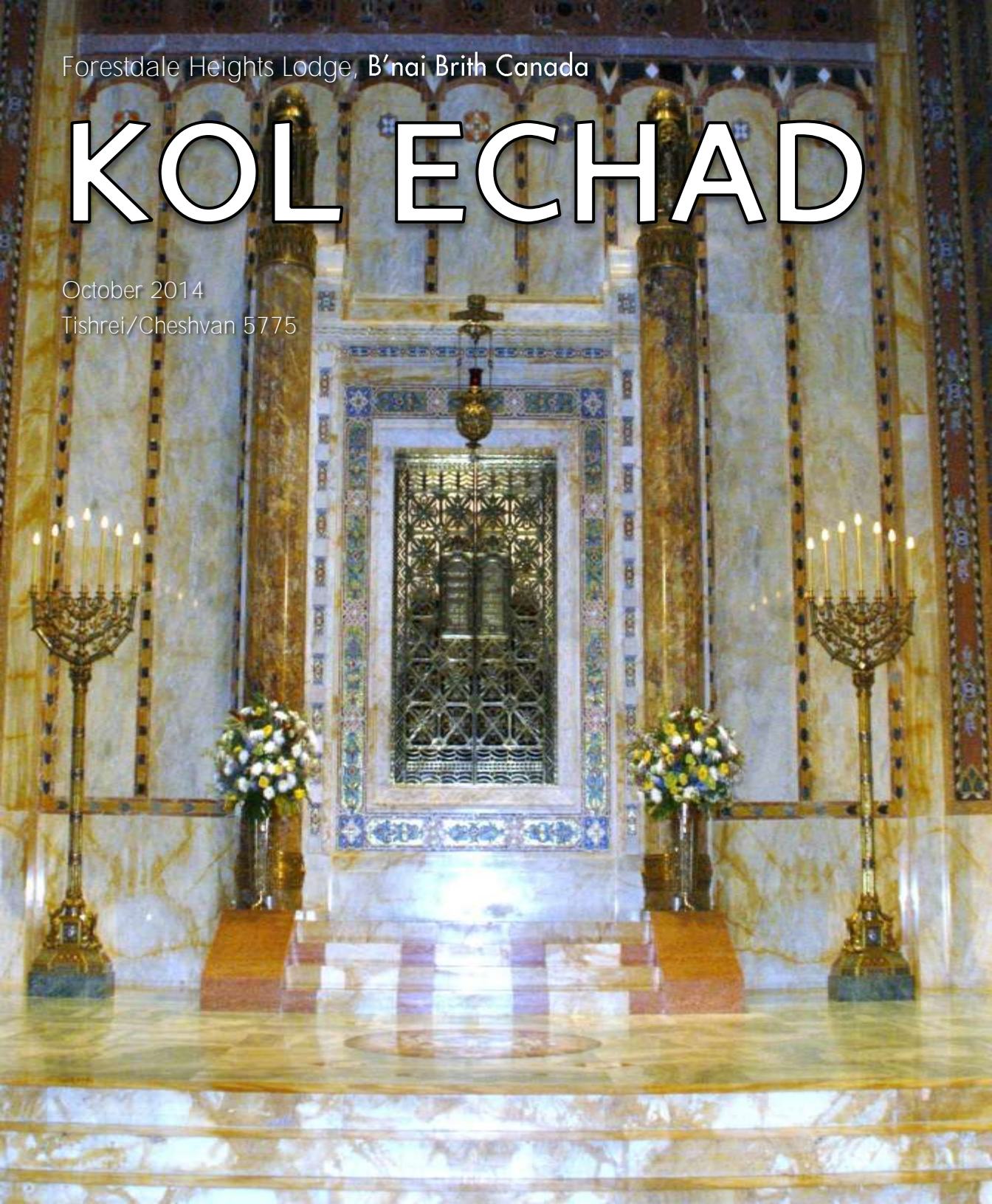


Forestdale Heights Lodge, B'nai Brith Canada

# KOLECHAD

October 2014

Tishrei/Cheshvan 5775



# 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.

## Editor

Jeff Rosen

## Advertising

Harvey Silver

## Editing Staff

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Debbi Silver

## Printing/Mailing

Aaron Pacter

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# COVER ART

Seen on this month's cover is the bimah at Temple Emanu-El in New York City, the largest synagogue in North America. 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

