Forestdale Heights Lodge, Binai Brith Canada



ECHAD

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Volume 14, No.

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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One of many lighthouses on Prince Edward Island. West Point Light was built in 1876. The bands on the tower were changed from red to black in 1915. The station now offers overnight accommodations and includes a restaurant as well as the museum. [Marc Kates photo]

AT A GLANCE

October 11	Speaker & Breakfast Meeting @ 10 a.m.
	4300 Bathurst Street
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 at <u>salonpiaff@rogers.com</u> or call (905) 597-1999

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



PRESIDENT'S PEN George Garten

 \mathbf{B}_{V} the time you read this article, the High Holidays will be almost finished and we will be close to Thanksgiving. It is a time to reflect and be thankful for what we have. Most of us take for granted all the things we have right in front of us. I am thankful to be married to my wife, Charlene, for over 30 years.

As I look back over the years, I feel blessed for many things in my life, like my family, our friends and our health. I am thankful to have seen the Leafs

win four Stanley Cups in the 1960s. I am also glad that I was able to see the first man walk on the moon. I am thrilled to see the Blue Jays come into flight.

At the Lodge level, I am thankful to be a member of Forestdale Heights. Sometimes, as president, I forget to thank my executive, my chairpeople and the members. Without the help of these people, we could not accomplish as much as we do. I want to thank all the workers for all they do. If I forget to say "thank you" from time to time, it is not that I don't appreciate all your work. I really do.

Like everyone else, I often find my mind going in 20 different directions at once and forget important things I want to say. So, if I have forgotten to thank someone on an individual basis, please accept my apologies.

Politicians

A bus filled with Ottawa politicians was driving through the Lanark County countryside one day, on the campaign trail in 2015.

The bus driver, caught up in the beautiful scenery, loses control and crashes into the ditch.

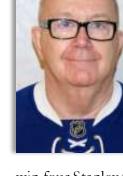
A farmer living nearby hears the horrible crash and rushes out to discover the wreckage.

Finding the Ottawa politicians, he buries them.

That day, the Mounties come to the farm to question the man.

"So you buried all those politicians?" asked an officer. "Were they all dead?"

The Lanark farmer answered, "Some said they weren't, but you know how politicians lie." Smart old farmer.





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ELECTION 2015

With the federal election just around the corner, we present a selection of articles that relate to the Jewish community. They are not meant to represent the views of any one person in the Lodge or this publication.

Where a link connects directly with a published article, Kol Echad has received persmission from the writer to use the material.

"To win votes from the Jewish community, Stephen Harper is hiding how his right-wing ideology and attitudes are out of step with Jewish values." – Ben Carniol, Professor Emeritus at Ryerson University.

http://goo.gl/tmuv9C

Now that the elections are upon us issues within our community having to do with political leadership will begin to heat up. People just seem to care more nowadays about whose in power. Here are some of the things to watch. – Avrum Rosensweig

http://wp.me/pqbnd-T6

The Canadian Jewish News carries a number of interesting election articles.

http://www.cjnews.com



EDITOR'S DESK Jeff Rosen

DTE



In the past month, we have been tasked with exploring our inner selves to examine the type of person we were in the past year and how we can improve ourselves in the months ahead.

We face a similar – although not equal – process this month (October) as we head to the polls to choose the men and women who will represent us in Parliament. Now, I would not attempt to use this pulpit to tell you good folk how to cast your ballot, but I do have some strong opinions on how we go about exercising this democratic right.

While no system of government is perfect, I think our neighbours to the south got it right when they decided to restrict their chief executive to two terms. After eight years in power, it often appears that a political leader remains at the helm more for their ego, rather than to serve the public good. That is not to say that political parties should be turfed after that time, but that a change in leadership is good for both the public and the party itself.

The Ontario Progressive Conservative Party understood this back in the mid-20th century, as they successfully controlled the province's political agenda from 1943-1985, under a succession of four leaders.

Too often, when a leader has overstayed his or her welcome, the public has simply said, "Enough!" and reduced a strong governing party to a small rump. I've seen it happen to both the Liberals and Conservatives. Each time, the so-called "experts" have said the same thing; it was the end for that political machine. That is such nonsense. Although painful to watch, this cleansing is actually good for the party, as it eliminates deadwood and allows it to start fresh.

That is what happened when Pierre Trudeau finally stepped down and when Brian Mulroney and Jean Chretien finally called it quits.

