

Forestdale Heights Lodge, B'nai Brith Canada

KOL ECHAD

Volume 14, No. 3

November 2015
Cheshvan/Kislev 5776



Donate

COVER ART

This month we decided to do something different with the cover. With no Jewish or statutory holidays in November, we are dedicating the cover to our upcoming CVS programme. Read more about the blood donor drive in this issue.



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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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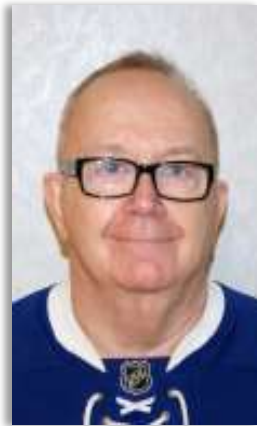
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PRESIDENT'S PEN

George Garten



By the time you read this President's Pen, Charlene and I will probably be enjoying our holiday on a Caribbean cruise.

We have all been hearing and reading reports of people fleeing their countries. They are seeking the right to live in peace and harmony. Remember, history has a way of repeating itself. Some of our own ancestors did the same thing when they fled from Europe.

November is a time when we remember our soldiers of World War I, World War II and the Korean Conflict. Remembrance Day, in my opinion, has lost its meaning. We all take for granted the freedoms and privileges that our country allows us. In order to achieve these rights, many brave men and women paid the ultimate sacrifice of their lives. I think it is now time to pay tribute to these soldiers, as well as many civilians, who fought so hard for our country.

On this Remembrance Day, please give thanks for our freedoms and privileges and remember those brave men and women.





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AT A GLANCE

November 9	Dinner Meeting
December 5	Chanukah Party @ 7 p.m.
December 14	Speaker & Dinner Meeting
January 11	Dinner Meeting
February 8	Nominations/Dinner Meeting
March 13	Elections/Breakfast Meeting
April 11	Dinner Meeting
May	Installation
June 13	Dinner Meeting

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
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**FOR NOVEMBER MEETING ONLY, PLEASE RSVP
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DEADLINE FOR ALL ISSUES IS 10TH OF THE MONTH
UNLESS OTHERWISE CHANGED

BINGO



Our next Bingo will be held on Tuesday, November 10. If you would like to help out, please contact Richard Kotzen (416) 783-2737 or richkotzen@rogers.com

EDITOR'S DESK

Jeff Rosen



Back in the late 20th century the catchphrase, “Black is beautiful,” exploded into popular consciousness and dramatically changed society. Today it seems quite dated. Perhaps our Lodge could modify it to read, “Red is beautiful,” for an upcoming CVS programme. After all, red signifies the colour of life; red is the colour of blood.

This month, members of FHL will have the opportunity to take part in a unique CVS programme. It is one that will help countless others, as

well as honour one of our Lodge brothers and Forestdale Heights itself.

On November 24 and 26, FHL is sponsoring two blood donor clinics at Hillcrest Mall, Entrance 3, from 4:00 – 8:00 p.m. in honour of Michael Kates, chair of the board of governors and a three-time Lodge president. If you have not yet taken the opportunity to register to give of yourself to this worthy cause, now is the time.



I realize that not everyone is a viable candidate for blood donation. Some people have medical conditions that rule them out as viable donors. Still others have concerns about giving blood.

I had initially assumed that being a diabetic precluded me from donating. Therefore, I was pleasantly surprised when I was informed that I could be a candidate. As a result, I will be there with my arm out, ready to donate on November 24.

This programme is more than just about honouring one of our own. At one point, Forestdale Heights was known as a CVS Lodge, launching and taking part in new and innovative Community Service Programmes. Unfortunately, somewhere along the way, we fell short of our lofty goals.

Today many of us donate monthly to the Kosher Food Bank and a few members take part in monthly bingo games at 4300 Bathurst Street. While both are important initiatives, they are not ours. Both were created by other lodges. Even our important work with the Blue Door Shelters is a retread from a decade earlier.

Now we again have the chance to step up to the plate and give of ourselves to a truly worthy cause. The time is right to proclaim that, yes, we are Forestdale Heights Lodge and we are here to help the community.

