

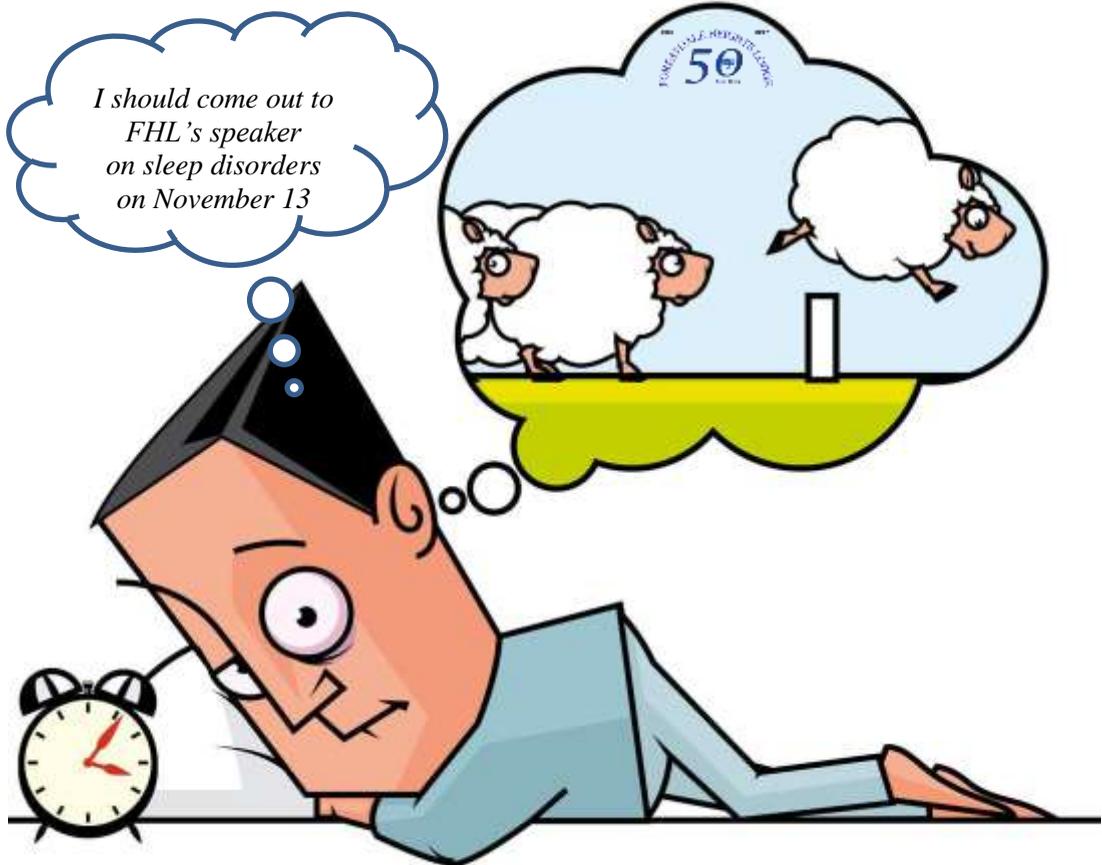
Forestdale Heights Lodge, B'nai Brith Canada

KOL ECHAD

November 2017

Cheshvan/Kislev 5778

Volume 16, No 3



COVER ART

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PRESIDENT'S PEN

Stewart Indig



Why is it that we, people always kvetch and complain about things in general? These “things” can range from the Lodge to Prime Minister Trudeau to President Trump! I think I may have found the answer. People, in general, like to complain. Not only do they like to complain, they have done nothing to change the situation. Everyone, of course, has an opinion. I am one of those people. I have an opinion. It is my opinion that our Lodge, a social Lodge and politics do not mix. We should not be armchair critics if we have done nothing to change the situation.

* * *

By now most of the leaves have fallen. The powers that be (the Farmer's Almanac), predict a snowier winter this year. I therefore urge those of you who are not going down south for the winter to look at putting snow tires on your vehicles this year. I am certain that one of our advertisers would love to assist you and save you money. Most insurance companies offer a discount on your automobile insurance if you have snow tires on the car. Another one of advertisers can help you with that!

