

Forestdale Heights Lodge, B'nai Brith Canada

KOL ECHAD

November 2014

Cheshvan/Kislev 5775



Jeff Rosen photo

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

Before winter arrives, it's time to head out and enjoy the countryside. This month's cover photo was taken by Jeff Rosen.

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.

AT A GLANCE



Nov. 3	Dinner Meeting
Nov. 16	Woodbine
Dec. 1	Speaker & Dinner Meeting
Dec. 13	Chanukah party
Jan. 5	Dinner Meeting
Feb. 2	Speaker, Nominations & Dinner Meeting
March 1	Elections & Breakfast Meeting (new date)
March 4	Purim Programme
April 13	Dinner Meeting
May 11	Dinner Meeting

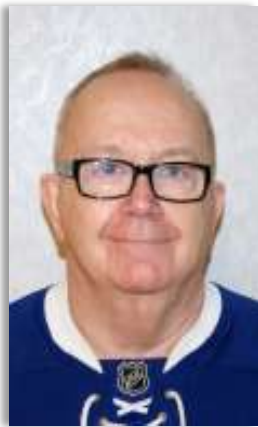
**Watch your e-mails and
our website for dates of upcoming programmes.**

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

DEADLINE FOR ALL ISSUES IS 10TH OF THE MONTH
UNLESS OTHERWISE CHANGED



PRESIDENT'S PEN

Fall is here – shorter days and cooler nights. Another season has begun. It seems as though yesterday it was hot and the days were longer. The seasons seem to change so fast.

We all, in our own way, have sinned. What actually is “sin?” We know, according to G-d’s version, one cannot be released from sin until one asks for forgiveness from the person who was wronged. Sins against G-d can only be forgiven by G-d. We all hope that G-d has heard our prayers and has written everyone in for another good year.

With Succot a few days away, for those who shake the etrog and lulav and put up a Succah to enjoy their meals outdoors for eight days, it is a joyful time of the year.

I hope all the members and their families enjoyed all the holidays.

George Garten

MEMBERSHIP LIST

Dear Members,

Enclosed with this issue of the Kol Echad you will find an updated membership list. Please make sure all the information is correct. If you find any errors or omissions, please contact Harvey Silver at

debbisilver@rogers.com.

This list is confidential and should only be used for

LODGE PURPOSES ONLY.

Thank you,
Harvey Silver

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I'm here doing what I do best, serving you and loving it! Call Sonny, that's me, Sonny Langer.

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EDITOR'S DESK

Change is coming...are you ready?

The sun is rising later in the morning now and setting earlier. There is a definite chill in the air. Some mourn the loss of the long warm summer evenings. However, as much as I enjoy them, there is something special about going for an evening walk, observing the changes in nature as the vibrant green colours of summer give way to the golden hues of autumn.

It reminds me of how much things are changing.

At my daughter's bat mitzvah 10 years ago (Ten years! Where has the time gone?) Jordana said that her dad did not do well with changes.

How true. Are we ever ready for changes?

I certainly wasn't back in June, when – after 30 years working for one employer – my life went off the rails. After a relaxing summer, I decided to jump back onto the train of life and see what this new life had to offer. I have to admit, I still don't like changes, but I am trying to adapt.

How does one do that, you may ask. Fortunately, there are great community services out there, offered through JVS of Toronto (formerly known as Jewish Vocational Service). I figure, if I am to re-enter the workforce, then I need to re-equip myself with the proper tools.

Of course, I will let you know how the journey proceeds.

Besides pondering my future, I recently started thinking about our website, kolechad.ca. When it was first launched over a decade ago, it was one of the few B'nai Brith Canada lodge sites in existence. Today, only two other lodges maintain sites, the newly merged LMOL-Don Mills and Thornhill.

Over the years, Forestdale Heights has won many awards from B'nai Brith Canada for being a leader in the field of communications. Even though such awards are no longer being handed out, I think it's important that we aim to remain leaders in this area.