Oct. 6	Speaker & Dinner Meeting
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 2	Elections & Dinner Meeting
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 Harvey Silver  
at [debbisilver@rogers.com](mailto:debbisilver@rogers.com) or call (416) 223-0780**

DEADLINE FOR ALL ISSUES IS 10<sup>TH</sup> OF THE MONTH  
UNLESS OTHERWISE CHANGED

# PRESIDENT'S PEN



As a kid, the High Holidays were always a wonderful time for me. Being with family, the smell of the foods cooking, and, of course, the taste of those foods left many happy memories while I was growing up. My father taking me to synagogue was a treat. The biggest kick I had was hearing the shofar. It used to give me goosebumps and even to this day, it still does. It is the time of year when we look back and try to



atone for our mistakes. We all know this is the time for forgiveness, not just for family but for friends as well.

As I look back on this past year, I am thankful to say I am in pretty good health. My biggest achievement was becoming president of this lodge. I am grateful for having such a supportive executive behind me.

The new year brings new hope. As Franklin Delano Roosevelt said: "The only thing we have to fear is fear itself." Now I am not the president of the United States, nor am I saying we have anything to fear, but with notification of a new CEO of B'nai Brith taking office, who knows what lies ahead? We wish the new CEO well in his new position.

From Charlene and me, warm wishes for a healthy and happy new year.

*George Garten*

**Due to our guest speaker at our October 6 meeting, both dinner and the meeting will commence at 6:30 p.m. with speaker to start at 7:30. Reminder, if you are coming to dinner, you MUST RSVP to Harvey Silver at [debbisilver@rogers.com](mailto:debbisilver@rogers.com) or call (416) 223-0780**





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## EDITOR'S DESK

It's almost October, which means voters will soon be heading to the polls to choose those individuals they believe will best serve the interests of their respective municipalities for the next four years. I consider myself fortunate to live in the City of Markham, which has been run reasonably well for quite some time now. This is not to say that the city does not have its share of problems, but, for the most part, its leaders deal with them as mature adults.

Unfortunately, the same cannot be said about some of their counterparts in the City of Toronto. Too often, Toronto's elected leaders have engaged in grandstanding and gross distortions of reality.

You may ask why this would concern me if I do not live in Toronto. Given that our Lodge exists within that city, I feel it is incumbent upon all of us to take an interest in that election. When I travel outside the province and am asked where I reside, I usually say I am from Toronto. It means nothing to those outside the country (and probably even to those outside the province) to say I live in Thornhill or Markham.

Still, for the past four years, it's been difficult to admit that I am from Toronto. The city's mayor has made Toronto a laughing stock. If it were just the abuse of alcohol and drugs, then perhaps he could be excused. However, too often he has resorted to "boorish" language and behaviour. He has failed to project the proper image...to act as the leader of Canada's largest city.

Too many times he has been aided by his older brother. Together, they operate on the premise that you are either with them or against them. There is no middle ground for those two, so called, leaders. However, given the lack of party politics, compromise is really the only way to operate at this level.

Unfortunately, four years after being elected, the Ford brothers still fail to grasp this premise. In their reality, there is only their view of the world, which is ruled by one simple assumption: saving taxpayer's money.

Now, no one likes to pay taxes, myself included. However, most of us realize that taxes are the most efficient method to ensure that the cities we live in operate effectively; that schools continue to turn out future leaders and that roads and infrastructure are properly maintained and upgraded.

**Continued on next page**



However, to paraphrase Oscar Wilde, the Ford brothers (and many others who follow their line of thought) see the cost of everything and the value of nothing. They view infrastructure expenditures as a waste of taxpayers' hard earned money and not as an investment that betters society. Lower taxes may sound nice, but when the roads are falling apart, the garbage is not picked up on time, or the libraries are closed, those few extra dollars in your pocket will mean nothing.

