

Forestdale Heights Lodge, B'nai Brith Canada

KOL ECHAD

June 2017

Sivan/Tammuz 5777

Volume 15, No. 10



COVER ART

Congratulations members of Forestdale Heights Lodge, we've made it, 50 years strong. We have to remember the past, treasure the present, and look to the future, so that our Lodge will continue to go from strength to strength.

Kol Echad will return in
September 2017.

For all Lodge-related
information during the
summer, go to kolechad.ca.

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PRESIDENT'S PEN

Stewart Indig

Wow, our Lodge has been around for 50 years. That is a great achievement. I am very proud to be the President of Forestdale Heights Lodge. In its glory days, Forestdale Heights was a huge Lodge with over 200 members. Today we are just over 30 members. The truth is times have changed and, unfortunately, people have passed. We still do many of the same CVS programmes, just on a smaller scale. One of the Lodge's biggest moneymakers back then was its bingo and beer selling. Doing either today without a license would be illegal. The government wants its share.

So, where do we go from here? Personally, I would love to see us grow one member at a time. The Lodge has lots to offer. If you are looking to do CVS, there are many opportunities. If you are looking for a social thing, we have that too. If you are looking for a sense of belonging, we have that as well. These may very well be the reasons why Forestdale Heights Lodge has survived while many other lodges have not. Perhaps we survive because of Jeff and the Kol Echad. Whatever the reason, we are a strong close-knit group.

As the incoming President once again, I will strive to continue to help grow FHL and try to get you people more involved with the Lodge. I would certainly welcome and appreciate any suggestions for social activities, as well as programmes for this upcoming year. I think the speakers we had this year did a phenomenal job.

Cathy and I want to wish you all a great summer. We are looking forward to welcoming you to our annual Lodge BBQ on July 9. Please see the Kol Echad for details.

KOL ECHAD 17-18

What's next for Kol Echad 2017-2018? We want to know what you think. What would you like to see in **YOUR** Lodge bulletin. **YOUR** ideas....**YOUR** bulletin...**YOUR** Lodge. Send your thoughts to jelijo@sympatico.ca.

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

June 13	Bingo
July 9	Lodge Summer BBQ
September 11	Opening Dinner Meeting
October 16	Dinner Meeting
November 13	Dinner Meeting
December 11	Dinner Meeting
January 8	Dinner Meeting
February 12	Nominations/Dinner Meeting
March 12	Elections/Dinner Meeting
April 9	Dinner Meeting
May 14	Dinner Meeting
June 11	Dinner Meeting

Dinner at 6:30; Meeting at 7:15

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EDITOR'S DESK

Jeff Rosen



Where is the time going? It seems like just yesterday when we installed Stewart Indig as our new president. Now, Stewart is about to start his second term, undoubtedly, a bit wiser with a year under his belt. I'm sure the life lessons learned will help him in the year ahead.

As I was saying, life does appear to be moving faster. It was just three years ago, in June 2014, when Michael Kates asked me to join him, Harvey Silver and another of his long-time friends on their weekly lunch outings. Being newly unemployed, I accepted his invitation. The jokes came fast and frequent about how I would come to enjoy my new lifestyle too much. Of course, I protested, claiming that it was just a temporary situation.

Three years later, life is indeed different as I prepare to start my final year in my 50s. My work life has receded into the past. In its place, I have embraced my regular fitness regime, as well as my volunteer life in my shul and Forestdale Heights Lodge.

The lunches continue, although we are still coming to grips with the loss of one part of our quartet. Michael's absence is very much felt at our get-togethers.

Nevertheless, life does go on.

The same applies to our Lodge. Fifty years ago, a group of young men came together to create a new entity, to boldly go, where others had gone before, in a new way. As a result, Forestdale Heights Lodge was born. So much has changed since then. Members aged, raised families, and seen their share of simchas and tragedies. Some members have left us, while others have taken their place around the table. The Lodge has endured, gone forward from year to year, decade to decade.

We have much to celebrate after 50 years in existence.

Where do we go from here though? Being a realist, I know that we are unlikely to celebrate a centennial or even a diamond jubilee. Still, we endure and move forward.

Continued on next page



This past year, Stewart has done an amazing job rallying the troops to keep the Lodge on an even keel. However, he is just one person and cannot, and should not, be expected to shoulder the entire burden. We must all work together to keep the good ship moving forward. That is the reason I decided to rejoin the executive as financial secretary, a position I held many years ago.

