

# KOLECHAD



June 2011

Iyar/Sivan 5771

FORESTDALE HEIGHTS LODGE, B'NAI BRITH CANADA

# FHL LODGE 2010-2011

The members of Forestdale Heights Lodge would like to thank Ray Moscoe for his outstanding leadership during the past year and wish him best wishes and luck in the year ahead.

## AT A GLANCE

June 5	FHL Installation
August 7	Lodge BBQ
August 28	Play in Port Hope
September 11	Woodbine
September 12	Dinner Meeting
September 13	Bingo

**HAVE A GOOD SUMMER  
KOL ECHAD WILL RETURN  
IN SEPTEMBER**

**Dinner at 6:30; Meeting at 7:00  
Dinner Charge: \$7.50 members  
\$10 non-members**

## YEARLY AD RATES

Full Page	\$200
Half Page	\$100
1/4 Page	\$50
Business Card	\$40

Ten issues published every year.

## KOSHER FOOD BANK

In the past year, Forestdale Heights has become a major supporter of the Pride of Israel Kosher Food Bank, which serves between 135 and 145 people per week. Members are requested to bring an item of **non-perishable kosher food** to each lodge meeting. The food items should bear one of the **kosher certifications** (examples shown below). Donations of sealed toiletry items are also welcome. Donations will be collected at each meeting and delivered the following day by Carl Zeliger.



## KOL ECHAD

Kol Echad is the official publication of Forestdale Heights Lodge. It is published 10 times a year. We welcome all articles or letters from members of the lodge and their families. All material submitted is subject to editing. The editor may consult with members of the bulletin committee regarding content 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:** Bonnie Kates, Lisa Rosen

# PRESIDENT'S PEN

## Remembering the Holocaust



In 1994, Steven Spielberg founded and funded the *Survivors of the Shoah Visual History Foundation*. A non-profit organization, it was established to record testimonies in video format of

52,000 survivors of the Holocaust in 56 countries in 32 languages. Interviewees included Jewish survivors, Jehovah Witness survivors, homosexual survivors, liberators, political prisoners, Roma and others. Now with the stories recorded for all to see and hear, we must vow this tragedy never again happen to Jews or to others.

Being in the film business and having worked with Spielberg in the past, my daughter Rhonda was part of the Eastern Canada's camera and interview team for his project. She documented over 30 survivors each for four hours. My daughter was greatly impacted and even though her grandparents (my parents) were not Holocaust survivors, she decided to interview them.

We scripted questions and on my parents back porch of their house, she set up a video camera. We found out

details about my parents that we hadn't known before. For example, my mother said she was engaged twice before she met my father. When she had handed the ring back to the second would be fiancée, he told her he would kill himself. Then my mother exclaimed "but he's still very much alive!"

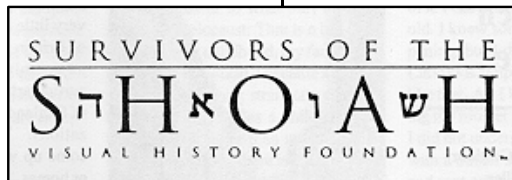
My dad talked about the Christie Pits riots here in Toronto and how he fought off (and beat) the Nazi supporters. We heard about tales of my

father's short-lived boxing career and hilarious as well as brave stories of his cab driving days. The video

has brought my entire family and I much joy, some tears and laughter. However, with my parents now long gone, we're so thankful we have this visual accounting of them. It has brought us a sense of continuity for our children, grandchildren and for many generations to come.

Today with iPhones and Blackberries, it's so easy to capture videos. So tell your parents they're going to be the stars of their own movie. Ask them some questions about their lives or get your children to videotape you so that your stories and your smiles are preserved.

*Ray Moscoe*





Join the celebration for the  
45<sup>th</sup> Annual Installation of  
**Forestdale Heights Lodge**

Sunday, June 5, 2011  
Brunch at 11:00 a.m.

**Party Room, 10 Tichester Road, Main Floor**

(1 block north of St. Clair, 1 block east of Bathurst Street)

Parking underground. Ramp is beside the condo building.

Buzz concierge; give your licence plate number

Visitor parking is immediately at the bottom of ramp.

Proceed to elevators. Press G for ground level where party room is located.