So, on October 27, I urge everyone, get out and vote for those individuals who are able to see the big picture.

Be well,

*Jeff Rosen*

---

CVS



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.

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

# LOOKING BACK

*From the files of Kol Echad*

OCTOBER 2004

A few weeks ago, Jeff & Lisa Rosen headed north to East Gwillimbury to deliver Forestdale Heights Lodge's first shipment of toiletry supplies to Transitional and Supportive Housing Services of York Region (TSHSYR).

The shipment consisted of items obtained from a few lodge members including the Rosens and Bonnie Kates nursing assistants' students. As well, the lodge was able to purchase some supplies thanks to a generous gift certificate obtained from Shopper's Drug Mart, as well as five boxes of dental supplies from the Rosens' dentist.

The donation was received with genuine appreciation by Linda Orborne, manager of administrative services, and executive director, Monica Auerbach.

Since 1982, Transitional and Supportive Housing Services of York Region has been dedicated to providing emergency shelter and programs to the homeless. The agency uses an integrated programming approach that addresses social, health and vocational issues with men, women, youth and families.

Through information provided by Mrs. Auerbach, we learned that despite York Region being one of the country's most prosperous communities, there are over 500 people on any given day without shelter. Last year alone, the agency helped 80 homeless families, but had to turn away another 250. Also, 60% of the families who sought emergency shelter from Transitional and Supportive Housing Services last year were working poor, people who had employment but were unable to maintain their housing.

With a growing client base, the agency's budget has not been able to keep pace with their needs.

Therefore a request was sent out to B'nai Brith Canada to help supply toiletry items, such as razors, shaving cream, deodorant, toothbrushes, toothpaste, shampoo and conditioner. The request was passed along at a TRCC meeting.

As well, they welcome anyone who is interested in joining their board of directors.

To date, Forestdale Heights Lodge is the only lodge within B'nai Brith who has responded to their request.



# GOOD & WELFARE

## Birthday

Rosalie Moscoe  
Carl Zeliger  
Sandy Gordon  
Ivan Bloom

October 4  
October 12  
October 15  
October 30



## Anniversary

David & Arna Gorender  
Harvey & Debbi Silver

October 26  
October 28



*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).*

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# 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](mailto:sandygord@gmail.com)





# B'NAI BRITH CANADA

Before the September meeting got underway, we received an impromptu visit from Michael Mostyn, the new CEO of B'nai Brith Canada. Although it was a very informal visit, Mostyn introduced himself to Lodge members present and gave a brief overview of his vision for the organization, which is approaching its 140<sup>th</sup> anniversary. He stressed the importance of building on the past and reaching out to the entire community to maintain our vibrant organization.

Mostyn attended Associated Hebrew Day School and went to high school at the Community Hebrew Academy of Toronto. He attended the University of Western Ontario and earned a Bachelor's degree in Philosophy in 1996 and a law degree in 1999. From 2000-2006 he was senior legal counsel at his family's firm, Mostyn & Mostyn, before serving as National Director for Public Affairs at B'nai Brith Canada's Ottawa office from 2006 to 2010. From 2012 to 2014 he was Chief Strategic Officer at 3DTAC Technologies Inc.

In September 2014, he was appointed CEO of B'nai Brith Canada, effective December 31, 2014, succeeding Frank Dimant.

Mostyn stood as a candidate for the House of Commons as the Conservative Party's nominee in the Toronto constituency of York Centre in the 2004 and 2006 federal elections coming in second place on both occasions, behind Ken Dryden.



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COR 121

# CORRESPONDENCE



July 22, 2014

Forestdale Height Lodge,  
c/o Harvey Silver,  
27 Elise Terrace,  
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Dear Mr. Silver:

The Pride of Israel Kosher Food Bank thanks your Lodge for the generous donation of \$200.00 and its continuing support of the Kosher Food Bank.