Be well.

For more information on the clinics and how to book an appointment, go to <http://kolechad.ca/blood.htm>.



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COMMENT

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FROM WHERE I SIT

by Alvin Abram

I was going to publish an article about the financial problems of B'nai Brith Canada. I changed my mind.

Those that wrote the articles were reporting news; they weren't active members of B'nai Brith. They didn't know what the effect of their reporting really meant. They didn't evolve into who they were because of B'nai Brith. They didn't learn about the world by being in B'nai Brith. They didn't learn to give of themselves to those who were in need because of B'nai Brith. They didn't make lasting friendships because they belonged to B'nai Brith. They didn't find romance, and love because B'nai Brith gave us the opportunity to meet people we otherwise might not have met. I did.

It was hard watching something I love die. I watched the cancer gnaw away at the organization until what was left was only a shell of its former self. The organization went from being a successful community service group to a second class political pussy. It meowed but never clawed. When B'nai Brith no longer cared about membership, more intent on going in a different direction, I offered little resistance. Instead of building a strong base for the future, the thousands of members who were in B'nai Brith had nowhere to go and have died away. Who wants to join a dying service organization?

I've been in business since I was eighteen. I've survived bad partnerships, recession, changing technology and rotating accounts. I survived because I believe I treated my employees and my clients with respect and with purpose. Mismanagement and excessive spending will kill any business. That applies to organizations as well.

Cash-strapped B'nai Brith Canada is selling two of its landmark buildings in Toronto, including its national headquarters. The headquarters carries two mortgages totaling nearly \$4 million, the Canadian Jewish News reported, and in 2012 the market value assessment was set at slightly more than \$3 million. The difference leaves "open the question of how much B'nai Brith can net from the sale." —excerpt from: *Forward*.

The real estate market in Toronto is hot. I'm sure the building will sell without too much trouble. So, what happens to us die-

hearts? Where do we go? And when we go, are we still in B'nai Brith? But what is B'nai Brith today? Is it time to move on? Can we still be contributors? Or is this the time to remember why we joined B'nai Brith? The world evolves. It is expected there will be hiccups. I can't believe by giving up I will accomplish anything meaningful. Maybe this is why I stayed when it was apparent I wasn't wanted.

Also up for sale is a cutting-edge facility for those suffering from Alzheimer's disease opened by B'nai Brith Canada just 18 months ago. The Alzheimer Centre for Excellence has 45 beds but only 20 residents, and has been bleeding money since it opened last December; the C/JN also reported, citing court documents. A front-page Toronto Star story published Thursday said the facility is under insolvency protection. As of two weeks ago, the home had \$65,000 in reserves and was spending \$50,000 a month. It owes \$11 million to creditors, according to the Star. The building received \$5.4 million in funding from the federal government. —excerpt from: *Forward*.

When we needed help the most, those who were aware of our problems left. A new broom means nothing if the bristles carry the same crap that we have had to endure for the past 30 years. We are about to go through some difficult times. Many of us are of an age when physical effort is difficult but then sitting around and doing nothing is worse. Not all marriages survive. Not all siblings get along. Not all organizations remain as they were — changes occur and in some cases the change are meaningful. This might be such a time. I'm not looking for a divorce. I'm not prepared to walk away because I've been disappointed. I can't forget what once was BUT I can move forward. I can help rebuild so long as what I help build has a meaning that I can appreciate.

Last week, Dimant, 69, informed the new management that he is owed annual retirement payments of \$175,000, or 75 percent of his former salary. Dimant said the arrangement was approved by the board, the Star reported. A source familiar with the deal told the Star that it was arranged with little oversight while Dimant was still the CEO. —excerpt from: *Forward*.

It's time to say, ENOUGH. It's time to take a stand.

FUNNIES

Recently, I went to McDonald's and I saw on the menu that you could have an order of six, nine or 12 Chicken McNuggets.

I asked for a half dozen nuggets.

"We don't have half dozen nuggets," said the teenager at the counter.

"You don't?" I replied.