Has Stephen Harper overstayed his welcome? Some say he did that the minute he obtained a majority government. Who am I to say? I guess it's up to voters to decide if Canada needs a new governing party and prime minister.

I do agree though that politicians, like baby diapers, need to be changed often, and for the same reason.

Whomever you support, I urge everyone to get out and cast a ballot. Not only is it is your democratic right, but your democratic responsibility.

Be well.



Social

Our annual Chanukah party will be held on December 5 at 4300 Bathurst Street. Start time is 7:00 p.m.

Bingo

Bingo will resume on Tuesday, October 13. If you would like to help out, please contact Richard Kotzen (416) 783-2737 or <u>richkotzen@rogers.com</u>



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AUGUST MEETING

The opening meeting of the 2015-16 season was a real slice (of pizza that is), and members had a real ball (or a couple of falafel balls). Seriously, 14 members present, plus one prospective member (Mark Spergel), helped to make this a successful get-together.



111001

Armitig



Stewart Indig chaired the meeting on August 31.

[Jeff Rosen photos]

Blue Door Shelters (formerly Transitional and Supportive Housing Services of York Region), provides safe, supportive, emergency shelter and services for people who are homeless or at risk.

After a successful campaign to help this agency last year, Forestdale Heights has decided to renew its efforts this coming season.

We are asking Lodge members to bring toiletries when they come to monthly meetings, 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 items listed at right.



BLUE	
Items	in Need & Accepted
Tolletries	Housewares & Linens
toothpaste	towels
toothbrushes	blankets/comforters
disposable razors	twin/double size sheets
shaving creatri	pillows
shampoo	dishes (plates, bowls, coffee mugs)
deoderant	cutlery
tampons/pada	Infant Items
Footwear	baby formula (+ iron & without iron)
Winter boots	baby wipes
Runing Shoes	baby bottles
men's work boots (steel toe)	diapers - size 3, 4, 5 & 6 & pull-ups
Clothing	
socks	Gift Cards
underwear-boxers/briefs	Grocery Stores-Superstore
clothing	Wal-Mart / Sears
men's belts	Mark's Work Wearhouse
spring/fall jackets	Gas Stations
infant clothing/blankets	Movies (Famous Players)
men's winter gloves & hats	Tim Horton's, McDonalds, Pizza etc.
winter coats	YRT/Viva bus tickets
Miscellaneous Items	Non-Perishable Food
napsacks.sport/duffle.bags	
NEW stems only please	All items for men, women & children unless otherwise specified



If our Lodge were ever acknowledging a First Family – a family grouping that has done more for Forestdale Heights than anyone else – it would undoubtedly be the Kates family. Michael Kates first served as president of the Lodge from 1988-89. Years later, he again agreed to become president from 2001-2003, when the senior VP was unable to fulfil the position. Today, he is the chairman of the board of governors, a post he assumed after the passing of our former board chair, Nate Salter. As well, Michael served as national CVS chairman for B'nai Brith Canada during the mid-1970s.

Michael is not the only Kates who has served with distinction in our Lodge. From 2005-2008, his late wife, Bonnie, was the first person to serve three consecutive terms as president, as well as the first (and only) woman to lead Forestdale Heights.

Their son, Marc, has also made his mark on the Lodge, picking up his mother's column, *As I See It*, following her passing. For the past four years, he has continued to contribute to Kol Echad on a monthly basis, as well as volunteering his time to help edit our publication.

That is what the Kates family has done for Forestdale Heights Lodge. Now, what can our Lodge do for the Kates clan?

At the last meeting in August, Michael announced that a blood donor clinic would be held in his honour in November at Hillcrest Mall. For those who are unaware of what is going on, Michael has been undergoing chemotherapy for Multiple Myeloma, which includes receiving platelet and blood transfusions on an ongoing basis.

While blood collected at this blood donor clinic will not be used for him, it is a way of giving back.

Therefore, we are requesting all members who are able to sign up to give the gift of life. Remember, we are a CVS Lodge and I cannot think of a more important CVS project. Just as other individuals gave of themselves, now is our time to step up and help others. *Jeff Rosen*

* * *

The blood donor clinics will be held on Tuesday, November 24 and Thursday, November 26 at Hillcrest Mall, Entrance 3, from 4:00 p.m. – 8:00 p.m.

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

Be sure to come out to our Sunday, October 11 breakfast meeting to learn more about this important programme, and how your donation can help save lives.

Breakfast will commence at 10:00 a.m., at 4300 Bathurst Street, followed by speaker and meeting.