As I sit here writing my article, it occurred to me that our advertisers assist us in producing the Kol Echad that you all enjoy reading. How many of us, when the opportunity presents itself assist them in their businesses? I am guessing not many. Some of our advertisers question why should they put ads in the Kol Echad when they get nothing in return? Well folks, they are right. Do not complain but you DO have the opportunity to change the situation. If we went to an online version only or a bi-monthly Kol Echad, I am convinced there would be kvetching and complaining. I am not saying that we are doing that. I am using it solely as an example. The only point in all of this is that we should frequent our advertisers. Better yet, why don't you get a company or organization to be an advertiser? I am pretty sure Jeff or Harvey would not have any complaints.

That, of course, is just my opinion.

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.

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Jeff Rosen

Advertising
Harvey Silver

Editing Staff
Marc Kates,
Lisa Rosen, Debbi Silver

Printing/Mailing
Aaron Pacter
Michael Pacter

AT A GLANCE

November 13	Speaker & Dinner Meeting
December 9	Lodge Chanukah Party (details TBA)
December 11	Dinner Meeting
January 8	Speaker & Dinner Meeting
February 12	Nominations & Dinner Meeting
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**

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BINGO

This year we will be running the bingo programme three Mondays a month, taking a week off when the Lodge holds its monthly meeting.



It will start at 7 p.m. at 485 Patricia Avenue (at the corner of Bathurst). If you would like to help out, please contact Richard Kotzen (416) 783-2737 or richkotzen@rogers.com.



EDITOR'S DESK

Jeff Rosen

*In life as in everything,
It's not the destination that counts,
But the journey.*

Paraphrasing Ralph Waldo Emerson, I penned those words in 2006, as my daughter, Jordana, was about to embark on a new adventure entering high school. I was again reminded of this important message in September, while reading Lisa Silver's submission to Kol Echad. It is a message that bears repeating, one that never goes out of date.

It is also one that recently hit home in a big way and involves a journey I have been on since leaving *The Canadian Jewish News* over three years ago. At the time, I was glad to have Kol Echad in my corner as an outlet to utilize my skills. This journey continued last year, when Lisa and I joined Pride of Israel Synagogue. I was thrilled to be able to expand my volunteer commitment as editor of their weekly Shabbat bulletin. They provided the material and gave me free reign to design the publication. I viewed it as a win-win for both the synagogue and myself. As well, it allowed me to stretch my creative muscles, as I began to design flyers for their children's Shabbat programme, which Jordana runs on a monthly basis.

I guess word got around and past successes caught up with me, but I was honestly surprised and honoured when I was contacted a while back and asked to join a local political campaign team. I met with the potential candidate, who has yet to secure the nomination for his riding and we talked. He knew of my communications skills and wanted me to join him in his own journey. I agreed at the time and jotted down a future date, when a "kitchen cabinet" meeting would be held. I went in with an open mind, did not say much, came home and talked it over with my wife, Lisa.

The end result was that I decided not to continue on this particular journey. However, it helped me in setting a course on this bold adventure in life. I now have a better idea of my future direction.

Continued on next page

I know that I love helping to advance the goals and causes of worthy organizations and institutions. While campaigns are necessary and important for our political system to succeed, I realize that this is not the path, nor the journey I wish to pursue. For those who are already on this path or plan to embark on this journey, I wish them well.

However, I have made my course correction. The journey is now continuing on a different path.

Of course, the final destination will always remain unknown.

Until next month, be well.



FUNDRAISING

IT'S BACK!

Forestdale Heights Lodge is once again selling the popular Entertainment books.

The price is \$35 for 1; \$65 for 2; \$90 for 3

Lodge members can purchase through FHL or log on to the Entertainment website and make purchases in Canadian funds. The site also allows for the purchase Entertainment

books for other cities.

To purchase Entertainment 2018, please bring your money to the November 13 meeting or contact Stewart Indig at stewart.indig@gmail.com.

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.