We will also strive to keep Kol Echad on track as we prepare to enter our 16th year under this banner.

Now though, it's time to close our doors for the summer and say goodbye, adieu, farewell, au revoir, ciao, adios and even shalom. This way everyone involved: Stewart Indig, Debbi and Harvey Silver, Rosalie Moscoe, Michael and Aaron Pacter, Marc Kates, Lisa Rosen and I, can take a well-deserved break from writing, editing, producing, and dealing with monthly deadlines. All being well, we will all return this fall to inform and entertain you.

Until then, be well, and have a wonderful summer.

INSTALLATION 2017 UPDATE:

Special thanks to Marc Kates for his assistance in editing the installation programme. The special edition was printed by Michael and Aaron Pacter.

Contact: VITO





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MAY MEETING

Forestdale Heights Lodge's 2016-2017 season came to a successful close on May 8, as 23 people – including Lodge members, one prospective member and guests – came out for a delicious dinner, followed by an interesting speaker on a timely topic.

After everyone enjoyed a variety of deli meats, cole slaw and fries, our guest speaker, Mark Silver, was introduced by his sister, Lisa.

Mark Silver, the son of Lodge members Harvey and Debbi Silver, has been a central figure in the most ambitious digital sports media initiatives in Canada. He earned an MBA from the Schulich School of Business, where he currently sits on the school's faculty, and teaches Social Media for Marketing and Management.

Discussing the role of social media in society today, Silver discussed the growing use of various social media outlets. He explained the difference between just a few of these that exist, including Facebook, Instagram and LinkedIn. He pointed out that 31% of the world's population is active on social media. In Canada, he said 73% of the population is active.

His hour-long presentation was well received by everyone in attendance, including prospective member, Joshua Weiss. Also in attendance were Brenda Stevens and Allan Wilson from Don Mills Lodge and guests Barbara Corber, Lisa Silver, Myrna Titleman and Aaron Pupko, the son of Ruth Pupko.

After the social media presentation, FHL President Stewart Indig, held an abbreviated meeting, where he thanked all members present for helping make his first official year as president a success. He is looking forward to his second term and said he hopes to see everyone at the Lodge BBQ on July 9.

For more photos, go to kolechad.ca/may17.htm.

Jeff Rosen

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As well, we are offering a **special custom half page colour ad for \$40**, which can include a photo of yourself and your family. The greetings will appear in the September issue.

We will accept submissions during the summer via e-mail and snail mail. These can be sent to jeiljo@sympatico.ca or Jeff Rosen, 150 Harris Way, Thornhill, L3T 5A8. Payment can be submitted by cheque, cash or electronic transfer.

Final deadline for submissions is August 15. Members can also make payments either by cheque or at our September meeting.

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GOOD & WELFARE

Birthdays

Stewart Indig	June 1
Harvey Silver	June 6
Jeff Rosen	June 12
Mark Spergel	July 6
Ira Kuchinsky	July 28
Lisa Rosen	July 30
Marilyn Arkin	August 10
Stan Zeliger	August 19



Happy Birthday to all the summer "babies" in FHL

Anniversaries

Carl & Debbie Zeliger	June 8
Ira & Paula Kuchinsky	June 10
Barry & Sandy Gordon	June 15
Ray & Rosalie Moscoe	June 21
Ivan & Elizabeth Bloom	June 27
Marc & Anna Pollock	June 29
Michael & Carol Pacter	July 2
Albert & Honey Ohana	August 15
Stan & Janet Zeliger	August 16
Stewart & Cathy Indig	August 23



FHL wishes a speedy recovery to Eddie Arkin who recently had surgery.

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



INSTALLATION

Years back, one of our esteemed past presidents (Nate Salter) used to admonish those sitting in the president's chair that they would be required to hold the position until they got it "right." By these standards, Forestdale Heights Lodge may never have another installation because on Sunday, June 4, installation organizers and planners did indeed get everything not just "right," but absolutely

perfect.

While installation day 2017 started out like most days this spring with the weather cool, overcast, and rainy, by the time Lodge members arrived at the party room at 7 Townsgate Drive for the 50th Gala Installation, the skies had not only cleared, but the sun was shining down upon the Lodge.

Turnout was larger than usual, as 39 people, including members, spouses, past members and a number of special guests (all guests are special), came out as Stewart Indig was installed for his second term as Lodge leader.

