

COVER ART

Just before autumn gives way to winter, we start the festival of Chanukah. The holiday begins on the evening of Wednesday, December 13.

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PRESIDENT'S PEN

Stewart Indig



I read last month's Kol Echad and was amazed. I was the only columnist that wrote about something that pertained to the Lodge. All the others were about personal travels or personal lives. So, my question to you is, am I missing something? Kol Echad is a Lodge bulletin. I thought the articles or columns were supposed to have something to do with the Lodge. It seems that I might be mistaken. What would YOU the Lodge member like me to write about?

I am of the belief that the Kol Echad should pertain to the Lodge, so therefore I will not talk and show pictures of my three super granddaughters. (They did look cute in their Halloween outfits). Pertaining to the Lodge, the slate committee will be meeting in January. My time as President of the Lodge is coming to an end. If you would like to put your name in the hat, please make it known. I have led the Lodge since January 2016. I have learned a lot. It has been a great experience. If I may borrow Jeff's words, I came in when the Lodge was in crisis and righted the ship. The ship is now in calm waters and it is now time for a new captain. The only thing I think I failed at was in attracting new members. We all failed at that. I do believe that it is just a sign of the times. Young people are busy with their kids, older people are busy with grandchildren and have other interests. The truth is all of the Lodges have experienced the same phenomenon. As the leader, I will accept responsibility for that shortfall. Isn't that what good leaders do? I am hopeful that perhaps new blood can change that.

The Lodge is important to me and I do not want to see it fail. I do not believe that it will. Most of the long-term members keep it afloat. B'nai Brith Canada on the other hand has failed the Lodges. Last year they had meetings with Lodges and let us know what was happening. That, unfortunately, fell to the wayside. I almost feel they have nothing to do with us besides keeping a portion of our dues. The one thing our Lodge excels at is CVS. Truly, this is what the Forestdale Heights Lodge is all about. It is the glue that binds us together.

Continued on next page

Although our social events are very few, they are very great. As President, I have tried not to increase the costs of any of our social events. I know that money is tight as everything increases except our incomes. I would hope that everyone appreciates that.

With Chanukah around the corner, Cathy and I want to wish you all a Happy Chanukah and we hope to see you at the Chanukah party. Last year's was great; this year's will even be better. To the next executive, happy sailing; the ship is afloat.

BBC MEMBERSHIP



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If you are a SPORTS member, please go to URL: <https://bnaibrithsports.ca> to register and pay your membership dues.

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SLATE COMMITTEE

In keeping with Lodge tradition, FHL's slate committee will meet in January to choose a slate for the Lodge's 2018-2019 executive. The committee is chaired by Harvey Silver, chairman of the Lodge's Board of Governors.

KOL ECHAD

Kol Echad is the official publication of Forestdale Heights Lodge, B'nai Brith Canada. It is also an associate member of the American Jewish Press Association.

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.

Editor
Jeff Rosen

Advertising
Harvey Silver

Editing Staff
Marc Kates,
Lisa Rosen, Debbi Silver

Printing/Mailing
Aaron Pacter
Michael Pacter

AT A GLANCE

December 9	Lodge Chanukah Party
December 11	Dinner Meeting
January 8	Speaker & Dinner Meeting
February 12	Nominations & Dinner Meeting
February 28	Purim Programme
March 12	Elections & Dinner Meeting
April 9	Dinner Meeting
May 6	Toronto Goodlife Marathon
May 14	Dinner Meeting
June 11	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 salonpiaff@rogers.com or call (905) 597-1999

CHANUKAH PARTY

On Saturday, December 9, we're gathering at the home of Mark and Marla Spergel for what is sure to be a fantastic Chanukah get together.

The Place: 229 Maxwell Street

The Time: 6:30 p.m.

The cost: Only \$15/person

For more information or to RSVP contact Stewart Indig at

stewart.indig@gmail.com





EDITOR'S DESK

Jeff Rosen

It's not too often when a column subject lends itself to a continuation or "Part 2." Last month I rattled on about my post-employment journey as a volunteer. However, a couple of unrelated developments got me really thinking about the importance of volunteers in the community.

Where would hospitals be without those who give of their time to help visitors and patients on a daily basis? How would our Jewish institutions function on an on-going basis without non-paid help?

Back in October, Carl Zeliger, the chair of my synagogue and a past president of our Lodge, wrote in his weekly column to the congregation, "I am of the firm belief that ... all of us have a moral obligation to give back to our community."

