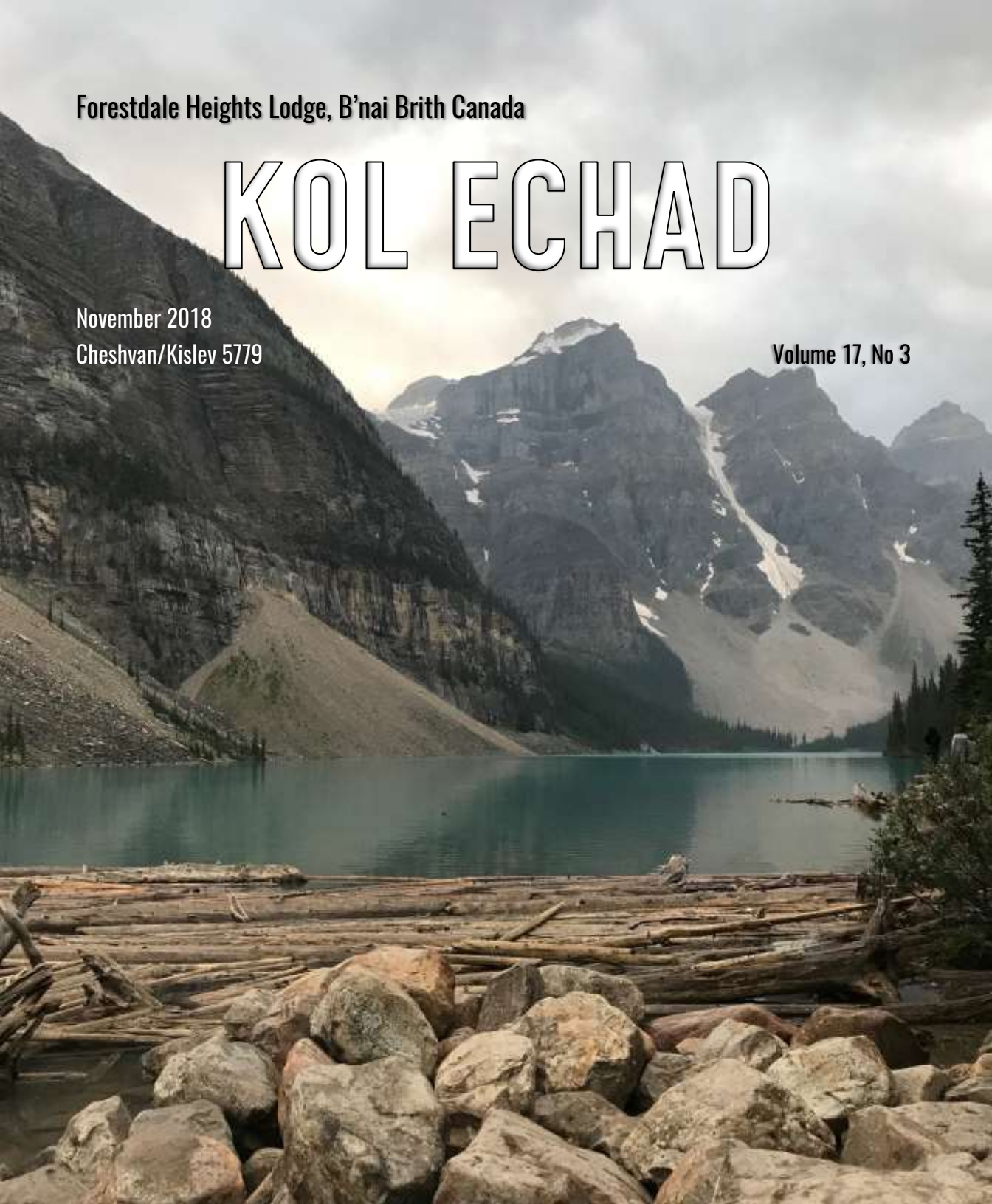


Forestdale Heights Lodge, B'nai Brith Canada

KOL ECHAD

November 2018
Cheshvan/Kislev 5779

Volume 17, No 3



COVER ART

The High Holiday period is behind us, Chanukah is still a month away. What is one to do with free time this month? Perhaps it's time to head for the hills. Seen here is Moraine Lake in Banff National Park. The scene used to be the picture on the back of the old \$20 bill. [Marc Kates photo]

TRIVIA

November is the eleventh and penultimate month of the year in the Julian and Gregorian calendars, the fourth and last of four months to have a length of 30 days. November was the ninth month of the ancient Roman calendar. It retained its name (from the Latin *novem* meaning "nine") when January and February were added to the Roman calendar. November's birthstones are the topaz, which symbolizes friendship, and the citrine. Its birth flower is the chrysanthemum.