If you are planning to attend, you **MUST** RSVP Albert Ohana at salonpiaff@rogers.com.

.UPCOMING



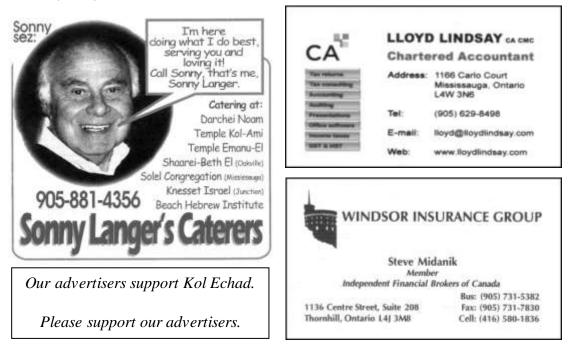
Come out to hear what Pablo Fucchansky, CFP – Long-Term Care Specialist, has to say at our December meeting.

Pablo Fucchansky 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 impact 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 impact 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).





ALL STEW Stewart Indig

T his recipe was Cathy's choice to put into the Kol Echad. Once again, I give her full credit. She has made it several times and it is delicious.

CHOCOLATE RASPBERRY CRUMB BARS

INGREGIENTS

1 cup unsalted butter (room temperature) 2 cups all-purpose flour 1/2 cup brown sugar 1/4 tsp salt

DIRECTIONS

Preheat oven to 350 degrees. Spray 9 x 13 Pyrex with Pam and line with parchment paper. In a large bowl cream together the butter and sugar. Add the flour and salt. Mix together until crumbly. Press 3/4 of mixture into the bottom of the Pyrex. Bake for 12 minutes. In the meanwhile, mix 1-cup chocolate chips and condensed milk.

2 cups semi-sweet chocolate chips

- 1 14 oz tin sweetened condensed milk
- 1/3 cup seedless raspberry jam (preserves)

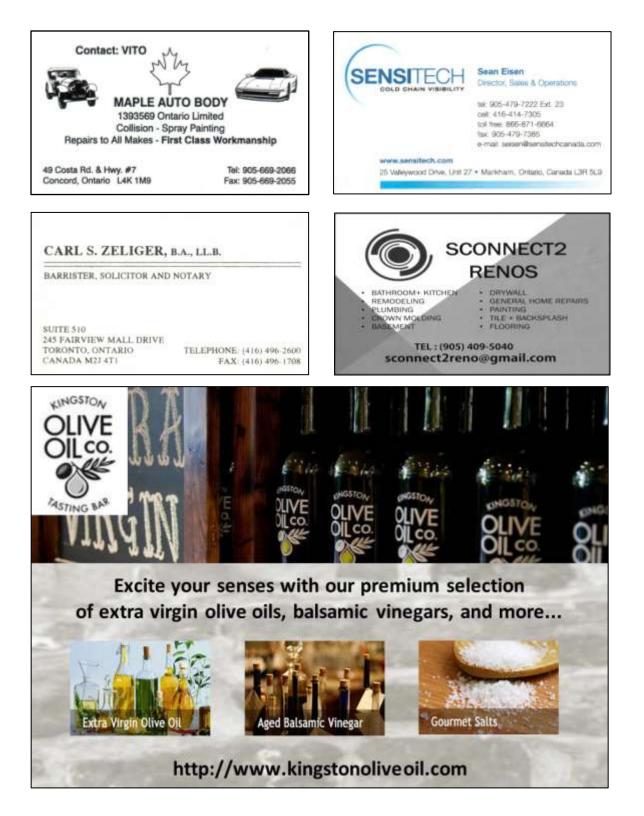


Microwave until melted. Pour over baked crust. Sprinkle with remaining crumbs. Cover with remaining chocolate chips. Dot with the raspberry jam. Bake 25-30 minutes. Makes 16 servings.

A great recipe. Please enjoy. I know our guests do. It's hard to eat just one!









SANDY'S SCRIPT Sandy Gordon

Summer is over and the reality of having to deal with the cold will be soon upon us. We all have our favourite things to do during the summer months. Sometimes we get a chance to do a lot of them. In past years – for whatever reason – nothing happens.

Last year my family began talking about a family getaway. Unfortunately, that's all it was, talk. This year I think we all realized what

a great idea it was. As a result, we decided we would move ahead and plan it to fruition. I

have to give a lot of credit to my daughter and daughter-in-law. They are great planners. One researched kid-friendly hotels that offered accommodation at a reasonable rate, and the other looked into activities to keep six kids and adults busy. What did I do, you might ask? Well, I planned the meals and supplied the food. Oh yes, our initial plan called for a one-night getaway. We didn't want to bite off more than we could chew.