This year's installation was definitely a high calibre affair in all aspects. Members trickled into the party room, catching up on each other's lives and pouring over the memorabilia table, which was created by Harvey Silver, a past president and chairman of the board of governors, and his daughter, Lisa.

After everyone enjoyed some delicious appetizers and great wine from Simcha Wine, past president Ray Moscoe kicked the festivities off, welcoming all to the celebration and dedicating the evening in memory of Lodge past presidents who are no longer with us. Ray also introduced special guests from B'nai Brith Canada, National Chair, Jay Harris, and office administrator, Elyse Gruenspan.

He then called upon Mark Spergel to lead the menorah lighting ceremonies. While many were called up for this honour, the most moving was the final candle, which was lit by Harvey Silver in memory of Stanley Penzner, Norman Aronson, Al Reider, Nate Salter, Irv Pupko, Michael Kates and Bonnie Kates.

Continued on next page



After the lights were lit, I gave the opening prayer and Harvey Silver made the hamotzi, cutting the challah. Unlike the buffet meal served in years past, this year, dedicated wait staff served a delicious dinner, which consisted of salad, a choice of chicken maribella or teriyaki salmon and side dishes. All food was obtained from Levy's Caterers.

After everyone was well fed, we sat back for the evening entertainment. Magician James Alan (www.jamesalan.ca) delighted everyone, often calling upon unsuspecting members to join him in his tricks.

The show eventually ended and it was back to the business at hand: installing Stewart Indig as the 36th president of Forestdale Heights Lodge. Past president Carl Zeliger was given the honour this year of installing the new executive and he dedicated this important duty to Nate Salter and Michael Kates, two past presidents and chairs of the board of governors who also served as installing officers.

Stewart's installation speech touched on important issues and ideas and he repeated his request to all present to help him grow the Lodge in the coming year. He also presented honours to Debbi Silver, who received the Norm Aronson Humanitarian Award, Mark Spergel, who was presented with the Albert Reider CVS Award, and Harvey Silver, who was given the Member of the Year Award.

With the official part of the evening coming to an end, I again took to the podium for the closing prayer before we all enjoyed coffee, tea, and dessert.

Before guests departed, they were given a special gift, a designer bowl from Verdici Design. All in all, the 50th Gala Installation was the best the Lodge has held in many years. Special thanks to the Installation Chairs, Albert Ohana and Harvey Silver, as well as their spouses Honey and Debbi, and Stewart Indig.

To view all the photos, go to <http://www.fh150.club/>.

**Report
and photos
by Jeff Rosen**



INSTALLATION



INSTALLATION



May 9, 2017

Dear Forestdale Heights Lodge,

Thank for your generous donation, in support of Imagine A Cure for Leukemia. Your generous support is greatly appreciated.

Imagine A Cure for Leukemia is a not-for-profit organization and our goal is to raise money to support leading edge research to find a cure for Leukemia.

We fund projects where medical breakthroughs have already been achieved, and where additional research is needed to turn them into better treatments for people.

Imagine A Cure for Leukemia was born in 2006 with the purpose of providing hope, strength and courage for people with Leukemia. Since our inception we have donated over 1.3 Million Dollars which has funded leading edge research.

Your support makes our fundraising dreams a reality.

Thank you for imagining a cure for Leukemia together with us.

In good health & happiness,

Nara Abrams

Founder & Director-Imagine A Cure for Leukemia



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May 4, 2017

Stewart Indig
President
Forestdale Heights Lodge, Brnri Brth Canada
C/o 27 Elise Terrace
North York, ON M2R 2W9

Dear Stewart,

Thank you for your generous gift to Yellow Brick House. With supporters such as you we are able to help women and children rebuild their lives after experiencing domestic violence.

Your \$100.00 donation will be put towards sheltering women and children, providing counseling and educating the community.

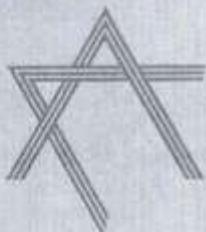
Yellow Brick House relies on public support to help the over 6,000 women and children in York Region every year. Women who have experienced trauma and have no place to go, the child who after witnessing violence has a place to express themselves in a positive way through art therapy, a daughter who can be educated about healthy relationships in a peer setting.

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Executive Director





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TALKING POINTS

Debbi Silver



Wow, where did the year go? It's June, Installation is over, grandkids are off to camp shortly, and thankfully, the weather is changing.