**Cost: \$20/person for members; \$25 non-members**

**Payment can be made at installation**

Please RSVP to Rosalie Moscoe by May 31  
(416) 652-6363 or [rosalie@healthinharmony.com](mailto:rosalie@healthinharmony.com)

# EDITOR'S DESK



As someone who has spent over half his life using the English language on a regular basis, I know that words matter, not just what is said, but how they are phrased and the context in which they are used.

As a result, this federal election left me feeling very demoralized. For the most part, we had party leaders using words to slam their opponents instead of using them to inspire the public.

Liberal Party leader Michael Ignatieff talked about his party program as he travelled across Canada. He even speculated about how he would govern if Prime Minister Stephen Harper's Conservative Party were reduced to a minority. However, he never really inspired Canadians to work together for a better future.

Unfortunately, Harper also failed to inspire the Canadian public. For the most part, the PM and his team used the campaign not simply to lambast his opponents' policies, but to attack his opponents personally.

Then there was the language employed by his campaign team to delegitimize the opposition parties, lumping the Liberals, NDP and Bloc Quebecois as a "coalition" as if they were united in their efforts to defeat the Conservative government. He repeatedly

referred to the election as "unnecessary," and said it was a "reckless" and "illegitimate" bid to seize power from his government.

However, there was nothing unnecessary, reckless, or illegitimate about the federal election. It is all part of our parliamentary political system; one that gives the political party that captures the most seats the right to form a government.

The sad fact is, most Canadians these days don't go beyond the surface. They believe what they hear and don't bother questioning the meaning behind the words. It's time for Canadians to demand leaders to do better. Remember, it only takes one person to inspire a generation and a country.

Let's hope their provincial cousins do a better job come this fall's provincial election.

*Shalom*

*Jeff Rosen*

*Canada regards herself as responsible to all mankind for the peculiar ecological balance that now exists so precariously in the water, ice and land areas of the Arctic archipelago. We do not doubt for a moment that the rest of the world would find us at fault, and hold us liable, should we fail to ensure adequate protection of that environment from pollution or artificial deterioration.*

- Prime Minister Pierre Elliott Trudeau

**Rosalie Moscoe**  
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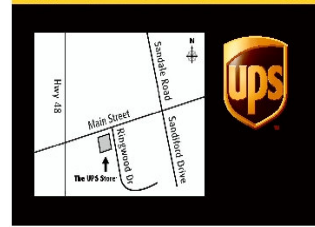
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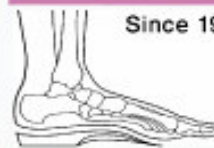
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# AS I SEE IT



I have seen a miracle again. It can happen after years of trying and anticipation, or by sheer accident. It occurs on every socioeconomic

level, in every country, city and town in the world. No matter how frequently it transpires, no matter how commonplace an event it is, we always stand back in awe and say, it is truly a miracle when a healthy child is born.

Throughout the history of the world, reproduction of life has been the driving force of evolution. Throughout time, the birthing process has remained for the most part, the same. Sure, technology has allowed us to see into the development of our unborn child. We can now look for

abnormalities in the developing baby and examine its cell and gene structures. We can often correct any abnormalities before the baby is even born. We can even be certain as to whether it is a girl or a boy. However, no matter how you look at it, the act of creating a new human being, is nothing short of a miracle.



Just very recently, we were blessed with a new grandchild. She is perfect in every way. We have added another branch to our family tree and this precious little one has energized us by her mere presence. What an amazing effect a new baby has on a family.

Welcome Eve Ruth, you have allowed us to see the miracle of life one more time, and celebrate in your arrival.

*Bonnie Kates*

## OPENING DINNER MEETING

Monday, September 12

15 Hove - 7 p.m.

You are required to RSVP to Albert Ohana  
(416) 494-2636 or salonpiaff@rogers.com  
if coming for dinner

# LODGE BBQ

Please join us for the social event of the summer when Forestdale Heights holds a kosher BBQ at the home of Evie Isenberg

Sunday August 7  
5:00 p.m.

42 Gatcombe Circle,  
Richmond Hill

To see location on map go to  
<http://bit.ly/lb9CxQ>

Please RSVP  
to (905) 770-3100



Cost: \$15/person

# THEATRE OUTING

Join FHL on Sunday, August 28 when it heads to Port Hope to see



**hairspray**

Cost \$28/ticket or \$25.50 for seniors. If you are interested in what promises to be a great outing, please contact Evie Isenberg at (905) 770-3100.