His message hit home, making me realize the importance of what I was doing, both at my shul and within the Lodge. I guess that I have been doing Kol Echad for so long that I often forget that it is a volunteer endeavour. I view it as a labour of love. At the same time, I laud those individuals, both past and present, who help create this amazing vehicle to communicate with members. You know who you are, but without your volunteer commitments, Kol Echad would not exist.

Even closer to home I was reminded of the role of community volunteers when Lisa brought home a document from Baycrest. For those of you who aren't aware, Lisa has been a volunteer in the centre's arts and crafts department since 2009. She connects with the elderly living at Baycrest, helping to ensure they do not remain isolated and that their minds remain razor sharp.

That is what volunteerism is all about!

Continued on next page

VOLUNTEER



Since embarking on this unique journey, my wife has logged, as of October, over 2,500 hours. Short of a winter storm, there is no stopping her on her twice-weekly visits to Baycrest (**see note below**). Our daughter, Jordana, has often said that her mother is her “role model,” but truth be told, Lisa has also taught me the importance of giving back to the community.

So, what does it all mean? Quite simply: Volunteers are needed...everywhere!

Be well and have a Happy Chanukah.

We will talk in 2018.

I am the supervisor for the volunteers in the Creative Arts Studio at Baycrest. Lisa is an amazing volunteer. Nothing is too much to ask of her. She picks up clients from their rooms to bring them to the art studio and then returns them at the end of the program. Lisa also helps us set up their workstations and keep the studio neat and tidy, which is very important in making our clients feel welcome and well taken care of. With Lisa's help, we are able to improve the quality of life with creative art programming for many Baycrest residents.

Brenda Gasner Lass
Creative Arts Studio
Baycrest

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.



TALKING POINTS

Debbi Silver

Wow, where have the years gone? Harvey and I celebrated our 50th anniversary on October 28. It is so hard to fathom that 50 years have passed. Both of our parents never made it to this point. Our children took us out for dinner to Wildfire on Yonge Street celebrating with Harvey's sister and our brother-in-law, the munchkins and our dear friend, Myrna. It was truly an evening to

remember.

We have gone through so much over the years. Through a lot of hard work, we made it through. We have been lucky enough to have two terrific children, Lisa and Mark. Mark with his wife, Shawna, have three beautiful kids. The times spent with family are always special.

We are looking forward to celebrating my birthday on November 17 in Kingston, Ont. Our friends from Montreal will be meeting us there for the weekend, along with another couple and an additional good friend. Miles may separate us, but friendships like these will never die.



So now talking about friends leads me to speak about Forestdale Heights Lodge. Over the years, we have met some amazing people. Space wouldn't allow me to mention them, but I do miss Norm Aronson, Al Reider, Bonnie and Michael Kates and Irv Pupko. These people were our friends. Through the Lodge, we also met some other very special people. That's what makes up B'nai Brith Canada from yesteryear.

Continued on next page

Today, unfortunately, BBC doesn't help the lodges with finding new members; we no longer have "Council" meetings, so other lodges can learn what we are doing. It is truly sad that the organization's sole focus revolves around political issues. I'm not saying that's a bad thing, but the BBC has amassed a huge membership of sports members. Never once have they passed these names down to the lodges so that we could increase our members and workers.

In January 2018, the slate committee will meet to discuss next year's executive. Whom do we choose as our next president, our vice-presidents and the rest of the executive? It's very difficult when our pool of members is so very low. I wish the committee good luck in going forward with Forestdale Heights.

We hope to see many of you at the Chanukah party at the Spergels.

On that note, Harvey and I wish all of you a very healthy and happy Chanukah and of course, Happy New Year.



GOOD & WELFARE

Birthday

Albert Ohana

December 9



Anniversaries

Mark & Marla Spergel

December 7

Eddie & Marilyn Arkin

December 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.



NOVEMBER MEETING



On Monday, November 13, registered psychotherapist Aaron Arkin gave a fascinating talk to the Lodge on Sleep Disorders. The meeting was attended by 16 people, including our guest speaker and Frank Piltz, a guest of Lodge member Mark Spergel. In advance of his talk, Arkin explained the importance of getting enough sleep to Kol Echad.

* * *

Exercise for at least 20 minutes every day – There are many benefits to being in good physical shape, and improved sleep is one of them! Exercise physically stresses the body, causing it to produce increased amounts of deep sleep as it recovers. Exercise also promotes a greater rise and fall in body temperature, which can make it easier to fall asleep and stay that way.