When reminiscing over this past year, Forestdale Heights had so many great programmes and participated in many events. We had some "highs" and some "lows." I guess for me and Harvey our low was losing Michael Kates. Michael was a great friend, a fabulous Forestdale Heights member, and a wonderful dad and granddad. RIP, Michael.

As a parent, we were very proud of our son, Mark, for his presentation at the May meeting. We had a great attendance and, thanks to Albert, a great meal. I hope next year brings many programmes that we can share with other Lodges.

Harvey and I have made a very difficult decision in our lives. We are hoping to put our house up for sale in the next month or so. After 45 years, we have so many memories in our home. We have started to purge and as the weeks go on, it is more trying on both of us. What to keep and what to throw, and that includes furniture, as well. We have told our children to come and take their belongings. Our daughter, Lisa, was here and she has had the most difficult time. The decision was whether to keep a rocking chair which belonged to my mom. Should it stay or should it go? We know the condos today won't hold even half the furniture we have now. We are looking forward to the change, but it will be hard.

This is it for now. I wish the 2017-18 executive good luck. I know that working together is the key to a great lodge. I look forward to participating in more programmes, (Stewart, maybe even the Marathon).

We wish you a healthy and happy summer. I hope that we will see all of you at the BBQ in July.



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/fh150.htm.

2001

FHL Presidents: Harvey Silver/Michael Kates

Prime Minister Jean Chretien/Ontario Premier Mike Harris

May 24 – The Versailles wedding hall disaster kills 23 in Jerusalem, Israel.

June 1 – A Hamas suicide bomber kills 21, mostly teenagers, in the Dolphinarium disco in Tel Aviv, Israel.

August 9 – Sbarro Restaurant in Jerusalem is attacked by a Palestinian militant, who kills 15 civilians and wounds 130.

September 3 –The United States, Canada and Israel withdraw from the UN Conference on Racism because they feel that the issue of Zionism is overemphasized.

September 11 – 2,977 victims are killed in the September 11 attacks at the World Trade Center, The Pentagon, and in rural Shanksville, Pennsylvania. United Airlines Flight 93 is hijacked and crashes into grassland in Shanksville, due to the passengers fighting to regain control of the airplane. Because of the terrorist attack, the World Trade Center towers collapse.

September 14 – Historic National Prayer Service held at Washington National Cathedral for victims of the September 11 attacks. A similar service is held in Canada on Parliament Hill, the largest vigil ever held in the nation’s capital.

September 20 – In an address to a joint session of Congress and the American people, U.S. President George W. Bush declares a “War on Terror.”

October 7 –The United States invades Afghanistan, with participation from other nations.

2002

FHL President: Michael Kates

Prime Minister Jean Chretien/Ontario Premiers Mike Harris & Ernie Eves

March 20 – Stephen Harper defeats Stockwell Day to become leader of the Canadian Alliance.

March 27 – A Palestinian suicide bomber kills 30 people and injures 140 others at a hotel in Netanya, Israel, triggering Operation Defensive Shield, a large-scale counter-terrorism operation in the West Bank, two days later.

Continued on next page



April 2 – Israeli forces besiege the Church of the Nativity in Bethlehem, when militants took shelter there. The siege would last for 38 days.

November 25 – U.S. President George W. Bush signs the Homeland Security Act into law, establishing the Department of Homeland Security.

2003

FHL Presidents: Michael Kates/Jeff Rosen

Prime Ministers Jean Chretien & Paul Martin

Ontario Premiers Ernie Eves & Dalton McGuinty

February 1 – At the conclusion of the STS-107 mission, the Space Shuttle Columbia disintegrates during reentry over Texas, killing all seven astronauts onboard.

March 26 – Ontario declares a public health emergency because of SARS.

April 9 – U.S. forces seize control of Baghdad, ending the regime of Saddam Hussein.

October 5 – Israeli warplanes strike alleged Islamic jihad bases inside Syrian territory, the first Israeli attack on the country since the 1973 Yom Kippur War.

October 23 – An El Al Jet is diverted twice, first to Montreal then to Hamilton, after a threat is made against Toronto Pearson International Airport.



May 19, 2017

Jeff Rosen
Foresdale Heights Lodge
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Please accept our sincere appreciation for the gift you have given us and note your official income tax receipt below.