"We only have six, nine, or twelve," was the reply.

"So I can't order a half dozen nuggets, but I can order six?"

"That's right."

So I shook my head and ordered six McNuggets.

(Unbelievable but sadly true...)

(Must have been the same one I asked for sweetener and she said they didn't have any, only Splenda and sugar.)



I was checking out at the local Wal-Mart with just a few items and the lady behind me put her things on the belt close to mine. I picked up one of those dividers that they keep by the cash register and placed it between our things so they wouldn't get mixed. After the girl had scanned all of my items, she picked up the divider, looking it all over for the bar code so she could scan it.

Not finding the bar code, she said to me, "Do you know how much this is?"

I said to her "I've changed my mind; I don't think I'll buy that today."

She said "OK," and I paid her for the things and left.

She had no clue to what had just happened.

(But the lady behind me had a big smirk on her face as I left).

I recently saw a distraught young lady weeping beside her car.

"Do you need some help?" I asked.

She replied, "I knew I should have replaced the battery to this remote door un-locker. Now I can't get into my car. Do you think they (pointing to a distant convenience store) would have a battery to fit this?"

Hmm, I don't know. Do you have an alarm, too?" I asked.

"No, just this remote thingy," she answered, handing it and the car keys to me.

As I took the key and manually unlocked the door, I replied, "Why don't you drive over there and check about the batteries. It's a long walk...."

UPCOMING



Come out to hear what Pablo Fuchchansky, CFP – Long-Term Care Specialist, has to say at our December meeting.

Pablo Fuchchansky has been in the insurance industry since 1993. His goal is to help clients determine if long-term care planning is appropriate and if so, help them establish if they qualify and shop for the best coverage at the best value. He has seen firsthand how lack of planning can affect a family.

He encourages his clients to meet with him and review their situation, find out exactly what the Ontario government will cover, what OHIP will cover when they are 65 and over, how long-term care can affect their future or current retirement plans and how to avoid being forced into a nursing home with partial government aid.

His credentials include those from the Canadian Association of Insurance and Financial Advisors (now Advocis), the Investment Funds Institute of Canada (IFIC), the Canadian Securities Institute (CSI) and the CFP designation from the Financial Planners Standards Council (FPSC).

Sonny sez:



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This month, Kol Echad welcomes David Duncan House and Howard Sheldon to our growing list of advertisers. Pancer's Delicatessen joined us last month.

OCTOBER MEETING

It was a beautiful fall morning when 14 members of Forestdale Heights Lodge gathered at 4300 Bathurst Street for the Lodge's monthly meeting on October 11.

Past president Michael Kates sponsored the delicious breakfast of bagels, salmon, tuna, egg and vegetables, in honour of the yearzeit of his late wife, Bonnie, and his mother.

Even better than the fantastic food was our speakers, Lilet Raffinan, (below) territory manager for Heartland Blood Donor Clinic and Mississauga Area, Canadian Blood Services (CBS), and Deborah Hunte, (above) volunteer with CBS Speaker's Bureau, who delivered important messages.

Raffinan explained the criteria for donating blood and stem cells, before Hunte addressed the Lodge. She told members about her fight with sickle cell anemia and how she has lived as long as she has due to blood transfusions. Sickle cell anemia is a hereditary blood disorder, characterized by an abnormality in the oxygen-carrying haemoglobin molecule in red blood cells.

"I would not be here if people did not donate blood," Hunte stressed.

Unfortunately, other members of her family have not been as fortunate. She said her twin sister, Sandra, succumbed to the disease 16 years ago at age 36. The non-curable disease also claimed the lives of her brother and mother.

Hunte said that her sister lived as long as she did due to the life-saving transfusions. Even 16 years after her passing, Hunte said that not a day goes by when she does not think of her sister. It is this faith and love for Sandra that keeps her going, she said. Instead of just living for herself though, Hunte said she now lives for both her sister and herself.

"Don't take your life and your loved ones for granted," she said, urging people to take the time to register with Canadian Blood Services and to donate blood.