The Food Bank supports approximately 180 needy families in the Greater Toronto Area. Purchases of food is currently running at approximately \$800.00 per week. The on-going support of your and other Lodges is greatly appreciated.

We hope that in the future there will be no need for food banks but, unfortunately, this is not in the foreseeable future.

Once again, please accept our thanks.

Yours truly,

A handwritten signature in dark ink, appearing to read "Alan Marks".

Alan Marks,  
Chairman,  
Pride of Israel Kosher Food Bank.



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# HEALTH IN HARMONY

## Healthy Eating on the Run

In a way, this title is a bit of an oxymoron – it's not particularly healthy to eat 'on the run.' Digestion is best when you're cool and calm. The best foods wolfed down can cause heartburn if you don't chew enough or if you're stressed and hurried. The following are some tips to eat healthfully and don't take a lot of time.

**Rule # 1:** *Always plan what and when you are going to eat!*

Think through your day *before* you leave the house. Recognize and plan for your danger spots! Take your food with you. Pack a freezer pack, plastic knife, fork and spoon, water container in your bag or glove compartment of your car. Include napkins and wipes. Take some of last night's dinner as a cold meal in a container.

If you were in a hurry and you left the house without food, you can go to....

**Rule # 2:** *Use your backup plan.* Go into a convenience store, grocery store, deli or even a fast food restaurant. Find something good to eat before the candy bar hops into your mouth. Raisins won't do (high in sugar). Carry this list with you to prevent fatigue, low blood sugar (the shakes), or being crabby! Some are good for snacks, others are a small meal.

1. A piece of fruit, a piece of cheese and a handful of almonds or other nuts.
2. A container of yogurt and an apple, 9 or 10 almonds/walnuts.
3. Cottage cheese in a container, an orange or other fruit, a few whole grain crackers.
4. Sliced turkey sandwich, lettuce & tomato; Swiss cheese, avocado and tomato slices. Add fruit for dessert.
5. Chili and a baked potato.
6. Chicken (not fried) and a salad (with a little dressing), potato or rice.
7. Baked potato, broccoli and cheese.
8. Egg salad or salmon salad sandwich on whole grain bagel or bread (with lettuce & tomato).
9. Cream cheese, lox (smoked salmon) on a whole grain or pumpernickel bagel.
10. Peanut butter and whole grain crackers.
11. Two hard boiled eggs and a piece of fruit or bread/toast.
12. Cheese and whole grain crackers.
13. Breakfast whole grain burrito with eggs, beans and cheese.

*Rosalie Moscoe*

# UPCOMING



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

## **Monday, October 6, Dinner and Meeting starting at 6:30 Laughter Programme**

Lisa Scriver, Recreation Therapist and Certified Laughter Leader

Lisa is a mom of three kids. She has lived in four out of the 10 provinces, one state, and the U.K. She graduated from York University with a degree in sociology and a post-graduate diploma from Georgian College in recreation therapy.

She received her laughter leader training in 2007 and has been “ho, ho, ha, ha, ha’ing” ever since.

Laughter programs and workshops provide light-to-moderate exercise for mental & physical flexibility, mood regulation, stress reduction, and an attitude boost. In other words, a therapeutic ally. Our stress-filled world doesn’t laugh much.

It continues to exist amid strife, misunderstanding and turmoil. Certified Laughter Leaders (CLL) have completed the World Laughter Tour prescribed studies and supervised training in the science of laughter and healing-with-laughter strategies.

\* \* \*

## **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.



# 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](mailto:sandygord@gmail.com) by October 6.

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



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# ALL STEW

## TAL'S COCONUT CAKE

This cake was brought over to the house when Cathy was sitting shiva. It was brought by a parent of a student at Cathy's school. It was sooooo good that we asked for the recipe.

### INGREGIENTS

- 3 eggs
- 1 1/2 cups brown sugar (could use white)
- 1/2 cup of regular cooking oil
- 1 tsp vanilla extract
- 1 cup of self rising flour
- 100 grams unsweetened coconut flakes
- 3-4 spoons of sour cream

Preheat oven to 350 degrees.