# GOOD & WELFARE

## Birthdays

Stewart Indig	June 1
Harvey Silver	June 6
Jeff Rosen	June 12
Irving Pupko	June 27
Allan Greenberg	July 6
Bonnie Kates	July 24
Lisa Rosen	July 30
Evie Isenberg	August 19
Stan Zeliger	August 19



## Anniversaries

Jacquie & Lloyd Lindsay	June 5
Carl & Debbie Zeliger	June 8
Michael & Bonnie Kates	June 10
Barry & Sandy Gordon	June 15
Ray & Rosalie Moscoe	June 21
Ivan & Elizabeth Bloom	June 27
Marc & Anna Pollock	June 29
Irving & Ruth Pupko	June 30
Stan & Carol Udell	June 30
Michael & Anna Pacter	July 2
Albert & Honey Ohana	August 15
Stan & Janet Zeliger	August 16
Gary & Lilane Budd	August 23
Steward & Cathy Indig	August 23
Allan & Linda Greenberg	August 27

Happy Birthday & Anniversary  
to all our Summer "Babies"  
& "Brides & Grooms"



- Mazel Tov to Bonnie & Michael Kates on the birth of their second grandchild, a girl to Marc Kates and Rachel Spitzer.
- Mazel Tov to Allan & Linda Greenberg on the birth of their first grandchild.
- Wishing a speedy recovery to Lloyd Lindsay, husband to member Jacquie Lindsay, who recently underwent hip surgery.
- Mazel Tov to Debbi Silver, wife of Harvey Silver, who was recently honoured by BBYO on her retirement.

# ROSH HASHANAH 5772



Kol Echad is currently planning our annual Rosh Hashanah Greetings issue.

We will be offering greeting ads in two sizes (shown below). Prices are \$10 for business card size ads and \$15 for the double size.

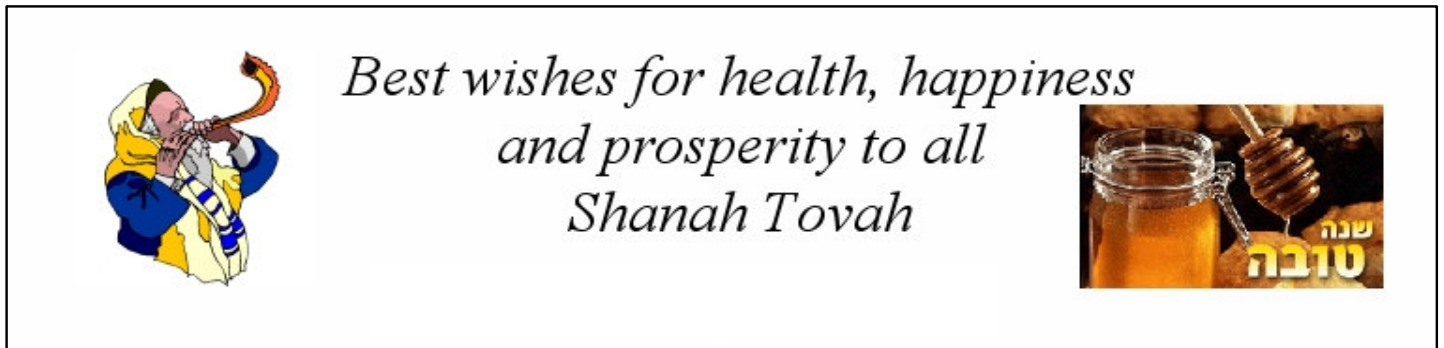
The greetings will appear in the September issue.

Orders and payments will be accepted by e-mail or snail mail during the summer or at our



September 12 meeting. **Final deadline is July 31.**

Once you have decided on your greeting, please send wording to Jeff Rosen at [jelijo@sympatico.ca](mailto:jelijo@sympatico.ca). Payment can be made at a lodge meeting or sent to 150 Harris Way, Thornhill, L3T 5A8.



# SANDY'S SCRIPT



Continuing my tradition of puzzlement of what to write for Kol Echad, I find myself visiting this tradition again!

Then I had an idea....I could write about something I learned during my visits to Shul over Pesach.

Our Rabbi announced that after Pesach and for the next six weeks until Shavuot, it is customary to read one of the six chapters of *Pirkei Avot* each week.