PROGRAMMING



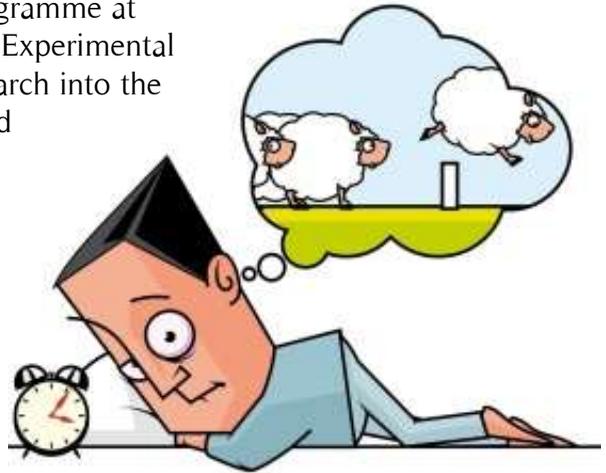
Please join us on **Monday, November 13**, when our guest speaker will be Aaron Arkin, the son of FHL members Eddie & Marilyn Arkin. Arkin, a Registered Psychotherapist, will speak on **Sleep Disorders**.

He began studying sleep in 1998, and has spent his entire career in various capacities in the sleep industry. He first became interested in sleep through the psychology programme at Trent University, and specialized in the relationship between Sleep, Learning, and Memory. After graduation, Arkin earned registry status as a polysomnographic technologist (RPSGT).

From there, he entered the Graduate Programme at the University of Southern Mississippi in Experimental Psychology, where he continued his research into the relationship between Sleep, Learning, and Memory.

Following graduate school, Arkin was hired by the company responsible for the SANDMAN sleep diagnostic product as its Canadian sleep specialist. This allowed him to travel across Canada and visit every sleep laboratory. After several years of helping to set up sleep laboratories across Canada, Arkin decided to develop a programme that helps patients with behavioural sleep issues – primarily, insomnia. The Evolution Sleep programme was born and has been helping people sleep better since 2013.

Arkin is a member of the College of Registered Psychotherapists of Ontario (CRPO), Society of Behavioural Sleep Medicine (SBSM) and the Ontario Association for Behaviour Analysis (ONTABA).



PROGRAMMING



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 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 and is still an active member today. He hosted the club's MS Office Special Interest Group for many years, currently hosts the Club's online monthly meetings, and organized a trip to the PC Museum in Brantford Ontario last September.

In 2012, Lindsay joined the Durham PC Users group and has made several presentations at its monthly meetings.

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, Lloyd joined Upper Canada lodge.



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TALKING POINTS

Debbi Silver

I'm not too sure where the time goes, but here we are in October, wow! The month of August is a blur and the beginning September was not much better.

I believe I mentioned to you in my last article that Harvey and I were heading to Montreal in August. Well, we did. What was supposed to be a three-night stay ended up being two, as Harvey tripped on the sidewalk on our way to our favourite Montreal breakfast spot, St. Viateur Bakery on Monkland Avenue. Harvey was quite beaten up: head, left side of stomach and knee. We headed back to Toronto and went straight to North York General for x-rays. As most of you know, Harvey had a hairline fracture on his lower left thumb. It took six weeks to heal.

During this time, my cousin, Brenda, was diagnosed with a brain tumor and was admitted to palliative care. I spent many days with her partner and children. Unfortunately, Brenda passed away at the beginning of September. We went back to Montreal for her funeral.

It's now October. Harvey and I had an amazing Rosh Hashanah with my brother and sister-in-law who visited Toronto from Cincinnati. It was wonderful to daven with them (haven't done that since we were teens in Montreal) at Beit Rayim. Our daughter, Lisa, had friends visiting from Oklahoma and they shared in our festivities.

With both Rosh Hashanah and Yom Kippur behind us, we look forward to Sukkot and Simchat Torah. We are invited to my cousin Arlene's to build a sukkah.

Our September meeting was made up of programme planning and discussing how we can get friends and/or family interested in joining Forestdale Heights. I am looking forward to hearing Eddie and Marilyn Arkin's son speak at our October meeting. Ruth Pupko is planning a social programme for December.

I look forward to seeing more members and friends out at our November meeting.

See you soon,

P.S. Thank you to my daughter, Lisa, for taking over for me in September.



GOOD & WELFARE

Birthday

Rhona Levistan
Debbi Silver
Stan Horowitz

November 6
November 17
November 20



FHL extends condolences to the family of Forestdale Heights past president Frank Shapiro, who passed away on Friday, October 6. Funeral was on October 8 in Kingston, Ontario.

