants. The Torah is introducing us to the challenges of this gift to mankind, and warns us from the start that “death and life are in the power of the tongue.” (Proverbs 18:21)

*\* Torah on Tour is a weekly message from Rabbi Jarrod Grover of Beth Tikvah Synagogue, Toronto.*

The power of the tongue is so true. There are many members of Forestdale Heights Lodge who have lots to say and who have given good advice. I ask each and every one of you to take a few minutes and reflect back on the reasons as to why you joined our Lodge. There are many roads that you can take while being a member... just try one road. We require so much help in fundraising, community service, and social events. Let me know which road you would like to share with us.

I would like to thank our members, spouses and friends who attended our October meeting. Marc Saltzman enlightened us to the “new” age of computers, tablets, home products, etc.

Thank you to Michael, George and Charlene for helping to set up the room.

Thank you to Stewart Indig for coordinating the Gift of Life program. By the time you receive this bulletin, the first training will have taken place. Good luck to all members who are participating.

We are looking forward to celebrating Chanukah at our annual party on Saturday, November 23. It’s always been a great event at Charlene and George’s condo party room. Please check the information regarding price, time, etc. in the bulletin.

**Continued on next page**

Forestdale Heights Lodge has always taken pride in giving out token gifts to approximately 25 EMS, fire and police stations prior to the holiday season. This program takes 10-12 volunteers and only a few minutes of your time.

If you are interested in helping out, please call or e-mail Stewart Indig at (416) 633-1469 or [indigs@rogers.com](mailto:indigs@rogers.com)

or myself at (416) 223-0780 or [debbisilver@rogers.com](mailto:debbisilver@rogers.com).

I would like to thank Jeff and Michael for helping me out over the last month. It is greatly appreciated.

Have a healthy and happy Chanukah.

*Harvey Silver*

---

## BINGO

Tuesday, November 12

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)

*Future Bingo Dates: Dec. 10, Jan. 14, Feb. 11, March 11, April 8, May 13*



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## THANK YOU TO MARC SALTZMAN



Forestdale Heights Lodge would like to thank Marc Saltzman for his inspiring talk on Oct. 7.

We would also like to extend condolences to Marc and his wife, Kellie, on the loss of her mother, Cydney Sherman, who passed away on Tuesday, Oct. 8.

May you know no more sorrow.

# CHANUKAH BASH

We're going to spin those dreidels on



**Saturday, November 23**  
**7:00 p.m.**

Join us for an evening of food, and great music.

**Menu: (Strictly Kosher)** latkes, latkes and more latkes (and of course, lots of other great food)

**PLACE:** Party Room, 10 Tangreen Court in Yonge-Steeles area

**COST:** \$20/person

**RVSP** by November 12 to  
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*We look forward to seeing you all!*  
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# EDITOR'S DESK



I was out for a walk one evening when it suddenly dawned on me that I have something in common with a fictional journalist who just happens to be a true superhero. While, it's true that I may not be able to

leap tall buildings in a single bound, both Superman and I have our own Fortress of Solitude. ‘

However, mine has an advantage over the fictional one; it's closer, meaning less travel time.

I guess if you can fly faster than a speeding bullet, then the travel thing is no big deal, but for this mortal, it's nice to have a portable “fortress” that I can access at any time.

For the longest time, I have thought of my car as my fortress, the one place that I could be alone with my thoughts for brief periods twice a day. No one to talk with, no one to discuss issues relating to home life or even contemplate a work-related problem. My only companion would be pleasant background music, if I chose to turn the radio on.

For the longest time, this was everyone's reality. Then came the introduction of the cell phone, followed by the iPhone. Now so many people find they can not abide for even brief periods of time without the need to communicate with others.

I really fail to comprehend this.

Must we always be wired into the network and must we always be in touch with others?

Even with the passage of laws outlawing the use of such devices while driving, so many choose to ignore these new rules, despite evidence they can lead to reduced driver awareness leading to motor vehicle accidents.

So, what about you? You probably wouldn't condone drinking and driving, but would you turn on your cell/iPhone while driving or turn a blind eye as a passenger if the person driving was chatting or texting on a phone?

I have often been accused of being idealistic, but perhaps it's time for everyone to rediscover their own Fortress of Solitude.