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PRESIDENT'S PEN

Stewart Indig



On September 6, our house was broken into. The perpetrators went through our bedroom cupboards and dresser drawers and left quite a mess. What was stolen had more sentimental than monetary value. While our insurance company wanted to know the replacement value of what was lost, the truth is what was taken is not replaceable. Some things just cannot be replaced. It is never the same.

Probably the worst part is the invasion of privacy. Someone went through our house...through our personal belongings. We will have to live with that.

As a result, we now have cameras scattered around the house. It was not an easy decision to make, but we did not feel safe...did not feel secure staying in our own home after the invasion. Cameras and a “Ring” doorbell were our only solution.

When an event happens in your life, you must learn adjust to a new reality. The same holds true with the Lodge. Membership is down, and so we must learn to adapt. However, I do not feel that joining with another Lodge is the answer. I think it would just be a band-aid solution. The average age of most of the other Lodges is much higher than our own membership. Eventually, we would end up in the same boat.

I don't know if there is a right or wrong here, but I think the answer is just to keep the status quo. We are a good social group and a great CVS organization, so why rock the boat? Like that which was taken from us, Forestdale Heights Lodge is not replaceable. Do we really want another Lodge going through our “stuff” and telling us what we should or should not be doing? I should think not. What is the solution then? In this case, it is not cameras, nor a “Ring” doorbell. The answer is rather simple in theory. We need to acquire new members and, to do that, we need to offer something enticing.

Therefore, I'm reaching out to everyone. Do you have any suggestions? Please e-mail me with any ideas you may come up with.

Happy fall...enjoy the season's amazing colours.

To see how Ring works go to: <https://youtu.be/vl8sZI5AH4g>



KOL ECHAD

Kol Echad is the official publication of Forestdale Heights Lodge, B'nai Brith Canada.

It is published 10 times a year.

We welcome all articles and letters from members of the Lodge and their spouses.

All material submitted is subject to editing.

The editor may consult with members of the bulletin committee regarding suitability and editorial decisions.

All opinions expressed in Kol Echad are those of the individual writers and do not reflect the views of either Forestdale Heights Lodge or B'nai Brith Canada.

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AT A GLANCE

November 12	Dinner Meeting
December 10	Chanukah Party & Meeting
January	No Meeting
February 11	Nominations & Dinner Meeting
March 11	Elections & Dinner Meeting
March 20	Purim Programme
April 8	Dinner Meeting
May 5	Toronto Goodlife Marathon
May 13	Dinner Meeting
June	52 nd Annual Installation

All Dates Subject to Change

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Dinner Charge: \$10

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CHANUKAH GREETINGS

For the first time, Kol Echad will be running a greetings section in the December issue. If you wish to place a greeting, please send the information to jelijo@sympatico.ca no latter than November 5. There will be no charge to place a greetings ad in Kol Echad.

EDITOR'S DESK

Jeff Rosen



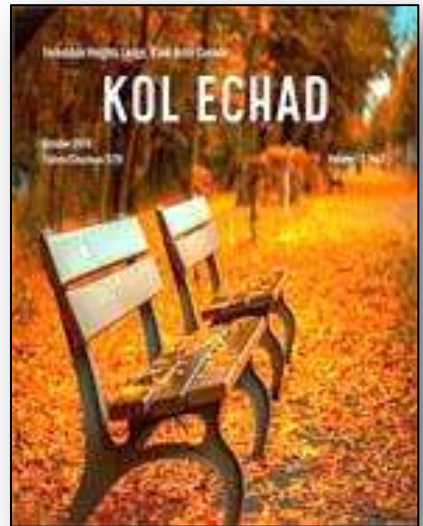
Did you miss us? More specifically, did you miss receiving your copy of Kol Echad in the mail last month? When Harvey Silver and I started planning for Volume 17 - this year's Lodge bulletin - we agreed that one way to reduce expenses would be to cut back the number of mailings. At the same time, we wanted to maintain the regular flow of information to all members.

As a result, we agreed to reduce the number of mailings this season. There was some discussion about the optimal number, but in the end, it was decided to eliminate two mailings to members. As a result, the October issue of Kol Echad was only sent out to advertisers. Everyone else was encouraged to go to our website, <http://www.kolechad.ca> and download the monthly issue.

Now, a month later, I would like to know what everyone thought about this pilot project. Did you actually print out the bulletin or merely read it online. While I admit a preference for having the print edition on my coffee table, creating an online version allowed for greater use of colour.

Now I realize that we don't have everyone's e-mail address, so we were not able to inform everyone about the printing change. However, for those still interested, the October issue (as well as every issue going back to September 2010) remains on our website at kolechad.ca/backissues.htm. It's actually interesting looking back at where the Lodge was eight years ago.

Continued on next page



Back to the present though. With this issue, we resume our regular print run, at least for the rest of 2018. As planned, we will do one more reduced mailing issue in 2019. So, if you haven't sent me your e-mail address yet, now is the time to sit down at your computer and send it jelijo@sympatico.ca.