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

KOSHER FOOD BANK



Forestdale Heights is a supporter of the Pride of Israel Kosher Food Bank. Members are requested to bring an item of non-perishable kosher food to each Lodge meeting. The food items should bear a kosher certification. Donations collected at each meeting will be delivered the following day.

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 board of governors.

FORESTDALE FOOD SENSATIONS

5-Ingredient Easy Chili

Ingredients:

- 1 lb. ground beef or turkey*
- 1 small white onion, diced
- 3 (15 oz.) cans diced tomatoes with green chiles
- 2 (15 oz.) cans beans, drained (black beans, kidney beans, a combo, or whatever you like)
- 2 Tbsp. chili powder

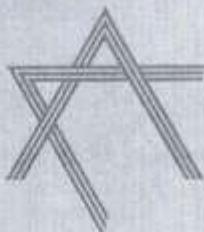
Directions:

1. In a large stockpot, cook ground beef or turkey over medium-high heat until browned, stirring frequently. Using a slotted spoon, transfer the cooked beef or turkey to a separate plate and set aside. Reserve 1 tablespoon of grease in the stockpot, and discard the rest.
2. Add the onion to the stockpot and saute for 4-5 minutes, or until soft.
3. Add remaining ingredients and the cooked beef or turkey to the stockpot, and stir to combine. Bring to a boil, then reduce heat to medium-low, cover, and simmer for 10 minutes.
4. Serve immediately, garnished with optional toppings if desired. Or, store in a sealed container for up to 3 days.

*If using ground turkey, you may need to heat a tablespoon of olive oil beforehand to help cook and brown the turkey, and then add an additional tablespoon of oil to cook the onion.



<https://www.gimmesomeoven.com/5-ingredient-easy-chili-recipe/>



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HEALTH IN HARMONY

Rosalie Moscoe



A trip away to Montreal was just what we all needed! Ray, my daughter Rhonda, and granddaughter Aliyah, like true urban dwellers, took the Red Rocket to Union Station. Ray grumbled about the amount of bags, (not my fault, honest!) and besides, he decided to schlep four bottles of water! All was rosy once the train pulled out of Union Station, when we truly felt we were on vacation. Soon, I unpacked our picnic lunch of turkey sandwiches with veggies and goodies. We read, joked, played Boggle and the time flew by. Before we knew it, we had arrived in Montreal. Soon after, we were whisked away to our Airbnb – a large, modern townhouse in the heart of the very French neighbourhood, La Purdue. With a Starbucks on the corner, we were all set. We marvelled at the winding staircases on a majority of the homes and wondered how older folk managed climbing up and down each day.

After scouting out the neighbourhood, we walked to a pretty Greek restaurant complete with a large outdoor patio draped with yellow and white striped awnings. Everything was fantastic; the weather was perfect, the dinner was delicious and the price was reasonable. We even managed to communicate with our waiter in broken French/English.

I was excited to visit my 100-year-old cousin, a famous Montreal artist. It was a joyful meeting and she served lox, cream cheese and what else – Montreal bagels. After a difficult goodbye, we headed to Old Montreal and boarded a horse and buggy ride. We learned from our jovial guide that Montreal was 375 years old! The horse, a huge beige Belgium beauty who answered to the name C.C., cavorted with my granddaughter, and I fed him a carrot. The carriage was a pristine white and decorated with flowers. It helped us feel like royalty while we listened to the clippity-clop of C.C.'s hooves on old cobbled streets.

We also visited with another male cousin and took in a Japanese tea ceremony. Riding the Metro (subway), we visited the BioDome and marvelled at the lush indoor zoo. We especially loved the penguins, but wondered why all the animals had been taken from the wild. Our piece de resistance, on our last evening was a sumptuous French tapas meal. We arrived home in Toronto with lighter bags, fuller stomachs and happy hearts.

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.

2008

FHL Presidents: Bonnie Kates/Irv Pupko

Prime Minister Stephen Harper/Ontario Premier Dalton McGuinty

January 21 – Stock markets around the world plunge amid growing fears of a U.S. recession, fueled by the 2007 subprime mortgage crisis.