Mix the eggs and sugar until you get a smooth and fluffy mixture.

Add each ingredient one at a time and keep mixing well after you add another ingredient to the mixture.

Oil a baking pan ( a bundt or something round works nice).

Bake for 45 minutes.

Let cool and enjoy.

*Stewart Indig*



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# FHL SOCIAL



If there is one social programme, that members of Forestdale Heights Lodge truly relish, it is their annual BBQ. This year's event was no exception.

Held once again at the home of Stewart and Cathy Indig, FHL's fourth annual BBQ on Sunday, August 17, drew about 23 Lodge members and their spouses.

After enjoying a variety of hors d'oeuvres, including dips, veggies and BBQ salami, master chef Avery Matlow got down to

business. Once again, Avery proved he could cut the mustard, tending to the BBQ to ensure the chicken and steakettes were grilled to perfection. There was not even anything fishy about the salmon, which took a little longer to cook than usual.

Of course, what goes great with grilled foods? That's right. The cole slaw and potato salad provided perfect accompaniments to the main course. All this was followed by fresh fruit.

Unlike the inclement weather which plagued last year's BBQ, this year we were blessed by clear skies, which helped make for beautiful evening. Of course, this was not the only factor for the success of this year's shindig. The camaraderie which was typical of all FHL get-togethers was the essential element for the evening's success.

Special thanks go to all the chefs who created the delicious dinner, to Barry and Sandy Gordon for ensuring the programme came together, to Stewart and Cathy for generously giving their home for the occasion (and to all others who helped make this programme come together).

If goodwill and great attitude which was exhibited at the programme is any indication of the coming year, our new president, George Garten, is going to enjoy his term.

For more photos, go to [kolechad.ca](http://kolechad.ca).

*Jeff Rosen*



# AS I SEE IT



September brings with it a sense of renewal, change, and a fresh beginning. For me, that means the start of another academic year, a new crop of young pupils eager to learn, and sending lunch notes in my son's lunch. The lunch note, like cursive writing, is a lost art. I consider myself a dinosaur who still believes in putting pen (or Crayola marker) to paper. Viewed as one of my expressive outlets, the lunch note is a 30-second burst of creative juices. I must strike the right balance of quality over

quantity, important content, reminders, and humour in each and every note.

Before each note is written, I undergo the tough coloured paper dilemma. As I make my selection, I must quickly recall the previous day's note colour, lest I happen to repeat it. I then begin the salutation, "Dear Seth." The body of the note is generally formulaic, usually referencing an activity during or after school. Often times I am guided by the upcoming Jewish holiday for inspiration, or what family activity we will partake in over the weekend. Frequently, I insert a corny joke that makes my 5 year old perceive me to be a famous stand-up comic. While I know that this perception will be short lived, I revel in the limelight of a student in senior kindergarten. I particularly recall the accolades I received for a note written before Pesach from both my son and his teacher. Question: "What type of cheese is used on Matza pizza?" Answer: Matza-rella.

The bottom of the note also affords me an opportunity to be creative - this time a crude drawing that accompanies the note. While my name is Marc Kates, not Marc Chagall, my son doesn't seem to notice the difference.

Despite my desire to encourage a love of reading and foster the ability to decode words, the purpose of the lunch note is summed up in the always present line, "We love you." Those three words, written on each and every lunch note, is the true message I want to relay during the time we are apart.

*Marc Kates*



# PINCUS PUNIM



When Pincus passed away, he was interred at Pardes Shalom. Gittle, with yom tov approaching, wanted to visit him, say a small prayer and leave a small stone on his monument, as is tradition.

Unfortunately, when she got there, she couldn't remember where he was buried. She went to the office and the Gabbai started looking into his records. Finally, he says to her, I cannot find a Pincus Punim, the closest we have is a Gittle Punim. That's the one she exclaimed, he always put everything in my name!

---

## MORE FROM THE BBQ



# Rosalie Moscoe

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