On November 24 and 26, Forestdale Heights Lodge is sponsoring two blood donor clinics in honour of Michael Kates, who has been engaged in his own fight against cancer. For more information, go to our website, at www.kolechad.ca/blood.htm.

Jeff Rosen



OCTOBER MEETING



For more photos, go to kolechad.ca/oct15.htm
[Jeff Rosen photos]




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ALL STEW

Stewart Indig

Here is another great recipe that is fairly easy to make. The best part is that it tastes great. Cathy has made it several times and there has never been a complaint. Not only that, there are never any leftovers; it is either devoured in one sitting or the kids take home leftovers. I will call it:

CATHY'S CRISPY CHICKEN

INGREDIENTS

Chicken

2 lbs. boneless white or dark meat
1 bag of kettle cooked potato chips

Marinade

3/4 cup mayonnaise
2 tbsps. honey
2 tsps. Kosher salt
1 tsp garlic powder
1/2 tsp paprika



DIRECTIONS

Preheat oven to 350 degrees.

In a small bowl stir together the mayo, honey, salt, garlic, and paprika.

Crush the potato chips in a food processor using pulse (on and off).

Dip the chicken in the marinade.

Coat with the chip crumbs.

Line a baking sheet with parchment paper.

Place coated chicken on sheet.

Bake for approx. 45 minutes or until ready.

Cathy has used regular chips as well. Works great!

Enjoy

We are counting down to our 50th anniversary celebration in June 2017. Each month we will look back in time, outlining key events in history. For a complete list of what transpired that year, go to kolechad.ca/fhl50.htm.

1977 – FHL’s 10th anniversary

FHL Presidents: Harvey Rachman/Nathan (Nate) Salter

January 3 – Apple Computer is incorporated.

January 20 – Jimmy Carter succeeds Gerald Ford as the 39th President of the United States.

January 23 – Roots begins its phenomenally successful run on ABC.



May 12 – Portugal and Israel establish diplomatic relations.

May 17 – The Likud Party, led by Menachem Begin, wins the national elections in Israel.

May 25 – George Lucas’ Star Wars opens in cinemas and later becomes the historic highest grossing film for that time.

June 10 – The first Apple II series computers go on sale.

June 12 – The Supremes perform their final concert together and then disband permanently.

August 16 – Elvis Presley, the “king of rock and roll,” dies in his home in Graceland at age 42. 75,000 fans line the streets of Memphis for his funeral.

August 19 – Groucho Marx, comedic legend, star of stage and screen, dies of the age of 86.

August 26 – The National Assembly of Quebec passes the Charter of the French Language making French the official language of Quebec.

September 3 - September 5 - All Canadian road signs are converted to metric units.

September 29 – Singer-songwriter Billy Joel releases his fifth studio album The Stranger; it spawns five hit singles.

November 10 – The Bee Gees release the soundtrack to Saturday Night Fever, which will go on to become the then bestselling album of all time.

November 19 – Egyptian President Anwar Sadat becomes the first Arab leader to make an official visit to Israel, when he meets with Israeli Prime Minister Menachem Begin, seeking a permanent peace settlement.

December 16 – The movie Saturday Night Fever is released in theaters and launches the career of its star John Travolta and the Bee Gees.

December 25 – Comedian Charlie Chaplin, silent film actor dies in his sleep at his home in Switzerland at the age of 88.

December 25 – Prime Minister of Israel Menachem Begin meets in Egypt with President of Egypt, Anwar Sadat.

SANDY'S SCRIPT

Sandy Gordon



I hope everyone had a happy and meaningful New Year. The holidays are over and now it is time to reflect on any decisions we might have made for the New Year.

Just look at it like you would if you have people as guests in your home. Yes, we like to have everything neat and in order. So we should also have our thoughts in order when reflecting on our personal priorities.

I found that the chagim were especially meaningful this year. I don't know why they were different. Perhaps it was me, maybe I changed in some way. We all have our own agendas and I wish that everyone with their agendas in mind, will have a happy, healthy and peaceful year ahead.

Until the next time.



GOOD & WELFARE

Birthdays

Stan Horowitz

November 20

Michael Kates

November 23

Rhona Leviston

November 6



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.