The Rabbi put forth a very interesting question about judging people. What can we do for people instead of judging... do we bring what someone is doing wrong, to

their attention? Do we just stay quiet and resist the urge to judge or do we speak to them? I have learned that it is not our place to do the judging. That, too much is at stake.

In the first chapter of *Pirkei Avot* it says, "Provide yourself with a teacher; acquire yourself a friend, and judge every person favorably." Easier said than done isn't it?



So then what do we do when we know someone is wrong in his or her thinking and/or actions? Our Rabbi explained that we should look at the person, try to understand what they are thinking/doing or going through and internalize it, in order to learn from it. Moreover, if we can't help that person, maybe in the future we will have that opportunity. But who then did we help?

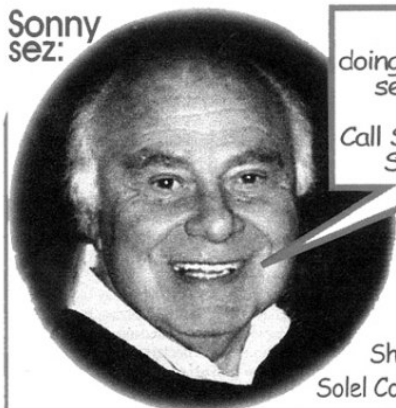
Hillel used to say, "If I am not for myself, who is for me? And if I am only for myself, what am I? And if not now when?"

Wishing everyone a happy, healthy and safe summer.

Until the next time.

*Sandy Gordon*

Sonny sez:



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# TORONTO MARATHON



For the fourth consecutive year, a group of Forestdale Heights Lodge members took up their duties operating the water/sport drink station as the Goodlife Toronto Marathon moved from the fall to the spring.

This year's crackerjack team included all of last year's participants, Allan Greenberg, Michael Kates, Ray Moscoe, Harvey Silver and myself.

The five of us rose early on Sunday, May 15, to head to our designated

location at the marathon's starting point on Beecroft Avenue, behind the North York Civic Centre.

After years of dealing with uncertain fall weather, we had hoped for conditions that were more favourable this time out. However, it was not meant to be as the day started overcast and damp with occasional light rain. Still, this failed to dampen our spirits as we went about our duties setting up the tables and preparing and filling cups for those taking part in one of three runs that day (There was a half marathon, a marathon and a relay). We even managed to find humour in the less than perfect weather.

Throughout the morning, we were repeatedly thanked for our efforts by those taking part in the marathons, as well as by organizers.

The pleasure was all ours though. The CVS program proved once again to be a huge success and the camaraderie in our group was fantastic.

This being our fourth year taking part in the Toronto Marathon, we had our routine down pat. Harvey once again hydrated our little "band of brothers," providing coffee and Michael made sure our Lodge banner did not get wet by wrapping it in plastic at the start of the program.

As the final race left the starting gate, we cleaned and packed up our site, knowing that while this was our first spring effort, it would definitely not be our last. Thanks to all who took part. You did Forestdale Heights proud!

*Jeff Rosen*

# TORONTO MARATHON



# HEALTH IN HARMONY

## Power Foods Create Better Brain Health



According to board-certified neurologist David Perlmutter, M.D., FACN, what you eat may be the best tools for improving your memory and sharpness along with preventing aging of the brain.

The bad news: regular use of over-the-counter or prescription medication may be putting your brain at risk. Antacids, non-aspirin pain relievers, and cholesterol-lowering medications and dozens of commonly used drugs can starve your brain of important nutrients that keep it functioning at an optimal level. So too can chronic stress be a deterrent to the brain.

The good news is that brain degeneration is not inevitable. You can stop it, reverse it and recover what you have lost. Your brain has wonderful powers of regeneration – just supply it with the necessary raw materials.

### So What Can You Do?

1) Get poisons off your plate; buy organic produce whenever possible. Organically grown produce retains significantly more vitamins and minerals than conventionally grown produce. Try to have three servings of fruit and at least five servings of vegetables daily. (A serving is a half cup). Soup counts.

2) Eat fish two or three times per week. Don't eat farm-raised fish unless it is certified organic. Fish supplies your brain with important omega 3 and 6 fats. Aim for fish such as sardines, herring, orange roughy, Alaskan sockeye salmon (canned or fresh), light tuna (not albacore), canned or fresh, in oil.

