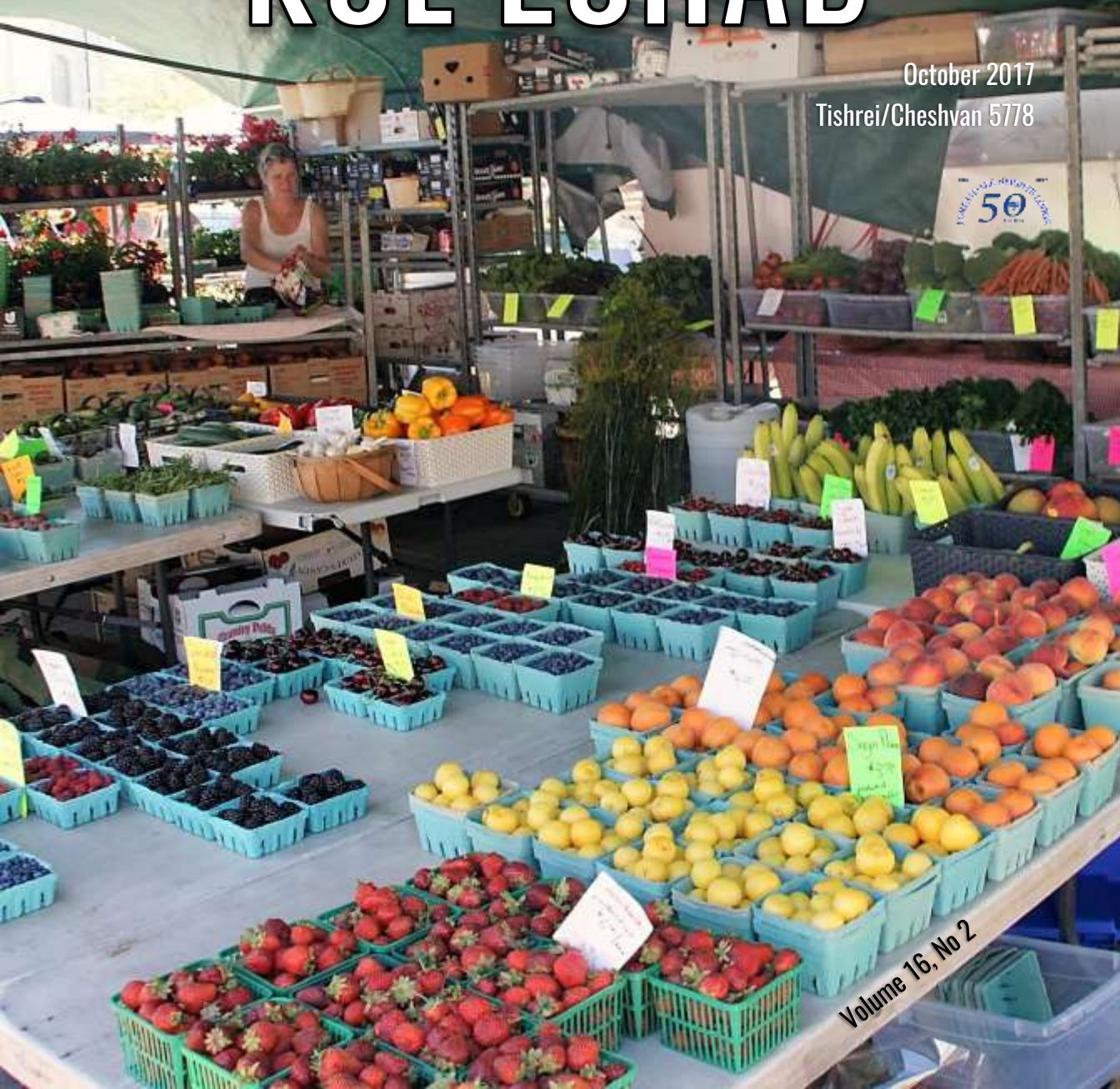


Forestdale Heights Lodge, B'nai Brith Canada

KOLECHAD

October 2017
Tishrei/Cheshvan 5778



Volume 16, No 2

COVER ART

Sukkot, which begins the evening of October 4, is a harvest festival. While Ontario's many fruit markets have since closed for the season, there is still plenty of great produce to be found. (Jeff Rosen photo)

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PRESIDENT'S PEN

Stewart Indig



Rosh Hashanah and Yom Kippur have just past. It is now a new year. Cathy and I hope that your new year was both pleasant and meaningful. I know that we are thankful that in July we were blessed with another granddaughter, Jenna Grace.

Now this is a funny story. Our other two granddaughters, Gaby and Maya were named after Cathy's parents, Morris and Grace. Thankfully, our daughter-in-law still has all of her grandparents.

We knew that they wanted to name their soon arriving daughter using the letter "J" after my dad, Jack. They liked Jade but not as a first name. Cathy was convinced that the middle name was going to be the "J" name. When Jenna was born, Cathy asked what the baby's name was going to be. My son said Jenna Grace. Cathy was ecstatic that they used "J" as the first name. She said, "Oh that is lovely! But who is the Grace named after?" They both said together, "Helloooooo, your mother."