With that in mind, I would like to pose a few questions to my fellow Lodge Brothers and Sisters. First off, is there still a need for the website? Over the years, our online presence has undergone numerous changes and modifications. The current version includes highlights of upcoming and past Lodge programmes and activities and links to detailed reports and photos. It also includes all our print columnists and a link to download a PDF version of our print bulletin.

Do members feel that the entire bulletin should be reproduced in this manner? Are you taking the time to click on the links, to read what we have to offer?

Continued on next page

On a related matter, I would like to know if this bulletin is working for you. If it isn't, then I would like to know what we could add or eliminate to improve the publication.

I have always said that the bulletin and website belongs to the members and can only improve through constant feedback. So I'm asking, is it time for change and if so, what? The lines are open and operators are standing by.

Be well,

Jeff Rosen

jelijo@sympatico.ca

SOCIAL

Please join us for these upcoming programmes, both sponsored by LMOL Don Mills Lodge. They take place at 15 Hove, starting at 7:30 p.m.

SAVE A CHILD'S HEART – Wednesday, October 29

Dr. Hagi Dekel, chief cardiac surgeon at Wolfson Medical Center near Tel Aviv, will be speaking about Save a Child's Heart – Israel. The humanitarian organization provides pediatric cardiac care for children from developing countries who suffer from heart disease, and who cannot get adequate medical care in their home countries.

THE FORGOTTEN REFUGEES – Wednesday, November 26

Two guest speakers from Egypt and Morocco will discuss the one million Jewish refugees from Arab countries who had to leave Arab countries since the 1940s. Their presentation will include a documentary on Jewish Middle East refugees, past and present.



WOODBINE

On Sunday, November 16, members of Forestdale Heights Lodge will head to Woodbine Racetrack for our annual popular Day at the Races.

Cost is \$40/person, which includes buffet lunch, programme and reserved seating.

Doors open at noon.

If you are interested in joining us, RSVP to social chair Sandy Gordon, (416) 631-8261 or sandygord@gmail.com.

Don't miss one of FHL's premiere social outings!

UPCOMING

Please join us for the 2014-2015 season when the Lodge plays host to a number of interesting speakers.

Monday, December 1

Hearing Solutions

Phyllis Bensoussan, Audiologist

Phyllis Bensoussan began university at the age of 16. She received her Bachelor of Science from Brooklyn College in New York and went on to complete her Master of Science degree at Brooklyn College at age 22.

She was accepted to Long Island Jewish Hospital/Queens Hospital Center where she completed her clinical fellowship tour. She was then hired as a full time audiologist. In the hospital setting, she was involved in developing the first neonatal intensive care hearing screening program in New York.

Her work included intraoperative brainstem and ENG testing. She was drawn to the profession from a deep desire to help people improve their hearing health and quality of life.

She remained in the hospital setting for 10 years until relocating to Toronto for her husband's job as senior Cantor at Beth Emeth Bais Yehuda Synagogue 15 years ago. In Canada, her focus and passion shifted to the fascinating world of hearing aids.

AS I SEE IT



The word “Thanksgiving” evokes fond memories of the year we spent in Boston. Imagine the crisp, cool autumn air of New England, and a sense of joy of being off work and school for a few days. As a Canadian, Thanksgiving had no meaning for me. It was just another long weekend, with no religious significance. Our American brethren, on the other hand, do not recognize the irony that in a land where church and state are separated, Thanksgiving and getting home for the holiday arouses religious fervor. Airports, trains, and bus stations are at their busiest with people trying desperately to get home and reconnect with family and friends. I was surprised to find that this “religious” zeal also existed within the Orthodox Jewish environment as well.

Sitting around the beautiful Thanksgiving table was lovely. Unlike many Jewish holidays, there was no official start time, no prayers, and no universally prescribed format. There were traditional foods, but spending time with friends and loved ones was the real goal of the event. We dined on turkey while a homemade apple pie was baking in the oven. As per our host’s tradition, we did have to share for what we were thankful for that year.

