

Forestdale Heights Lodge, B'nai Brith Canada

KOL ECHAD

October 2018

Tishrei/Cheshvan 5779

Volume 17, No 2



COVER ART

The weather is definitely changing. The trees are shedding their summer foliage and the days are getting cooler and shorter. Also this month, we celebrate Simchat Torah on October 2.

TRIVIA

October, the tenth month of the current Gregorian calendar and the second month of autumn's rule, derives its name from *octo*, the Latin word meaning "eight," as October was the eighth month of the old Roman calendar. The traditional birthstone amulets of October are opal, rose sapphire, and tourmaline; and the calendula is the month's traditional flower.



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PRESIDENT'S PEN

Stewart Indig



The holidays are behind us. Fall is in the air. The almanac calls for a colder, snowy winter this coming season. So, how do we prepare? Personally, I am not looking forward to winter. Since the surgery, I have been freezing. What am I going to do when it is cold outside for real?

Life is what you make of it. I guess for me, I will not let it bother me or hold me back.

The same holds true about the Lodge. The positives in the Lodge far outweigh the negatives. The tenacity of the Lodge members makes me proud to call myself its leader. What makes you proud to be a member?

A member once said to me that they enjoy all the volunteer opportunities the Lodge had to offer yet they did not want to be part of the executive. Others have said they have done their time. It has been joked that I shall be president for life. That would not be a threat.

This upcoming year I would like to make the vice-presidents more involved and have them run some meetings. I hope that they will agree. Remember, life is what you make of it.

Fall is a pretty time with the leaves changing colours. It also brings the cold. Stay warm.



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

October 15	Dinner Meeting – NEW DATE
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

Dinner at 6:30; Meeting at 7:15

Dinner Charge: \$10

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RSVP Albert Ohana

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NOVEMBER MEETING

Due to circumstances beyond anyone's control, our planned guest speaker, Amanda Beaulieu, youth shelter manager at Blue Door Shelters, will be unable to address our Lodge. Our regular monthly meeting will still take place on November 12.

Thank you.



EDITOR'S DESK

Jeff Rosen



The sky was clear and the sun blazed across the Toronto skyline as humidity levels continued to climb. Eventually, the sky turned grey as a stormfront moved in, and within minutes, the city was hit by a torrential downpour. The result was a “record-breaking” rainfall that flooded sections of the city’s

downtown. As quickly as the menacing clouds had arrived, they moved out, the ground dried up, and humidity levels started to rise.

A few weeks later, we experienced déjà vu, and a new rainstorm arrived.

I realize this sounds like the start of a science fiction tale, but unfortunately, it became the new reality in Toronto this past summer.

What once was considered an abnormal occurrence in this part of the province is, becoming far too common. At the same time, climate change appears to be causing a decrease in precipitation levels and higher temperatures in other parts of the country, resulting in an increase in the numbers and spread of forest fires.

While many continue to dismiss these environmental disasters, they are becoming the new norm.

So, what are our elected leaders doing about it? At the local level, Toronto City Council decided against implementing a dedicated charge to help pay for the rising costs of stormwater runoff and basement flooding protection. With no incentives to change and with no added revenue to deal with increased environmental issues, the city will undoubtedly run to its provincial masters for aid in the coming years.

Continued on next page



At the provincial level, our elected representatives are cancelling a revenue stream that helps pay to retrofit homes, schools, and businesses to make them more energy efficient. It also helps reduce the cost of electric vehicles. I guess that's OK though because all taxes are bad... right?

Their federal counterparts – occupying a different segment of the political spectrum – continue to blather on about how they are fighting climate change. However, their solution was to get into the oil pipeline business and then reduce carbon tax regulations for the largest polluters.

There is so much talk, so little action. Those looking for an alternative to the governing Liberals in next year's federal election must be scratching their heads, unsure of whom to support. The NDP remains off in the wilderness and the Conservatives – now fighting among themselves to determine what they stand for – remain stuck in the past.

At the party's policy convention in August, Ed Fast, Conservative “shadow minister” for the environment, supported a motion against any form of carbon pricing, arguing that such a move would be “toxic to our economy.”