The day started with us meeting in St.

Catharines for lunch at a petting zoo, complete with a picnic and play area. Then it was off to the Butterfly Observatory in Niagara Falls. It really was a fantastic place to visit, walking around while butterflies whizzed around our heads. We saw so many gorgeous specimens. The grounds are beautiful to walk about and the scenery is breathtaking.

Then it was off to our hotel rooms, before we reconvened at the pool. We stayed at the Howard Johnsons, which really has a great kid-friendly pool. The kids weren't the only ones who enjoyed themselves though. Can you imagine, I also managed to enjoy the splash pads. Before you knew it though, it was dinnertime and then off to bed.

You would think I would have some time to myself. That was not the case. For one reason or another, everyone seemed to find their way to our room. It was not so bad though. Actually, we enjoyed it immensely.

The next day was breakfast in Bubbie and Zaida's room, before we checked out. The kids and parents went for a swim, while Barry and I took our time packing, loading and checking out. Eventually, everyone came back after swimming and went for a walk to the Falls while Barry and I sat outside people watching.

Continued on next page

Once they returned we headed off to the Welland Canal Lock #3. If you have never been to the Welland Canal, I recommend it highly. They have a great picnic area there. While enjoying a delicious lunch, my daughter pointed out a fantastic sight. I turned around and saw this huge ship, or commercial transporter. It looked like something out of a Spielberg movie.

We ran out to the observation platform and watched while the water levels went down and the gates opened to allow the ship to pass through. It was really quite an experience.

Our getaway went off like a charm. All the kids had a great time. I think the adults were equally impressed!

Until the next time.



<u>Birthdays</u> Rosalie Moscoe Carl Zeliger Sandy Gordon Eddie Arkin Ivan Bloom

Anniversaries

October 4 October 12 October 15 October 22 October 30



David & Arna Gorender Harvey & Debbi Silver October 26 October 28

FHL wishes a speedy recovery to Rosalie Moscoe.

FHL welcomed prospective member Mark Spergel at the August meeting. Mark was the lucky winner of the 50-50 draw and generously donated his winnings back to the Lodge in honour of his brother's birthday.

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



GOOD & WELFARE

HEALTH IN HARMONY Rosalie Moscoe



Another new year abounds into the present with warmth for the times we laughed together, quarreled, made up, chomped down meals and just "hung out" together. I reminisce and long for the old days with parents, other relatives and Lodge members who are no longer with us. Leading

up to the High Holiday period, there's this nostalgic, familiar feeling amidst cool-tinged, summer days, (only to get to shul and the temperature soars to 30 degrees C!)

This remains our time for introspection, time to be grateful for life, for health, food, shelter, for family and friends. For me, personally, it's also time to recognize that some people may have unrealistic expectations; it's easy to get bombarded with others' needs. At the dawn of my seventh decade (yikes!), there's this tugging in my gut to set boundaries on my energy, my time – my life.

In as much as I realize that I can't be everything to everybody, there lies the resulting fault – guilt, discovering late in life the true value of exclaiming "no, Shavah tovah A good year

I'm sorry – I'm not available." Somehow, those words get tangled in my mouth. However, it can be freeing to release the reins on ourselves and others, recognizing that our children or other close relatives need to stand on their own two feet – even if we don't think they are ready. They deserve their chance without our fettering, to step (or gallop) into their own light.

Therefore, in this new year of 5776, – a time for renewal, let's embrace our responsibilities to our families, our jobs or volunteer work and community, but let's also remember to place our names on our "to do" list. If we don't, the consequences can be stress, depression and resulting physical illness.

Resolve to do something you enjoy; you deserve your attention. Soothe your mind, rejuvenate your body or revive your spirit. Carve out time just for you. After all, you too are a child of the universe, a child of G-d!

Ray and I wish you and your family a happy, peaceful and healthy new year!

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.

COMMENT Reprinted with permission from LMOL Don Mills Lodge





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 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'nal 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*. 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 outting-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 CJN 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 car'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. -except from: Forward.

The real estate market in Toronto is hot. I'm sure the building It's time to say, ENOUGH. It's time to take a stand, will sell without too much trouble. So, what happens to us die-

FHL@50

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.