February 4 – Iran opens its first space center and launches a rocket into space.

June 11 – Canadian Prime Minister Stephen Harper formally apologizes, on behalf of the Canadian government, to the country's First Nations for the Canadian Indian residential school system.

October 14 – Prime Minister Stephen Harper retains control of government with a minority following a general election.

October 21 – The Large Hadron Collider (LHC) is officially inaugurated. It is a collaboration of over 10,000 scientists and engineers from over 100 countries as well as hundreds of universities and laboratories.

November 4 – Democratic U.S. Senator Barack Obama is elected the 44th President of the United States, becoming the first African-American President.

December 5 – Human remains found in 1991 are identified as Tsar Nicholas II of Russia, using DNA analysis.

December 27 – Israel invades the Gaza Strip in response to rockets being fired into Israeli territory by Hamas and due to weapons being smuggled into the area.

2009

FHL President Irv Pupko

Prime Minister Stephen Harper/Ontario Premier Dalton McGuinty

January 21 – Israel withdraws from the Gaza Strip, officially ending a three-week war it had with Hamas. However, intermittent air strikes by both sides continue in the weeks to follow.



April 5 – North Korea launches a rocket from its Tonghae Satellite Launching Ground, which it says is carrying the Kwangmyŏngsŏng-2 satellite, prompting an emergency meeting of the United Nations Security Council.

May 25 – North Korea announces that it has conducted a second successful nuclear test in North Hamgyong Province.

June 11 – The outbreak of the H1N1 influenza strain, commonly referred to as "swine flu", is deemed a global pandemic.

June 13 – Mass protests erupt across Iran following a disputed presidential election, in which Mahmoud Ahmadinejad was re-elected president.

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AS I SEE IT

Marc Kates

As Jews, we always question. We even have a holiday that begins with the recitation of four questions. Why should the pages of Kol Echad be any different? When scanning the pages of Kol Echad, it is interesting to note that each columnist is basically asking his/her own series of questions: How do we increase our membership? What legacy do we leave our children? How should we tax and spend? When is it the right time to make a change? What lies ahead on our own personal journeys? How do we remove stress from our lives? How do we acknowledge our blessings?

The problem with questions is that we sometimes don't really want to know the answers. It's like being sure which rabbi you are asking the questions to in the first place, because you want a specific answer. Often times the solutions to our questions are easy, and other times the solutions require more inquiry and investigation.



Jane Goodall said, "What makes us human, I think, is an ability to ask questions, a consequence of our sophisticated spoken language." Being human means asking questions, as we try to try to figure out the meaning of it all. The ultimate goal of everyone is to leave this planet in a better way in which we found it, and hopefully make a positive contribution to our society.

Some of the answers to our questions may be apparent and straightforward, and some questions may never be answered, but we need to nonetheless continue to question. G-d gave us the ability to question and the freedom to choose. The human experience means always asking "why?" and seeking out the answers to our questions. Even though some of our questions may be elusive, good luck on the journey!



“They Did Not Ask”

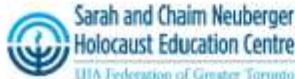
When survivors arrived in Canada, many yearned to speak so that the memory of those lost would not be forgotten. Few Canadians wanted to hear their stories. After the first decades of silence, Holocaust denial trials and the uncovering of Nazi war criminals living in Canada compelled survivors to speak.

This talk by **Dr. Paula J. Draper**, a Holocaust historian specializing in memory history and formerly a lead International Trainer for the USC Shoah Foundation, examines how Canadian survivors found their voice.

Speaker: Dr. Paula J. Draper
Sponsored by: The Pride of Israel Synagogue
Wednesday, November 8th @ 7:00 p.m.
59 Lissom Crescent
(one light south of Steeles, east of Bathurst)

Please call to register at 416-226-0111 x 10, as refreshments will be served.

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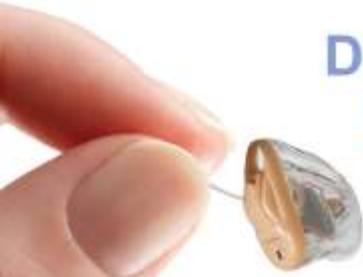
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