Let the sun shine in – As important as it is to have darkness during sleep, it's just as important to have exposure to light in the morning to help with regulation of our circadian rhythms. Open the blinds, take an early morning walk outside, or sit near eastern-exposed windows. These simple ideas can allow our bodies to fall asleep more easily at night.

Your clock can be your enemy! - Keeping a small clock beside your bed is handy when it comes time to wake up. When you're lying in bed and struggling to fall asleep or go back to sleep, it seems to be mocking you! If you can, set your alarm and turn the clock around - you don't need to see the time when you're having trouble falling or staying asleep.

Be wary of sleep medications - There are many different types of pills that can help us fall asleep or stay asleep. However, these pills don't always get to the root of what is causing the sleep troubles in the first place. Further, sleep medications can easily become addictive and it can be very difficult to break this type of addiction

Driving while sleepy is driving impaired - maybe not legally, but the effects of someone who is driving while sleep deprived is similar to the effects of driving while being under the influence of alcohol. If you are tired while driving, simply pull over and take a little nap. Make sure you lock the doors, recline your seat, and take a 20-minute snooze. You'll be amazed at the difference!

NOVEMBER MEETING



For more photos, go to kolechad.ca/sleep.htm



Wishing you
and your family a
Happy Chanukah



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Meeting with the Mayor of Jerusalem as part of the City of Toronto delegation to Israel to build business ties and fight BDS.



Speaking at a rally in support of Israel and against a nuclear Iran.



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HAPPY CHANUKAH!

Chag Chanukah Sameach!



Michael Levitt
MP for York Centre
416-638-3700

Michael.Levitt@parl.gc.ca

Marco Mendicino
MP for Eglinton-Lawrence
416-781-5583

Marco.Mendicino@parl.gc.ca



HARMONY

Rosalie Moscoe

*Please note I changed my column name from **Health in Harmony** to **Harmony**. For indeed, we need harmony in all sectors of our lives. Once we have that, then we'll achieve great health!*

Some of the Chanukahs that stand out in my memory start with one so very long ago: I was four and my brother Fred was seven. Fred was to be a soloist in a Chanukah concert at our Bais Yehuda shul in Toronto. He had been practising all week, the tune and words remain etched on my mind. The day of the concert came – both parents, Sam and Doris attended along with me and 200 other audience members. But then I disappeared from the crowd and ran backstage, while my parents were in a frantic hunt as to my whereabouts. The piano struck up; the red curtain was raised and on the stage stood not one, but two children to give the solo. Fred and I both were dressed similarly with yellow cable knit vests, white shirts, navy shorts for my brother and navy pleated skirt for me. We sang the song loud and clear, and then the crowd went wild with cheers and applause.



Rosalie and Ray Moscoe with their family, the first night of Chanukah in 2013.

One Chanukah that stands out in my memory was more recent. A few years ago, I decided to make my own latkes from scratch for a small group in my home. A couple of guests I didn't know too well, friends of my son-in-law, were two of the attendees. Everything was going well until everyone started eating the latkes and spitting them out. They were raw!

Continued on next page

Red faced, I stuck the raw latkes in the oven and after a half hour of checking and rechecking, served them again. By then everyone was onto dessert! I now order latkes from Tov-Li.

Another more cheery Chanukah I recall, back in the 50s was when, as children, my brother and I dressed up our dog Squeaky, a cute brown mutt, with a kerchief on her head and one of my old sweaters. We sang Chanukah songs, (while Squeaky howled), rolled hazelnuts down on tilted cookie sheets – some sort of game that I vaguely remember. We lit the candles and happily ate latkes.

Another Chanukah memory is when my son Darren was eight. He and my daughter Rhonda were singing in the choir at the Chanukah party at Beth Torah Synagogue. Darren was chosen to light the candles with Rabbi Domb, z'l, while a photographer snapped a picture. It appeared that week on the front page of *The Canadian Jewish News*. Thankfully, we're still creating new memories each year.

Happy Chanukah everyone!



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FHL@50 explores what has been going on in the world since the Lodge was born in 1967. For a comprehensive look back, go to kolechad.ca/fhl50.htm.

2010

FHL Presidents: Irv Pupko/Ray Moscoe

Prime Minister Stephen Harper/Ontario Premier Dalton McGuinty

January 12 – A 7.0-magnitude earthquake occurs in Haiti, devastating the nation’s capital, Port-au-Prince. With a confirmed death toll over 316,000, it is the tenth deadliest on record.