1976

FHL Presidents: Gary Pollock/Harvey Rachman



January 27 – The United States vetoes a United Nations resolution that calls for an independent Palestinian state.

March 26 – The Toronto Blue Jays are created.

June 26 – The CN Tower is built in Toronto; the tallest freestanding land structure opens to the public.

July 4 – Entebbe Raid: Israeli airborne commandos free 103 hostages being held by Palestinian hijackers at Uganda's Entebbe Airport.

July 17 – The 1976 Summer Olympics begin in Montreal. November 25 - René Lévesque becomes premier of Quebec, replacing Robert Bourassa.



AS I SEE IT Marc Kates



We live in the most incredible country in the world. There are so many superlatives that I could use to describe our country's beauty. Unfortunately, none could truly capture them all.

Most recently, my family embarked on a wonderful Canadian adventure – a weeklong trip to Prince Edward Island. I had always wanted to travel to PEI, and all of my expectations about Canada's smallest province were surpassed. We rented a quaint cottage on the north shore and used it as our base of operations. The most striking

thing we first noticed in the morning (we arrived very late at night) was the vibrant colours. The green grass juxtaposed with the blue of the ocean and sky as well as the iconic red dirt

roads were breathtaking. Our trip included whale and seal watching, climbing lighthouses and visiting a potato and dairy farm. The beaches with the red sand were stunning.

No trip to PEI would complete have been without seeing the play, Anne of Green Gables, and visiting Green Gables itself. For me, I was living out my childhood as I remember rushing home on Sunday nights to see Road to Avonlea. Т remember being riveted to



the *Anne of Green Gables* mini-series starring Megan Follows and Jonathan Crombie. Can you believe that was 30 years ago?! The history component of our trip included learning about Province House and the Charlottetown Conference of 1864 in which the idea of the Dominion of Canada was first proposed.

Continued on next page

The gastronomic portion of our trip included fish'n'chips at Rick's as featured on the Food Network's, "You Gotta Eat Here," and the introduction of a new term to my vocabulary, "dairy bar." PEI has a sophisticated ice cream culture and no trip to PEI is complete without a trip to Cow's Ice Cream. It is a shame that there are only a few locations off the island, the closest being in Niagara-on-the-Lake. (We've already made two trips to the Niagara Region in recent weeks.)

PEI is a treasure that deserves to be explored. Its people are friendly and proud of their heritage and its vistas are spectacular. If you are looking for a fabulous getaway close to home, PEI ticks all the boxes.



CVS



staff on one floor of the building.

MY EXPERIENCE AS A PAN AM/PARAPAN AM GAMES VOLUNTEER

It was an exciting day when I received an e-mail last January, asking me to join the Pan Am/Parapan Am Games Workforce Uniform Team as a supervisor. I was equally surprised to learn that they had been working on the Games for almost three years. I was invited downtown to Corus Entertainment's head office, where the team had assembled with the rest of the Pan Am/Parapan Am

There I was introduced to all the proposed supervisors of Team Uniform. We were invited to join them on their mission, have a coffee or tea and enjoy some homemade cake brought in by one of the staff. They then proceeded to outline our responsibilities and produced a computer slide show to show us exactly what we would be doing as part of our volunteer commitment.

After a few months, I received an e-mail informing me that I had officially been accepted as a supervisor on the Uniform Team. I would be working out of 5800 Yonge Street, along with the accreditation people on the other side of the building. I was notified that there was to be a training session that all Pan Am/Parapan Am volunteers had to take at George Brown College downtown campus. I had to choose the session I wanted and complete my training with approximately 200 other people.

At the same time, I also had to take and complete an online course, which was in four sections. I must say that the Pan Am/Parapan Am organizers were very thorough in the way they educated their volunteers. They made it so that there was no room for failure.

In the months that followed, I was eventually invited the UDAC (Uniform Distribution and Accreditation Centre) to get my badge and uniform. The process was amazingly fast and within a half hour, I got my accreditation and uniform. Each volunteer for the Pan Am/Parapan Am Games received two shirts, one hooded jacket, one hat, one water bottle, one duffle bag, and a \$4 gift card from Esso and a \$30 gift certificate from Joe Fresh.

Even better than the gifts was the comradeship from my fellow volunteers. It was truly amazing to see people from different ethnic backgrounds, ages and nationalities all coming together to make the Pan Am/Parapan Am experience one of the best in my life.

It is something that I will never forget. *Michael Kates*



Michael Kates with "Pinball" Clemons, official quarterback of the TO2015 Volunteer Team



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