Reflecting upon that New England Thanksgiving, I thought how marvelous the whole experience had been. I wondered how we could reproduce something similar in nature with the same sentiments and feelings. It then occurred to me – we do have something exactly like Thanksgiving that is agricultural in its essence and brings family and friends together. It is called Succot. Succot has two other names: *Chag Ha’Asif* (the holiday of the harvest) and *Zman Simchateynu* (the time of our happiness). It is only on Succot that the Torah commands us to be happy. Commanding someone to be happy sounds rather odd, but upon deeper inspection, building a succah and having family and friends enjoy a meal together in it, is true happiness. Succot allows us to take the time to appreciate the bounty that we have in our lives, and the blessings that we are grateful for.

Chag Sameach,

Marc Kates





GOOD & WELFARE

Birthdays

Rhona Leviston

Stan Horowitz

Michael Kates

November 6

November 20

November 23



Anniversary

Allan & Lisa Brown

November 5



If you have any special moments in your life that you wish to share with the Lodge, please send announcements to jelijo@sympatico.ca.

CHANUKAH PARTY

We're going to spin those dreidels on
Saturday, December 13, 7:00 p.m.

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

Menu: 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 members/\$25 non-members

RSVP: Sandy Gordon, sandygord@gmail.com





CVS

Some Facts About The Work of Blue Door Shelters

- Did you know that Blue Door Shelters has been serving the homeless population in York Region since 1982? For over 30 years, we have opened our doors to serve the most vulnerable populations with dignity. We operate three, no-fee, emergency shelters for families, men and youth.
- In 2013, we provided more than 80,000 meals and provided 27,000 nights of safety to homeless individuals and families in York Region.
- Did you know that we turned away about 6,000 people in 2013 because we couldn't meet the demand for services?
- 1 in 8 residents in York Region lives below the Low Income Cutoff, and the majority of our service users fall in this category.
- The average wait for subsidized housing is over eight years, and here are some interlocking issues that individuals may be struggling with during this time:
- Did you know that homeless individuals at our men's shelter and family shelter have only 4 weeks as their maximum length of stay? During this time we provide residents with accommodation, food, life skills, support to find and maintain housing, dignified care and much more.
- We successfully helped more than 500 people find housing in 2013.



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.

Once again, Forestdale Heights is launching a CVS initiative with this agency. We will be working with Blue Door Shelters and doing what B'nai Brith Canada and Forestdale Heights Lodge does best: People Helping People.

When you come out to Lodge meetings, please bring toiletries 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.

As well as asking Lodge members to bring needed supplies for Blue Door, we are asking members to reach out to organizations and individuals (such as their dentists) they feel could assist in this endeavour.

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

* * *

Forestdale Heights Lodge extends its appreciation to Dr. Jordan Soll and Aesthetics In Dentistry for their generous donation to our Blue Door Shelters CVS programme. Dr. Soll and his staff arranged for a donation of 72 toothbrushes, 144 rolls of dental floss and 72 tubes of toothpaste. Seen here are Dr. Soll and office manager Janis Rowan. [Jeff Rosen photo]



CVS



On Wednesday, October 5, all toiletry items collected to date from Lodge members and Aesthetics In Dentistry, were delivered to Blue Door Shelters in East Gwillimbury by Jeff Rosen. The supplies were received by Barb Latour, (left) office manager, and Stephanie Lau, (right) executive assistant, at Blue Door Shelters. We hope to make more deliveries in the future.





ALL STEW

THAI MANGO SALAD

Now that the holidays have passed, let's start to eat healthy. Cathy and I never go out for Chinese food. We find it too greasy. We do, however very much enjoy Thai food. We also try to make some of it at home. Try this easy recipe. It is not hard to make, not terribly fattening, and VERY refreshing.