Yours truly,


Anne Stubley
Executive Director

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HEALTH IN HARMONY

Rosalie Moscoe



You're too busy to be relaxed. Your mind races, processing what has to be accomplished next. Perhaps you find that you walk fast, talk fast, eat fast and drive fast. You finish other people's sentences for them because you think they are speaking too slowly. Your knee jiggles when you sit, or your fingers drum the

table.

Frazzled living invites its companion, anger. You become explosive and easily enraged. You slam kitchen cupboards, yell and scream at those people closest to you — kids, parents, partner. Your heart pounds: you have sweaty palms, tense stomach, aching neck or a racing mind. Those symptoms are signals of stress chemicals surging through your body and point to a 'type A' personality. 'Type A' is a term coined in the 50s by cardiologists Drs. Friedman and Roseman. Type A's are four times more likely to have heart attacks than the rest of the population. Be aware of the signals of the stress response. It's time to take control, relax, and slow down.

Three good relaxation techniques include deep breathing, stretching, and massage. Yoga, visualization and meditation can also calm, centre or clarify the mind.

Focus on Your Breathing.

Just notice your breath going in and out through your nose. Be aware how the air goes down into your lungs and out again. Do this for about a minute and notice the relaxation.

When we calm our cluttered minds, we slow down breathing and reduce tension. Stretching or deep breathing will bring increased oxygen to the bloodstream.

Ten Second Break

- Take a slow, deep belly breath. Count to four slowly as you inhale and exhale.
- Take a second deep belly breathe. Close your eyes as you start to inhale.
- As you exhale, imagine or feel warmth coming over your body at your head and flowing into your hands and feet. Visualize warm sunshine or a heat lamp over you. Your body starts to feel heavy.

- As heaviness and warmth are flowing in, think or repeat the phrase, "I Am Calm." Repeat a few times. Open your eyes.

Continued on next page

Count Your Breaths

- Take a deep breath into your nose to the count of four. You can close your eyes.
- Hold the breath to the count of four.
- Breathe out to the count of five.
- Repeat a few times.

If you come home from a day's work and feel exhausted, lie down and do a few 10 second breaks, or count your breaths. The state of relaxation can be deeper than sleep. You will be revived. With some quiet music playing, you double the relaxation experience.

If your body is in knots, there's no better way to release the tension than to get a professional massage. Many insurance plans offer coverage and the benefits are remarkable. Massage can assist healing by releasing lactic acid in the muscles. Try it; you'll like it!



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AS I SEE IT

Marc Kates

It seems as though Forestdale Heights Lodge was always part of my life. My parents enjoyed the camaraderie and the friendships that were created. The many Lodge functions served as not only their social events, but ours too. The kids of Lodge members became our friends. I remember Lodge Chanukah parties and CVS programmes, Toronto International Festival Caravan, and delivering holiday baskets. I remember the Israel Walkathon, The Horizon, Megillah readings, and Lodge barbecues.

My parents took great pride in being members of the Lodge. They took the motto of “people helping people” to heart. They looked forward to B’nai Brith conventions, social outings, and hanging out with “the gang.”

It was through the Lodge that was one way in which my parents instilled in me certain values. I learned the meaning of commitment when my father was installed as Lodge president the same year I became bar mitzvah. I learned what it means to stand up for one’s rights when my mother decided to become a member of the Lodge when the Lodge was made up of only men. I learned dedication to a cause when my father was installed as president for a second time, 13 years following his first term. I learned the value of change when my mother was installed as the first female president of Forestdale Heights. Most of all, I learned the value of people and how they should treat one another. People working together can accomplish anything, and following their deaths, no tribute could have been more meaningful than the parade of B’nai Brith brothers and sisters who came to share their respects at our parents’ shivas.

To the executive and members of Forestdale Heights Lodge, much mazel on the occasion of your 50th anniversary. May you continue to grow from strength to strength and stay true to the values that made my parents so proud to be counted amongst you.

Communications

Did you know there is a Jewish website where you can access up-to-date news?
Among the news feeds:

- Jerusalem Post
- CBC
- Reuters

As well, this site contains a link to weather updates and features from award-winning journalists.

If you guessed [kolechad.ca](http://www.kolechad.ca), then you are correct.

As well as the numerous columns and important Lodge information, your Lodge's own website is a virtual one-stop portal for your everyday needs.

The site also includes a PDF version of the current month's print bulletin and an extensive library of past issues, going back to 2010.

If you have not visited the site before, then it's definitely time to go to <http://www.kolechad.ca> and check out everything the site has to offer.

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