Of course, Fast was a cabinet minister in Stephen Harper's Conservative government, so his beliefs are not that unusual.


Unfortunately, these days everyone seems to be drinking from the same Kool-Aid. The climate – the weather – is changing, but not for the better. Winters today are more unpredictable and summers are hotter. Our generation is witnessing the start of this pattern. Our children will live with it for the rest of their lives, and their offspring will probably look back at 2018 as a relatively moderate year.

The climate is sure to give us further problems as we move into the future. I guess that's OK though. After all, we wouldn't want to disrupt the economy, would we?

* * *

Before signing off for another month, I want to endorse my support of FHL's continued participation in the holiday gift parcels we distribute each year to the firefighters, police, and EMS personnel. Occasionally, some question the need for such a programme, given that these dedicated people are well compensated for what they do. In addition, these emergency workers are away from their friends and families on their holidays for the betterment of us all.

Continued on next page



However, we do not continue this popular programme to enrich anyone's lives — that's not what a box of chocolates or cookies are meant to accomplish. I certainly don't think anyone's lifestyle is going to be enriched by our token gifts. However, these brave men and women put their lives at risk every day that they go to work.

We do what we do every year to say, "Thank you for being there. Thank you for making our world a safer place. Thank you for watching and caring for our communities so that we can sleep safely at night."

Certainly, that is worth a small gift of thanks once a year.

Be well.



FOOD SENSATIONS

OATMEAL-BROWN SUGAR BAKED APPLES

Ingredients

- 4 tart green apples
- 1/2 cup brown sugar
- 4 tablespoons butter
- 2 teaspoons ground cinnamon

Directions


1. Preheat oven to 350 degrees F (175 degrees C).
2. Scoop out the core from top of the apple, leaving a well. Do not cut all the way through. Stuff each apple with 2 tablespoons brown sugar and 1-tablespoon butter. Place in a shallow baking dish and sprinkle with cinnamon.
3. Bake in preheated oven for 15 minutes, until sugar begins to caramelize and apples are tender.



MEMBERSHIP

A GREAT DEAL!

Forestdale Heights Lodge is running a unique membership drive in an effort to grow our base. We will waive membership dues for the first year. So, bring out your friends and relatives and let them get a taste of what we have to offer. Their only charge will be the \$10 for an optional delicious kosher dinner at our meetings.



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FORESTDALE FUNNIES

Q: Why did the boy eat his homework?

A: The teacher said it was a piece of cake!

Q: Why didn't the skeleton cross the road?

A: Because he had no guts!

The guy walked into the pub with a shotgun and he asked for a beer. The waiter said it was two euro and he shot him. He asked a man, "Did you see that?" The man said, "Yes!" so he shot him. He asked another man and he said: "No but my wife did!"

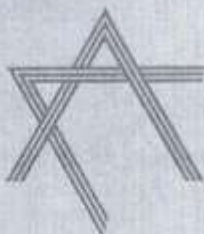


A blonde was in her house doing a jigsaw about a rooster, she had to call her husband to come to help her, the husband came home and said. "Darling, calm down and put the cornflakes back in the box!"

A brunette, ginger, and a blonde hide out in a warehouse after robbing a shop. The brunette jumps into a bag of dogs, the ginger jumps into a bag of cats and the blonde jumps into a bag of potatoes. The guards kicked the bag of dogs "Woof, woof!" said the brunette. The guards kicked the bag of cats "Miaow, miaow!" The guards kicked the bag of potatoes, the blonde said, "potato, potato!"

Proudly, the drunk showed the last room in his new apartment to his friends. It was the kitchen. "Why is there a brass gong in your kitchen?" his friend asked. "It's not a brass gong," said the drunk, "it's a talking gong!" "How?" questioned his friends. The drunk got a hammer and belted the gong as hard as he could. He paused for a moment and then they heard, "Hey, you jerk! It's 3.00 a.m.! People are trying to sleep!"

"See!" the drunk said triumphantly.



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SOCIAL

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 to be announced.