While I remain committed to our print issue, I realize that changing times often call for new strategies.



Before signing off for another month (and yes, I realize this is becoming a pattern), I feel I have to respond to something my wife said (which others may have noticed). Commenting on last month's cover, she said it seemed very familiar. To that charge, I plead: guilty, with an explanation. We did run something similar in February 2018. However, it was a bench, covered in snow, as opposed to October's leaf-covered bench. I find there is something very soothing in the scene, whether the background is snow or decaying fall leaves. I guess that is why I have a similar photo framed in my home (below). The only difference is that I took that picture in the

summer and the surrounding area is covered with lush, green leaves.

It is indeed an interesting contrast.

Be well.



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FOOD SENSATIONS

BEEF STEW

Ingredients

- 2 pounds cubed beef stew meat
- 3 tablespoons vegetable oil
- 4 cubes beef bouillon, crumbled
- 4 cups water
- 1 teaspoon dried rosemary
- 1 teaspoon dried parsley
- 1/2 teaspoon ground black pepper
- 3 large potatoes, peeled and cubed
- 4 carrots, cut into 1-inch pieces
- 4 stalks celery, cut into 1-inch pieces
- 1 large onion, chopped
- 2 teaspoons cornstarch
- 2 teaspoons cold water

Directions

1. In a large pot or dutch oven, cook beef in oil over medium heat until brown. Dissolve bouillon in water and pour into pot. Stir in rosemary, parsley and pepper. Bring to a boil, then reduce heat, cover and simmer 1 hour.



2. Stir potatoes, carrots, celery, and onion into the pot. Dissolve cornstarch in 2 teaspoons cold water and stir into stew. Cover and simmer 1 hour more.



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You are invited to FHL's annual

Chanukah Party

Festivities will take place on

Monday, December 10, 6:30 p.m.

in conjunction with our monthly meeting.

The party will be held at the home of
Mark and Marla Spergel, 229 Maxwell Street.

Cost: \$15 per person.

If you plan on attending, please
RSVP Stewart Indig, stewart.indig@gmail.com



OCTOBER MEETING

At our October 15 meeting, all members present were treated to a free delicious dinner of salad, pizza and eggplant parmigiana. As we lacked quorum to vote on matters, a brief discussion on Lodge affairs was held with no votes being cast. Among the seven members present was Ira Kuchinsky, who was welcomed back after a long absence from Lodge meetings.



TALKING POINTS

Debbi Silver



Wow, where did the summer go? I don't think Harvey and I really saw it go by as we were packing and getting ready for our move to the condo.

August 17 was the day. It started out quite normally, movers came and, not only did they shrink-wrap everything, but they put moving blankets around most of the furniture, as well. Phew, that took sooooo long. Around 1 p.m., we got to the condo and found out that the "moving" elevator was not working. Oy, what a pain that was. Eleven hours later the move was complete. It was exciting, but also very dramatic. So here we are at 11 Townsgate Drive, #315, and our daughter Lisa decided the first Shabbat together with the family should be that night. Here we are amongst all the boxes, etc., eating Shabbat dinner. Honestly, it was a special night for all of us.

We have now been living in the condo for about seven weeks and almost everything has a place. We're still not done yet, as pictures have yet to be put on the walls. The feeling of having no stairs, no snow removal, no gardening, no yucky neighbours, has almost sunk in.

Harvey and I are quite happy in our new home. I even started going to bingo on Thursday nights with Ruth Pupko (she lives in the next building). Would you believe that on my first night I won \$2.50? Stay tuned for more exciting news from our new abode.



Let's talk about Forestdale Heights Lodge. With the new year upon us many of the programmes are beginning to take form. I am confident that this will be another great year for CVS. It's important to have speakers at meetings. Hopefully, one of our members will bring up some suggestions.

Continued on next page

I would like to wish mazel tov to Stewart and Cathy on the birth of their fourth granddaughter.

Don't forget our Lodge Chanukah Party will be at the Spergels' home on Monday December 10.

Looking forward to seeing you all.

SLATE COMMITTEE

In keeping with Lodge tradition, FHL's slate committee will meet in January to choose a slate for the Lodge's 2019-2020 executive. The committee is chaired by Harvey Silver, chairman of the Lodge's Board of Governors.



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GOOD & WELFARE

Birthdays

Debbi Silver

November 17

Stan Horowitz

November 20



Mazel Tov to Stewart & Cathy Indig on the birth of their fourth granddaughter.

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.