HEALTH IN HARMONY

Rosalie Moscoe

When you are in pain - physical, mental, emotional or spiritual - seeking pleasurable joys can save your sanity and life. However, when stressed, upset or worried, you may seldom think to do this. However, within your body, you have the tools to reduce stress, find emotional balance and stop running like a chicken with your head cut off!

While the five organ senses built into your body are meant to protect you, they also serve to bring pleasure that arouses balance and harmony. They activate the parasympathetic nervous system, the calming branch of the automatic nervous system. The sympathetic nervous system – the “fight or flight” wing speeds up stress hormones.

The following are ways to activate the soothing parasympathetic nervous system using your five senses to calm your brain, your heart and entire body:

1) With your sight, you can see beauty around you – a forest or park, a sunset, beautiful flowers or the face of a child – or even an object of beauty in your home or on your desk! You can also visualize beauty; your brain doesn't know the difference if it's real or imagined. Right now imagine a sea of aqua blue water with dolphins swimming in it; the sun's rays glisten on the water. Perhaps visualize a spectacular sunset and all its majestic hues or if you love the forest, be there; see a little deer running through the woods. Notice everything about your object or your imagined scene. Breathe in. Take in that beauty. This little act can release stress from your body and brain.

2) Your sense of touch can help you feel pleasure – a soft pillow under your head, a warm bath, a massage, a hug, a sexual pleasure. Right now, find or think of one of those things. Breathe it in, feel that warm bath, or soft pillow or whatever is enjoyable for you. Take it into your heart. Relax.



Continued on next page

3) Your sense of smell gives pleasure to your brain – the smell of pine, mint, lavender or flowers. Getting a whiff of delicious food cooking on the stove actually starts the digestive juices flowing in your mouth that aids in digestion. Smells can trigger memories, both good and bad. Get some soaps, lotions or oils with scents that calm and lift you.

4) Smell and taste are related. The sense of taste – food you enjoy or love can be a very pleasurable – sometimes getting you into trouble if you eat too much of it, such as ice cream, chocolate, cookies or pizza. However, in small amounts, they are wonderfully pleasurable.

5) The fifth sense is your sense of hearing – listening to waves on a beach, birds chirping. Hearing a familiar song or other music can bring you joy. Download music you love. Sing if you enjoy singing! “Music has charms to soothe the savage breast.” – William Congreve, 1697.

6) Then, there’s the sixth sense – humour. It’s not an actual sense, but still brings joy. Tickling your funny bone can enhance your enjoyment of life. Humour also activates and populates your natural Killer T Cells, which protect you from disease. Watch a funny movie; read funny jokes. It helped Norman Cousins live 35 years longer than he should have. Read about it in his book, “Anatomy of an Illness.”

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AS I SEE IT

Marc Kates



Forty is the new 30, so I've been told. This October marks the end of my fourth decade on the planet and I will be celebrating the first anniversary of my 39th birthday. I am not a full believer in the old adage that age brings wisdom. I do believe that with age comes experience, but there are many times when I feel that I am not necessarily smarter and wiser. The more I know, the more there is to learn.

I still make mistakes, and I know that I will continue to do so. I don't know what is in store for me in the future, but I look forward to new challenges and continued learning. The past decade brought me three wonderful children. It was not without its challenges and experiences that contributed to my personal growth. Reciting the *Kaddish* for the first time, dealing with illnesses and searching for jobs are just part of the journey of life. The next decade will bring elementary school graduations, children becoming b'nei mitzvah, and the start of high school for them. It is unfathomable to think about the future in this way, but I welcome it with open arms.

Every stage of life has something unique to offer. I don't understand how some people never get over a certain stage in their lives and comment that nothing can compare to their high school years, for instance. This is rather a pessimistic view. I prefer to look at the future in a more positive light that the best years are yet to come. I know that the next 10 years will be filled with both *simchas* and the sadnesses, but hopefully more joy than pain. Like a good bottle of wine, I hope to get better with age.



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 collected at each meeting will be delivered the following day.

TORONTO MARATHON



Sunday, May 1, 2016

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.



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