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



SEPTEMBER MEETING

Forestdale Heights Lodge's 2018-2019 season opened on Monday, September 17, with 42% of the Lodge's membership in attendance. Everyone enjoyed a delicious dinner of wraps, salad, and knishes followed by a lively meeting where a number of important issues were discussed. As the meeting wrapped up, everyone realized that the next meeting would be on the Thanksgiving weekend in October and so the date was changed from October 8 to October 15.



SEPTEMBER MEETING



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 assisting 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 the next page.



TALKING POINTS

Debbi Silver

Will return next month.



CVS – BLUE DOOR SHELTERS



Items in Need & Accepted

Toiletries

toothpaste
toothbrushes
disposable razors
shaving cream
shampoo
deoderant
tampons/pads

Footwear

Winter boots
Runing Shoes
men's work boots (steel toe)

Clothing

socks
underwear-boxers/briefs
clothing
men's belts
spring/fall jackets
infant clothing/blankets
men's winter gloves & hats
winter coats

Miscellaneous Items

napsacks, sport/duffle bags

Housewares & Linens

towels
blankets/comforters
twin/double size sheets
pillows
dishes (plates, bowls, coffee mugs)
cutlery

Infant Items

baby formula (+ iron & without iron)
baby wipes
baby bottles
diapers - size 3, 4, 5 & 6 & pull-ups

Gift Cards

Grocery Stores-Superstore
Wal-Mart / Sears
Mark's Work Wearhouse
Gas Stations
Movies (Famous Players)
Tim Horton's, McDonalds, Pizza etc.
YRT/Viva bus tickets

Non-Perishable Food

NEW items only please

All items for men, women & children
unless otherwise specified

GOOD & WELFARE

Birthdays

Rosalie Moscoe	October 4
Carl Zeliger	October 12
Eddie Arkin	October 22
Ivan Bloom	October 30



Anniversaries

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



Mazel Tov to Eddie & Marilyn Arkin on the birth of a new grandson, who was born on August 28.

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.

TORONTO MARATHON

Sunday, May 5, 2019



Forestdale Heights Lodge has participated in the Goodlife Toronto Marathon for many years. 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.

Be sure to mark the date in your calendar for this fantastic CVS project.



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HARMONY

Rosalie Moscoe

As women, we learn from our mothers, and sometimes our grandmothers. When we care for family, we create a wonderful role model – a Jewish tradition. However, as we age, there comes a time to scale down or to take a breather. When do women get a chance to say, “I’m sorry I can’t make Rosh Hashanah dinner for 25 people this year!” Or tell yourself, “No, I can’t cook everything from scratch, (even though I love the compliments about my food!)” Sometimes men fall into the same trap of taking on too much for their dear ones.

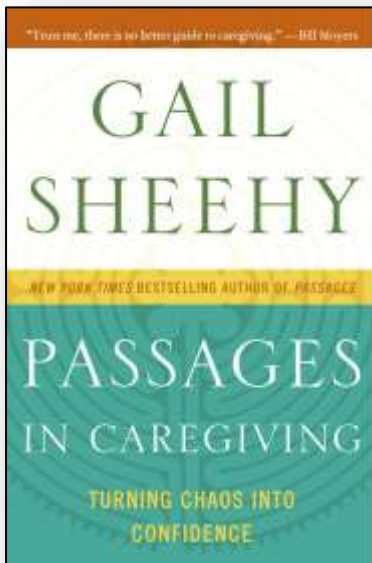
Sooner or later, we reach the point where we want to scream, “Enough is enough!” It’s called Burn Out. Often, caregivers get run down, feel anxious, depressed and exhausted. According to **Simplypsychology.org**, “the stress hormone corticosteroid can suppress the effectiveness of the immune system (e.g. lowers the number of lymphocytes). Stress can also have an indirect effect on the immune system as a person may use unhealthy behavioural coping strategies to reduce their stress, such as drinking and smoking.”



Have you ever contracted a cold or flu, or a backache after a significant stressful period? I know I have. Caring for others is a balancing act. If you’re not caring for yourself, you may be compromising your ability to care for the sick person or even others in your family. I saw what it did to my mother, a very capable woman. She died 14 years before my dad. When she died, my father felt lost and he expected me to take over. I did for a while until my own health started to suffer; I felt stretched to the limit.