FORESTDALE FUNNIES

A man buys a parrot, only to have it constantly insult him. He tries everything to make the parrot stop, but nothing works. Frustrated, the man puts the parrot in the freezer. After a few minutes the insults stop. The man thinks he might have killed the parrot, so he opens the freezer and takes the parrot out. The parrot is shivering. It stammers, “S-s-sorry for being r-r-rude. Please f-f-forgive me.” Then, after a moment, the parrot softly asks, “W-w-what exactly d-d-did the turkey do?”

A lady was picking through the frozen turkeys at the grocery store for Thanksgiving Day, but couldn’t find one big enough for her family. She asked a stock boy, “Do these turkeys get any bigger?”
“No, ma’am. They’re dead.”



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HARMONY

Rosalie Moscoe



I unofficially retired three years ago; however, I still give nutrition and wellness advice to friends or acquaintances (who ask). Recently, I've accepted some gratis speaking engagements for groups that I belong to.

I've had mixed feelings about saying I was retired. After all, I had worked since I was 10 years old, first as a babysitter, then at age 13 in a Woolworth's department store as a clerk. I needed spending money, as well as money for books and clothes. I was so excited to get the weekend job. In those days, no one asked for my birth certificate; I just dressed up, said I was 16, and somehow I was hired.

I printed signs, cut roller blinds (with a saw) to the correct measurements, sold shoes, and finally, was trained as a cashier. One summer I worked full time for three weeks to replace a permanent employee going on vacation! When asked if I could work the rest of the summer, I answered, "I'm sorry, I've already been hired as a counsellor at a summer camp." (In truth I was attending summer camp as a camper!) My next jobs were as a cashier at Steinberg's Grocery Store and then at a pharmacy. I learned many skills.

None of my B'nai B'rith friends had part-time jobs. They were busy at BB dances and events and sometimes I felt sorry for myself. But mostly, working energized me. I needed a new dress as Ray was taking me to my high school prom. I found one, Cleopatra style, at a small boutique. The dress was \$45, a fortune in those days. I paid it off "on layaway," \$5 a week until I excitedly picked up the prize.

Continued on next page



Later, when my children were in school full time, I worked as a music instructor at libraries, day camps, and nursery schools. It led me to become a professional children's performer, writing songs, making record albums and singing across Canada. At age 48, life events propelled me to return to college, to study wellness, then nutrition, both passions of mine. I worked in those fields until I "retired." I still have trouble saying the word.

I've taken up a hobby - glass fusion and have created many pieces. If I make more, I'll either sell them or give them away. For me, life is about finding my passion, contributing in some way, as well as to keep on moving forward. Also, being a volunteer over my lifetime has been enriching, gratifying and at times it saved my sanity!


I believe the phrase, "so what's next?" is a positive one. Most of us need goals to shoot for, to give back, to grow, to feel productive in some way. I also enjoy child-minding my granddaughter. This, my friends, is important work as far as I'm concerned!

When someone asks me if I'm retired, I'll still answer "sort of," for as much as I'm able, I never want to retire from living life to the fullest.

CVS@CHANUKAH



In keeping with Lodge tradition, members will be delivering gift parcels to the brave men and women who dedicate their lives to keep our streets safe. These people include police, firefighters and paramedics. If you know of a station you would like to deliver a parcel to, please contact Harvey Silver at debbisilver@rogers.com.



AS I SEE IT

Marc Kates



In the October edition of Kol Echad, I revealed the fact that I had resigned my position after 10 years of working in the private school system. The burning question for the readers of my column is why? Why would I change what I was doing? The simple answer is that *I* needed the change.

As I stated in October, change is difficult because it comes with so much uncertainty.

It's hard to imagine what the future will be like and what the new change will bring. Too many people see change as being too scary and therefore rest on the status quo. I don't want to be someone who simply settles for the status quo, but someone who is continually developing and growing. I often saw that with my colleagues. Doing the same old thing is comfortable, but not challenging. The most invigorated I felt in the teaching profession was when I took on a new challenge or revamped my units. I also benefited from the support and collaboration from my colleagues. I've come to the realization that it's not only the path or the destination that is important, but also taking that very first step.

As I write this column, I am sitting once again at a teacher's desk, this time in the public school system as a supply teacher. The students I'm teaching aren't "my" students, but I feel a kinship with them. I too am learning with and about them. I'm learning about the way my colleagues deliver the curriculum, the culture of a new school, and public education in Ontario. This change has already exposed me to differences between the private and public school systems, but my assessment of both will take time and observation, but the evaluative categories are already beginning to form in my head: inclusivity, diversity, academic rigor, professionalism, collaboration, use of technology, and most of all, personal job satisfaction. Stay tuned.



CVS – BLUE DOOR SHELTERS

Blue Door Shelters provides safe, supportive emergency shelter and service for people who are homeless or at risk. Forestdale Heights Lodge remains committed to assist this organization.

We are asking members to bring toiletries when they come to monthly meetings. Blue Door Shelters is also looking for the items listed on www.kolechad.ca/bluedoor.jpg.



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