February 12–28 – The 2010 Winter Olympics are held in Vancouver and Whistler. On the final day, Canada wins its 14th gold medal making it the most gold ever won by one country.

February 26 – A winter storm knocks out hydro across Ontario, Quebec and the Maritimes.

April 20 – The Deepwater Horizon oil drilling platform explodes in the Gulf of Mexico, killing 11 workers. The resulting Horizon oil spill, one of the largest in history, spreads for several months, damaging the waters and the United States coastline.

May 31 – Nine activists are killed in a clash with soldiers when Israeli Navy forces raid and capture a flotilla of ships attempting to break the Gaza blockade.

June 25–27 – The 36th G8 summit is held in Huntsville, Ontario. Consecutively, the fourth G20 summit is also held in Toronto on the same dates.

June 26–27 – Nearly 1,000 people are arrested in Toronto after protests against the G20 summit lead to several police cars being set on fire, and police boxed in crowds at one intersection where this took place the next day, leading to mass arrests for breach of the peace.

September 30 – Germany pays war reparations for World War I.

December 4–8: A series of snowstorms and snow squalls dump over 110 centimeters of snow to parts of southern Ontario.

Continued on next page



2011

FHL President: Ray Moscoe

Prime Minister Stephen Harper/Ontario Premier Dalton McGuinty

January 4 – Tunisian street vendor Mohamed Bouazizi dies after setting himself on fire a month earlier, sparking anti-government protests in Tunisia and later other Arab nations. These protests become known collectively as the Arab Spring.

February 11 – Egyptian President Hosni Mubarak resigns after widespread protests calling for his departure, leaving control of Egypt in the hands of the military until a general election can be held.

March 15 – Protests breakout across Syria demanding democratic reforms and the resignation of President Bashar al-Assad. The government responds by killing hundreds of protesters and laying siege to various cities, beginning the Syrian Civil War.

March 25 – Stephen Harper's Conservative government is defeated on a non-confidence vote by the opposition.

April 29 – An estimated two billion people watch the wedding of Prince William, Duke of Cambridge, and Catherine Middleton at Westminster Abbey in London.

May 1 – U.S. President Barack Obama announces that Osama bin Laden, the leader of the militant group Al-Qaeda, was killed during a military operation in Pakistan.

May 2 – The 41st federal election is held with the Conservative Party winning a majority government, the NDP becoming the official opposition, both for the first time. Green Party leader Elizabeth May won the first ever elected seat for that party.

July 21 – Space Shuttle Atlantis lands successfully at Kennedy Space Center after completing STS-135, concluding NASA's Space Shuttle program.

August 22 – Jack Layton, 61, the Leader of the Opposition and Leader of the NDP, dies of cancer.

October 18 – Israel and the Palestinian militant organization Hamas begin a major prisoner swap, in which the captured Israeli soldier Gilad Shalit is released by Hamas in exchange for 1,027 Palestinian and Israeli-Arab prisoners held in Israel.

October 20 – Libyan leader Muammar Gaddafi is killed in Sirte, with National Transitional Council forces taking control of the city, and ending the war.





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AS I SEE IT

Marc Kates

I'm having a lot of difficulty reconciling my ideals and reality. I don't think that I am naive or lead my life with blinders on, but my wife and I are trying the best we can to raise children who are happy, healthy, and positive contributors to society. I assume that other parents are trying to do the same, but I find myself increasingly disappointed with other parents and the choices they make.

I am the general manager of my son's select hockey team. Back in May, tryouts were held to select players for the year. Positions were offered to the best players and I had the unfortunate task of having to disappoint those children who did not make the cut. Imagine my shock when I was told by a player's parents, just after the season was about to begin months later, that their son no longer wished to play hockey and that they were pulling him from the team. The father commented that he could not force his son to do anything he no longer wished to do. Upon reflection, I thought that this was a missed parenting opportunity to discuss the concept of commitment, team building, and carrying through on an obligation.

Months later, I learned that this child had joined another hockey team and was playing opposite my son! Furthermore, I discovered that the boy's mother bragged on social media how she had duped the system and was able to finagle both of her boys playing on the same team. For years, I took pity on this mother as she continually claimed that she was a struggling single mother trying to raise two boys. In one of her blogs she writes, "I look at my boys and realize how important it is for me to set an example for them." I question the example that she is setting for her children and the messages she's sending. Marital status, in my opinion, is not a sufficient excuse to circumvent the system. This was just but one example of poor parenting witnessed first-hand.