When I became exhausted, resentful, then guilty, I finally admitted to myself that I needed help. After a visit to my medical doctor, I saw the error of my ways and began to get some help for my loved one/s, (other than my doing it all!)

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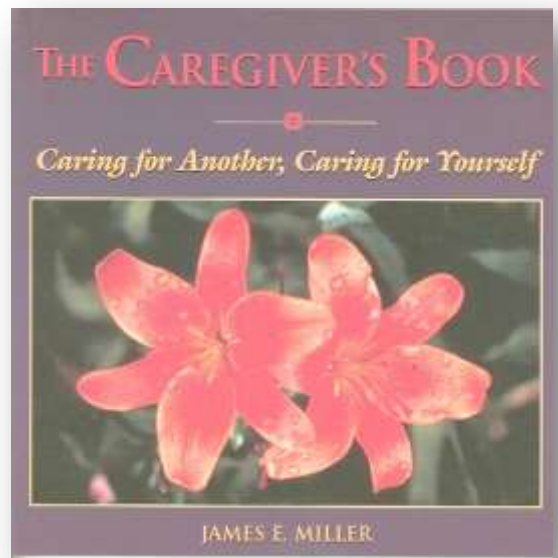
According to the American Psychiatric Association, it's essential for a caregiver to monitor oneself so that one eats properly, gets adequate sleep, still socializes and does something one enjoys. This might include taking a walk or engaging in other exercise or listening to music. Others might enjoy reading a book, keeping a journal, going to movies, or talking with a friend over coffee. Realize that normal life events are a necessary respite for the rigours of caring for someone with an illness or disease. Some feel guilty if they have fun or enjoy themselves when their loved ones are suffering. If this is you, talk to a professional to work it through.

Some other strategies include recruiting family members to help with chores, enlisting agencies that can give care, engaging part-time help or Meals

on Wheels, meeting with a social worker to discuss the next steps, or considering a short, or long-term care facility for your loved one.

Two books of value for caregivers are *Passages in Caregiving* by Gail Sheehy and *The Caregivers Book* by James E. Miller.

You may already realize these self-care strategies, but if you are suffering undue stress, you may forget to do what you already know. Don't wait until you're at your wit's end! When each family member's health and wellness is considered, it's a win-win for everyone!



AS I SEE IT

Marc Kates



British philosopher Alan W. Watts is quoted as saying, “The only way to make sense out of change is to plunge into it, move with it, and join the dance.”

Change can be a very frightening thing, and most of us are resistant to it in some form or another. This summer, change seemed to dominate my life.

I watched for the first time as my 9-year-old took an airplane unaccompanied by a parent to go off to summer camp for the first time in Nova Scotia. The parents had more trepidation than the kid did. My son never looked back but went off with his buddies on an adventure. He had a wonderful time at camp. Now he can't wait to go back next year. Being able to “let go” is just part of the process of moving on and it is life-changing.



This summer we began renovating our house. Our house was built in the late 1930s, and without ever undergoing significant renovations, we decided that it was time to take on this challenge. The process is exhausting and labour intensive, but we know that in the end, our house will be the home we always wanted, meeting our specifications. We look forward to a mudroom, a kosher kitchen with two sinks, appliances that work well, and a place to entertain many holiday and family events in the future.

Continued on next page

On the Tuesday after Labour Day, I took my kids to school for their first days of SK, Grade 2, and Grade 4. It's hard to believe the passage of time, and how quickly kids are on to the next thing. Life does not certainly stand still, and change is all around us.

Change means making ourselves feel a little outside of our comfort zone and pushing us to new places and to have new ideas. The problem with change is the uncertainty that it brings. There are no clear outcomes, and plans inevitably have hiccups. One must hope that change will bring about a better life and that in the end, the change will have been worth it.

Did I mention that I resigned my teaching position after 10 years of working in the same school? More on that change in coming issues of Kol Echad.

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