*Shalom,*

*Jeff Rosen*



Shalom & Linda  
Magazzinich

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# OCTOBER MEETING

Self-proclaimed “tech translator” Marc Saltzman delighted Lodge members and guests at the Lodge’s October meeting.

After a condensed meeting, Saltzman was introduced by a long-time friend, Lisa Silver, daughter of our president, Harvey.

Saltzman divided his talk into two parts: dealing with tech trends in today’s market and what’s next in the field of hi-tech.

Saltzman said there are four major areas in today’s hot tech market:

1. Hypermobility
2. Digital Health
3. The Connected Home
4. Smart Family Rooms

He explained that hypermobility deals with the growth of smartphones, tablets and ebook readers. He said mobile accessories add functionality and longevity to these devices. They include things such as audio headsets, battery backups and stands for tablets.

He said his personal favourite is the external hard drive, which allows a number of people to wirelessly connect to a mobile hard drive, while watching the same content on their own mobile devices.

He said iPads remain very popular today and explained that while eBook readers are similar to iPads, their sole function is to allow people to read books. Despite their popularity, he said that he does not believe they will replace paper books.

With fewer people purchasing desktop computers and laptops, Saltzman said that functions once confined to mobile devices are now being built into these larger machines.

Saltzman also discussed the area of digital health, explaining that there are a number of high tech accessories that help people remain fit.

While he was excited to move into the second part of his talk, Saltzman was forced to condense the second part, due to time constraints on the programme.

He said there are 10 technologies worth getting excited about, some of which will find their way into daily life sooner than others. What are those top 10? (You’ll have to read about them at [kolechad.ca/oct.htm](http://kolechad.ca/oct.htm))

At the conclusion of the evening’s programme, a donation was made to The Hospital for Sick Children in Saltzman’s name.

*Jeff Rosen*

# OCTOBER MEETING



Seen in photos, clockwise, from top left, Harvey Silver, Jack Britstone, Debbi & Lisa Silver, group shot and guest speaker Marc Saltzman. More photos at [kolechad.ca](http://kolechad.ca) [Jeff Rosen photos]



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### Ingredients:

1 1/2 cups sugar  
1/2 cup  
unsweetened  
cocoa powder  
2 tbsps. cornstarch or potato starch  
3/4 tsp. baking powder

1/4 tsp. salt  
1 1/2 cup chickpeas, rinsed and  
drained (it is NOT a full can, but  
almost)  
4 eggs  
2 tsp. vanilla

### Instructions:

Preheat oven to 350.

Line a 9 inch round cake plate with parchment paper on bottom. (make sure it is ***exactly 9 inches***) The round cake pans that you make into a 2-layer cake are the right size.

Spray bottom and sides.

In food processor mix sugar, baking powder, baking soda, cornstarch for 12 seconds.

Empty into bowl.

Process chickpeas for 30 seconds; add eggs, vanilla, and mix for 1 minute.

Add cocoa mixture and mix for 30 seconds.

Bake for 50-55 minutes.

Cool for ten minutes and remove from pan.

When cool ice with desired chocolate frosting. I melt a bit of butter, add cocoa to make a paste then add icing sugar and a bit of milk.

Sprinkle with icing sugar.

Oh so good!!!!!!!!!!!!!!

Enjoy,

*Stewart Indig*

# HEALTH IN HARMONY



For some, the thought of retirement is a dream-come-true.

For others it's a dreaded prospect. The following are some tips that help with not only preparation for retire-

ment, but also with strategies to achieve a healthy attitude and lifestyle choices.

1. First, think about your dreams and your passions. Do those things still matter to you? When you think about them, do they spark excitement? Maybe now is the time to pursue those interests: take up piano, dancing, cooking, or start that business that keeps coming to your consciousness.

2. Do you need to work after "retirement" to provide immediate financial support or to build a nest egg? Are you confident with your financial security to do the important things you want to do or to leave a financial legacy? Get investment counseling to help you in this crucial part of retirement.

3. Making a 'to do' list is important. However, if you do not allocate time to

do it, it will never happen! Schedule time for your new challenges. Remember, one cannot travel indefinitely, play golf seven days a week or play cards every day. A variety of interests and challenges are key to keep you motivated and sharp.