3) Keep low fat red meat meals to no more than twice a week. A serving is about the size of the palm of your hand. Poultry is low in saturated fat. Enjoy it. Use seeds, nuts, and nut butters (one serving is one ounce or one small handful. Unroasted and unsalted are best. Enjoy almonds, cashews hazelnuts, peanuts, pecans, and walnuts – great fats for the brain. The brain is 60% fat.

4) Keep processed foods with added chemicals, aspartame out of your diet; they'll make you feel sluggish. Do include whole grains, which are a terrific source of B vitamins – excellent for brain health. Breads made with sprouted grains are broken down by the body at a slower pace than bread made with flour (especially white flour). Eating whole grains (kasha, oatmeal, quinoa, couscous) or sprouted grain bread helps keep blood sugar stable – very important for brain health.

Start with these few steps and you'll soon have the memory of an elephant!

*Rosalie Moscoe*

# DELICIOUS, NUTRITIOUS DIPS

Use fresh vegetables (carrot sticks, celery, sliced peppers, cherry tomatoes), or blue corn chips instead of tortilla chips for a healthier choice.

## Guacamole Dip

One diced avocado  
One cup of thawed frozen green peas (optional)  
2 tablespoons lemon juice  
One garlic clove, minced, other spices  
Garnish with chopped tomatoes and onion  
*Blend in a blender or mash well.*

## Hummus or other Bean Dip

2 cans of drained chickpeas or black beans  
1/4 cup lemon juice  
1 or 2 garlic cloves  
A dash of cayenne pepper  
3 tablespoons of tahini (ground sesame seeds)  
*Process until smooth in a blender*

## Hummus & Avocado Dip

1/2 half avocado mashed until smooth.  
In an 8 oz. tub of plain hummus.  
1 tsp. of ground cumin (or other spice)  
Juice from 1/2 lime or lemon  
*Mix well*

## Salsa Dip

1/2 half cup of salsa  
1/2 cup of plain yogurt  
Spritz or two of fresh lemon  
*Combine all ingredients*

## Onion Soup Dip

1/4 to 1/2 package dry onion soup mix (low sodium)  
1 cup of plain yogurt  
*Mix well*



# AFTERNOON AT THE RACES



Woodbine racing has all of your entertainment needs covered including gaming slots and the ability to place a bet off track at another world-class racetrack. Woodbine offers gourmet dining ranging from the simple to the sublime. Come join us Sunday, September 11 for lunch and a fun packed front-row seat to the excitement of an afternoon at the trots. Price is **\$40** a person including parking, admission and a

programme. Feel the thrill of the win at Woodbine Racetrack. Dining room will open at 11:30 a.m.

RSVP to Bonnie Kates at [katesfamily@sympatico.ca](mailto:katesfamily@sympatico.ca)



## FUNDRAISING

Our fundraising project selling **Purse Hangers** is going great. If you are interested in taking part in this important fundraising programme, or need more of the product, please contact Ray Moscoe. He can be reached at [raym@tes.net](mailto:raym@tes.net) or phone (416) 816-0877.



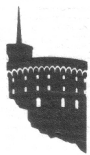
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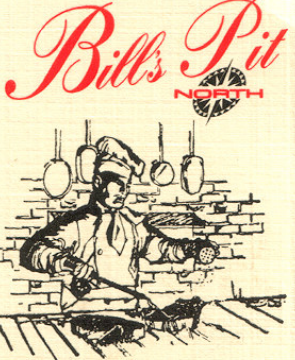
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# FHL CONSTITUTION

Forestdale Heights Lodge is in the process of updating its Constitution. The current Constitution, written when the Lodge was formed, has never been updated to reflect changes in the way the Lodge and B'nai Brith Canada operate. Most of the changes will be "cosmetic" in the sense that they will deal with committees that no longer exist; other changes reflect changes in B'nai Brith Canada procedures; a couple of changes will require discussion.

The procedure will be that a proposed new Constitution will be written, rather than dealing with each change individually. A committee composed of Carl Zelig, George Garten, Harvey Silver and Irv Pupko will put it together.

Members may send comments or suggestions to Irv Pupko at [i.pupko@rogers.com](mailto:i.pupko@rogers.com) and the Constitution will be discussed at a future Lodge meeting.



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