INGREDIENTS

1/2 cup coarsely chopped peanuts
(avoid if allergic)
2 firm mangoes
1 sweet red pepper

2 carrots coarsely grated
4 cups torn mixed greens
1/2 cup thinly sliced green onions
2 tbsps. coarsely chopped fresh mint

Dressing

1/4 cup vegetable oil
1 tsp. grated lime rind
2 tbsps. lime juice
1 tbsp. soy sauce

2 tsp. white sugar
1 tsp. hot pepper sauce
1/4 tsp. salt
1/4 tsp. pepper

DIRECTIONS

Toast peanuts over medium heat until fragrant and dark (about 8 mins).
Peel, pit and thinly slice mangoes lengthwise.
Seed, core and thinly slice red pepper.

Dressing:

In a large bowl whisk together oil, lime rind and juice, soy sauce, sugar, hot pepper sauce, salt and pepper.

Add mangoes, red pepper, carrots, mixed greens, green onion and mint.

Toss to coat.

Sprinkle with peanuts.

Enjoy, who knows, maybe next month we will make pad thai.

Stewart Indig

OCTOBER MEETING

Ho, ho, ho, ha, ha, ha.

Those were the first words spoken by our guest speaker Lisa Scriver at our Lodge meeting on October 6. After a delicious dinner of cold cuts, potato salad, and cole slaw, we went into the main room on Hove and had a hilarious hour of continuous laughter and exercises. The event was open to all and we were pleased that a number of people showed up from different lodges. During the programme, refreshments were served and all had fun.

Thanks go out to Sandy and Barry Gordon for putting this together and inviting their daughter to be our first guest speaker of the 2014-15 year.

Michael Kates



Photos courtesy of Ray Moscoe.
For more photos, please go to
kolechad.ca.





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*Harvey Silver
wishes his wife, Debbi
a very healthy
and happy Birthday*

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SANDY'S SCRIPT



At the time of writing, Yom Kippur is over and it is the eve of Succot. I hope you have experienced a meaningful Rosh Hashanah and Yom Kippur.

The weather is keeping up with what we all suspect to see on Succot and that is rain and wind. The Succah is up, tables are in place but the Schach (roof covering) does not seem to want to stay in place – it is not the festival yet, about three hours to go before candle lighting. The mystery is, if we will have a standing Succah or not. Oh my, what to do? Guests have been invited to our home to fulfill the mitzvah of eating in the Succah, but we cannot guarantee it is going to be standing. We go through this every year and most years the Succah has served us well.

Talking about being served well, on Yom Kippur, I really didn't think about food. My major complaint this year was that my back was breaking. Why do we do this, not eat and experience such terrible pain? We all know it's the Day of Atonement and for years before I started to fast, I would see my Zaida, Mom and Dad and other family members fast. When I grew older, so did I. Judaism *is*, for a large part, made up of tradition. If you see and learn about the traditions as a child, you tend to internalize the meaning of the action and connect it to a reason.

Everybody celebrates differently. If you go to Shul only three times a year, that's perfectly fine and it is what you want to do. However, somewhere along the way something could touch you like something the rabbi might say in his sermon or meeting someone you haven't seen for a very long while. I know when that happens to me, it is a very warm and gratifying feeling. Every Jew has a spark and it can be ignited anytime, anywhere.

The rabbis do not expect us to do all the commandments and mitzvahs. It's a slow road to follow and doing a little bit at a time can be just as meaningful. There is no way that all commandments and mitzvahs can be achieved within a specific time frame and actually, it's our mission to try to strive to perform as many mitzvahs as possible. A person's devoutness is not based on what they do, or not do. Each person is an individual and it is up to him or her to decide.

Orthodoxy, Conservatism, Reform etc., we are one people, the children of HaShem, who is the ultimate judge.