4. A healthy lifestyle will ensure a happy retirement. It's important to stay active, for both mind and body. Include some form of exercise and outdoor activity each day. Find ways to upgrade meals and snacks to nourish you. Aim for seven-eight hours of sleep each night.



5. Realize you can make new friends at any age. Don't spend your retirement in isolation (or sitting at a computer). Connecting with others is important. Even socializing with

long time friends is beneficial. People need people.

6. Make peace with missed opportunities. Decide whether they are still worth pursuing or they are better left behind you. If you still feel you can take on the challenge – go for it!

7. Still harbouring old hurts and resentments? You may be harming yourself the most. Either make peace with the person or situation or just let it go.

**Continued on next page**

8. Think positively about your abilities, qualities and talents. Persevere. Is there a way to transpose them to a new form or continue to learn and grow?
9. Will you continue to work – part time, and/or give back to your community in some way that you feel you can be of service? Consider it. It's important to feel useful and connected.
10. As you journey into retirement life, explore ways to create fulfillment.

Engaging in pleasurable activities is wonderful, but you will also want to find activities that are challenging, as well as meaningful.

Here's to a healthy, fulfilled retirement. It's your life; make it wonderful.

*Rosalie Moscoe*

## GOOD & WELFARE

### Birthdays

Rhona Leviston  
 Carol Steyn  
 Stan Horowitz  
 Michael Kates

November 6  
 November 17  
 November 20  
 November 23



### Anniversary

Allan & Lisa Brown

November 5



FHL expresses condolences to Carl and Debbie Zeliger on the passing of Debbie's father, Abram Teitel. May his memory forever be a blessing to your entire family.

FHL wishes Cyril and Vanessa Gerson a hearty mazel tov on the upcoming marriage of their son Brandon whose wedding is on Oct. 27, 2013.

*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).*

# AS I SEE IT



Nothing ever stays the same and time continues to march forward. It was with great sadness that I learned months ago about the imminent closure of my favourite store in Toronto, Honest Ed's.

Honest Ed's holds a special place in the heart of many Torontonians. At the corner of Bathurst and Bloor Streets, Honest Ed's is a bargain shopper's paradise. It was the store to buy cheap goods that generally drew from an immigrant crowd.

Mr. Mirvish first opened his discount store in 1948. Since its humble beginnings, Honest Ed's store grew into a massive empire including restaurants and theatres. Despite being a successful entrepreneur, Mr. Mirvish never lost sight of his customers, and chose to give back to the community. His annual Christmas turkey giveaways were legendary, as well as the birthday parties he threw that shut down Bloor Street. My late mother was very proud

that she and Mr. Mirvish shared the same birthday (July 24) and delighted in wishing him 'mazel tov' if the opportunity presented itself.

In my household, it was a tradition to *shlep* down to Honest Ed's at least twice a year, once before Pesach, and once before overnight camp. Honest Ed's was the ideal place to purchase low cost Pesach items that added to the mismatched Passover paraphernalia. A bargain is a bargain, and we could cope with mismatched items for eight days. Before overnight camp, the annual trek resulted in the procurement of cheap t-shirts and shorts; I was therefore encouraged not to bring home everything I took to camp.

**Continued on next page**



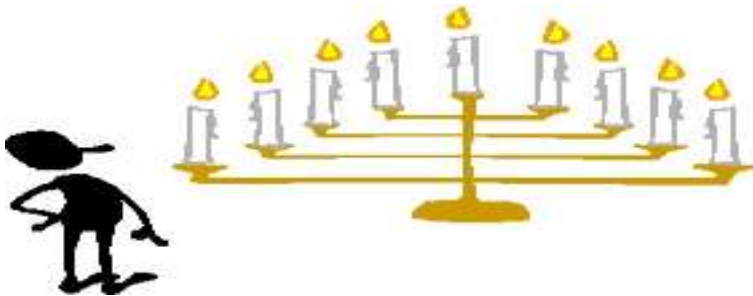


Going to Honest Ed's is pure fun, and for me, a sense of nostalgia. The labyrinthine and uneven floors are adorned with famous entertainers, most of whom I don't know. In some parts of the store, Mr. Mirvish housed some treasures from his restaurants long after they had closed. This past August, I had the chance to take my 4 year old to Honest Ed's. We wound

our way around the store, and I delighted in sharing with him stories of how his Bubbie used to take me there when I was little.