I shake my head in dismay that the values I wish to impart to my children and my students are not universal values held by all parents. How do I explain to them that even though the world is not fair, and some people get away with things more than others, my children nonetheless have to be honest, upstanding members of society?

Continued on next page

In complaining about all this, I have been offered many pieces of advice and harsh curses bestowed upon these types of parents. As I continually learn, I cannot control other people's behaviours, but I am the only one who can control my own. To that end, I know that the person in the mirror must be upstanding, ethical, and principled, and hopefully with our guidance, when our children do the same, the people reflected back to them are ones with integrity, values, and strong moral compasses.

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PROGRAMMING



Former Lodge member Lloyd Lindsay will be our guest speaker at the first meeting of 2018, on **Monday, January 8**. He will speak about **Technology & Security**.

Lindsay is a life member of CPA Ontario, a CA, a Licensed Public Accountant, and a Certified Management Consultant.

He became a Chartered Accountant in 1964, a Certified Management Consultant in 1969, completed the three-year CICA in-depth tax course in 1985, and has been in public practice for over 50 years.

Technology Background

Lindsay joined the Toronto Texas Instrument 9T9 Users Group in 1983, served on its executive as president in 1984, and as its past president until 1989.

In 1987, Lindsay joined the Personal Computer Club of Toronto. He remains an active member. He hosted the club's MS Office Special Interest Group for many years and currently hosts the club's online monthly meetings.

In 2012, Lindsay joined the Durham PC Users group.

B'nai Brith Canada

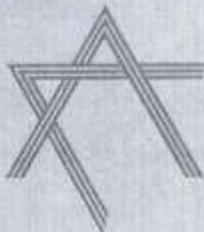
Lindsay was a member of FHL in its early years and later was a founding member of the Halton Peel Lodge. When he became president of the lodge, he began attending the TRCC meetings and met with lodge representatives from FHL and other lodges in the GTA. In addition, Lindsay joined Upper Canada lodge.

BINGO



The Lodge's monthly CVS bingo programme is on hold until further notice.





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For some, it is the relief and peace of mind knowing that their wishes are now recorded and will someday be honoured by their family. For others, it is to unburden loved ones of financial decisions at an emotional time.

For information on prearranged funeral services, please call us at

(905)881-6003

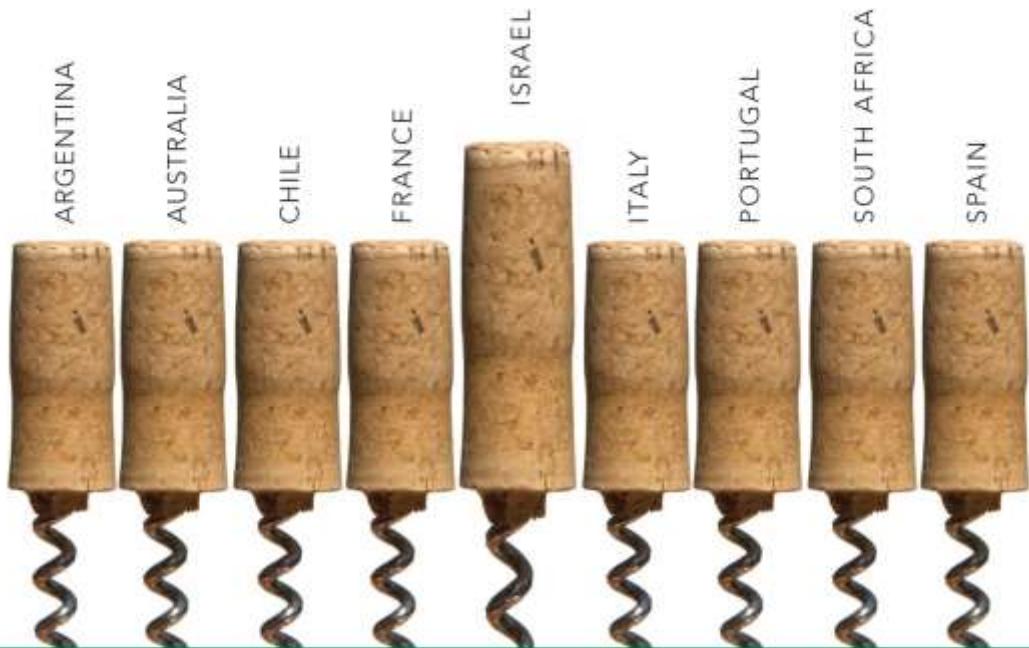
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