Until the next time,

Sandy Gordon



HEALTH IN HARMONY

Stress Relief Activities to Combat Adrenal Fatigue

Many people in the workforce or those under an avalanche of stressful events are in an adrenal fatigue state – overtired and overstressed. Adrenal glands located on the top of your kidneys are a marvelous resource when the body needs an adrenaline rush, a pick-me-up. However, with the stress response turning on way too often, adrenal glands become overtaxed and you'll feel exhausted and overstressed. We're more apt to succumb to colds, flu or other illnesses in this 'adrenal fatigue' state. Even if a person is overly stressed and becomes ill, stress-relief techniques can become a lifesaver.

For women after menopause, the adrenal glands take over most of the hormonal production that their ovaries were once responsible for, such as estrogen, progesterone and steroidal compound output. With adrenals in a burned out state, menopause can become more difficult.

Some conditions that may result include chronic fatigue, sleep disorders, trouble getting out of bed in the morning, depression symptoms, lack of endurance, and trouble handling stress.

Natural Stress Remedies to Calm Mind and Body

- Soaking in a tub for 20 minutes with a cup or two of Epsom salts can make the magnesium your body needs readily available. Magnesium helps the body bind adequate amounts of serotonin, a mood-elevating chemical within the brain that creates a feeling of well-being and relaxation. This type of bath is especially beneficial before bedtime.
- Give yourself down time - time with nothing scheduled. Either rest or sleep. Do something you enjoy. Do your nails. Organize your week on paper. Sit in a park immersed with trees, and other greenery to calm the mind.
- Don't forget to breathe; those under stress often hold their breath - which only heightens stress in the body.
- There is a definite link between nutrition and stress. Gulping junk food, white flour, processed goods, and seldom eating vegetables are all detrimental to mental and physical health – you'll feel tired all the time and have more difficulty dealing with stress. Reduce sugar and junk food in your diet and replace it with healthful vegetables, fruits, raw almonds, cashews, and avocados. Cook with whole grains and include protein in your meals. See your energy soar!

Continued on next page

- Some nutrients that help the adrenal glands are pantothenic acid (B5), as well as a high quality multi-vitamin and mineral supplement. Drink six to eight glasses of pure water daily – we often forget this simple remedy. Cut down on caffeine – a known stimulant.

- Get a check-up as adrenal fatigue often comes along with underactive thyroid, low Vitamin D levels, low iron (ferritin levels). Coping with stress becomes more difficult when you're burned out.

- Make time for friends and family. (If under extreme stress, choose to be with those people who don't stress you out!)

- Slow your pace of walking, talking, and eating. However, most importantly, make your own well-being your priority.

Rosalie Moscoe



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FORESTDALE FUNNIES



It was a stiflingly hot day and a man fainted in the middle of a busy intersection. Traffic quickly piled up in all directions while a woman rushed to help him. When she knelt down to loosen his collar, a man emerged from the crowd, pushed her aside, and said, "It's all right honey, I've had a course in first aid." The woman stood up and watched as he took the ill man's pulse and prepared to administer artificial respiration. At this point she tapped him on the shoulder and said, "When you get to the part about calling a doctor, I'm already here."

Hearing about a dinosaur alive in the rain forests of South America, a professor launches a scientific expedition. After several weeks he stumbles upon a little man wearing a loincloth, standing near a 300-foot-long dead dinosaur. The scientist can't believe his eyes. "Did you kill this dinosaur?" he asks. "Yep," replies the rain-forest native. "But it's so big and you're so small! How did you kill it?" "With my club," the primitive fellow answered. "How big is your club?" "Well, there are about 100 of us."

\$5,000 ANNUAL DINNER DRAW **Monday, November 10, 6:30 p.m.**

Venetian Banquet Centre, 210 Romina Dr. Concord, Ont.

Evening will include grand prizes, early bird prize draw, live auction, as well as a silent auction.

Cost is \$125 per person, which includes dinner and one draw ticket.

Cost of just the draw ticket is \$75.

Additional dinner tickets are \$50.

To purchase a ticket, call Michael Kates at (905) 669-2408

or e-mail katesfamily@sympatico.ca.

This programme is being jointly sponsored by Forestdale Heights Lodge

Rosalie Moscoe

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