So, despite the future absence of this famous Toronto landmark, memories of visits to Honest Ed's will remain.

*Marc Kates*



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# FORESTDALE FUNNIES

## Paired off Parrots

A lady approaches her rabbi and tells him, “Rabbi, I have a problem. I have two female talking parrots, but they only know how to say one thing.”

“What do they say?” the rabbi inquired.

“They only know how to say, ‘Hi, we’re prostitutes. Want to have some fun?’”

“That's terrible!” the rabbi exclaimed, “but I have a solution to your problem. Bring your two female parrots over to my house and I will put them with my two male talking parrots whom I taught to pray and read Hebrew.”

My parrots will teach your parrots to stop saying that terrible phrase and your female parrots will learn to praise and worship.”

“Thank you!” the woman responded.

The next day the woman brings her female parrots to the rabbi’s house.

His two male parrots are wearing tiny yamulkes and praying in their cage. The lady puts her two female parrots in with the male parrots and the female parrots say, “Hi, we’re prostitutes, want to have some fun?”

One male parrot looks over at the other male parrot and exclaims, “Put away the siddurs! Our prayers have been answered!”

## The Rabbi and his Wife

The Rabbi and his wife were cleaning up the house. The Rabbi came across a box he didn’t recognize. His wife told him to leave it alone, it was personal.

One day, she was out and his curiosity got the better of him. He opened the box and inside he found three eggs and \$2000. When his wife came home, he admitted that he had opened the box and asked her to explain the contents to him.

She told him, every time he had a bad sermon, she would put an egg in the box.

He thought to himself, “In 20 years, only three bad sermons, that's not bad.”

His wife continued, “And every time I got a dozen eggs, I would sell them for one dollar.”

# Rosalie Moscoe

RHN, RNCP



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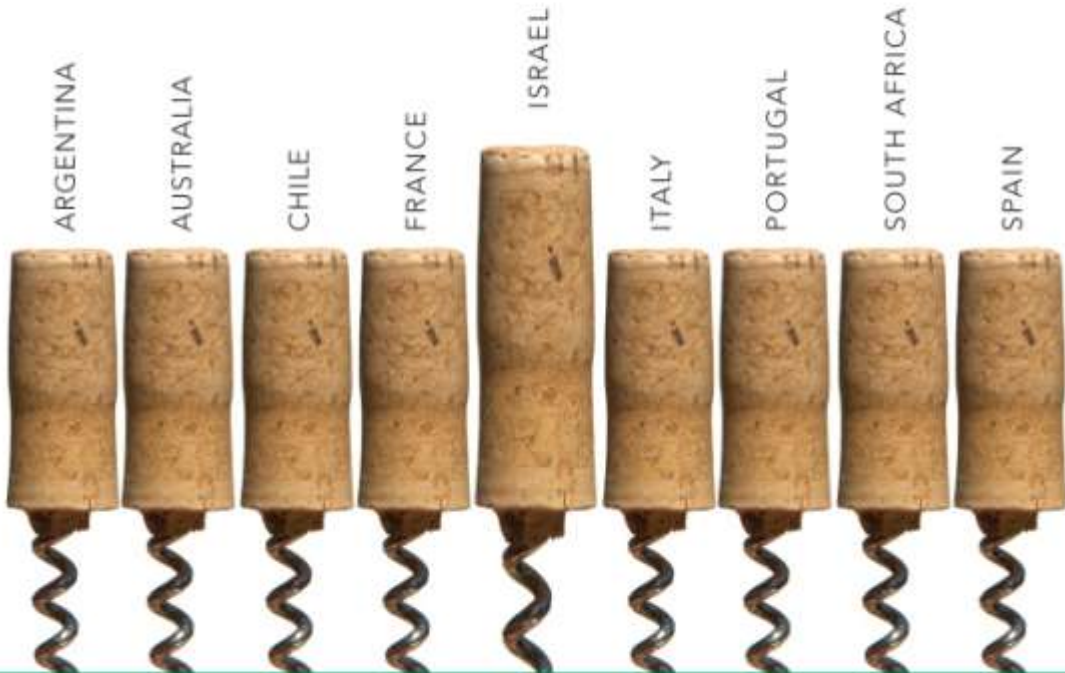
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