Families grow. I would love to see our Lodge family grow as well. We are a good family. We do a lot in the community and yes, we can do more. It takes manpower. It is a new year, so, let's have a fresh start. We have great members who can nourish new members if given the chance. I, for one, would like to see this happen. I think our long-standing members deserve it. Who better to teach new members? I feel like a rabbi giving a sermon on Shabbat or Rosh Hashanah. I always repeat the same message. Like a shul that needs new members, we do too.

As we begin 5778, why not try something new. Get involved with the Lodge and help it grow.



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

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Lisa Rosen, Debbi Silver

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Aaron Pacter
Michael Pacter

AT A GLANCE

October 16	Dinner Meeting
November 13	Speaker & 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 6	Toronto Goodlife Marathon
May 14	Dinner Meeting
June 11	Dinner Meeting

Dinner at 6:30; Meeting at 7:15
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Kol Echad Poll

Would you rather receive the bulletin in the mail or download it from the website.

Send responses to jelijo@sympatico.ca



EDITOR'S DESK

Jeff Rosen

I've often found it interesting when a politician or political wannabe gets up on their soapbox and criticizes an opponent for espousing a "tax and spend" mentality.

I may have missed something, but isn't that the purpose of taxes, to spend for the greater good of society? Of course, too often the best laid plans of mice and governments often go astray; money is misspent and the cost of projects spin out of control. However, instead of giving our leaders the benefit of the doubt, too often our first instinct is to label our elected representatives as incompetent or corrupt.

Politicians are not gods, but people like you and me who feel the calling to serve the public. I don't believe they go into it for the money, because there are far easier ways to amass a fortune. I remember back in 1983, when I was a reporter on a weekly newspaper in Saskatchewan. The former leader of the federal Conservative Party (and it was Progressive back then) was coming to town and my editor asked me to set up an interview. Now, I had already heard and read a lot about Joe Clark. However, I came away from the meeting greatly impressed by this young, intelligent politician. He had made a horrible mistake, which caused his government to fall, but he was far from the dufus many had made him out to be. Of course, years later he was given a chance to demonstrate his political smarts as Canada's foreign affairs minister in Brian Mulroney's cabinet.

Back in the present, alarm clocks are being set in Queen's Park and Toronto City Hall (as well as in municipal halls around the province). For those who do not follow politics on an ongoing basis, I am referring to Election 2018. (Or should that be Elections?) Next June 7, the Ontario public will head to the polls to choose our next provincial representatives. A few months later, on October 22, we repeat the process for our towns and cities.

Continued on next page

Despite what many people believe, Ontario and Toronto have been fairly well served by Kathleen Wynne and John Tory. These two individuals are flawed and have made mistakes over the years. However, I feel they have governed for the betterment of the society. They realize that if you want to improve life for everyone, you must spend and invest your tax revenues in people, services and infrastructure. It's been said before, but is worth repeating: there is no free lunch.

It costs money to operate government. Anyone who tells you otherwise or is unwilling to discuss what they plan on doing with tax revenue is not worth the trust of the voters.

That's how I see it.

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.

Go to <https://fundraising.entertainment.com/> to log in and make a purchase. Click on seller - join a fundraiser and then click on Forestdale Heights. Every online purchase benefits Forestdale Heights Lodge. Please note that multiple book discounts do not apply when ordered on-line.

For more information, contact Stewart Indig at stewart.indig@gmail.com.





GOOD & WELFARE

Birthday

Rosalie Moscoe	October 4
Carl Zeliger	October 12
Sandy Gordon	October 15
Eddie Arkin	October 22
Ivan Bloom	October 30



Anniversary

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

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.

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Bingo returns in October. 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).

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TALKING POINTS

Debbi Silver

Will return next month. In the meantime, Debbi's daughter, **LISA SILVER**, has stepped up to the plate, writing about her own life.

* * *

For the past 27 years, my professional life has been connected with the travel industry. For at least the past 15, I have wanted to do something different, but the time just never seemed right.

Even three years ago when I went to work for a tour operator, it just wasn't the right time. That company closed and I was back to where I started. After months of unsuccessful job searching, I was faced with a choice: Go back and do what I know or keep searching. I did, of course go back to selling travel and became the branch manager for two years.

During this two-year period, I was still searching for the right path to continue my journey. There were some amazing (or what I thought) opportunities that came along. I sent out hundreds of resumes and cover letters. There were phone screenings and, in the past year, several interviews, but no offers. Why wasn't I getting any offers? The more this happened, the more frustrated I became.

A few of my close friends told me to take a break. So, I listened. One day I received an e-mail posting from the on-line job search company, Indeed. I was going to delete the posting, but something caught my eye, something that inevitably changed the course of my journey.

Everything was different about this experience. I made contact and got an interview. Driving to the interview, I just had this feeling. Listening to the radio, the song "Unwritten," by Natasha Beddingfield came on. If you are familiar with the song, some of the lyrics are:

*Drench yourself in words unspoken. Live your life with arms wide open,
Today is where your book begins. The rest is still unwritten.*

So there it is. The next part of my life's journey begins on September 25 at **We.org** as their travel manager. The organization is a movement for making the world a better place.

Continued on next page

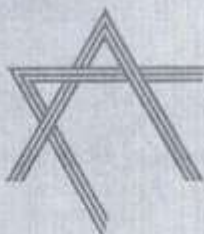
Every single person I have shared this with has all had the same reaction - this was the job you have been waiting for. One friend said, “you know that this is the reason why you didn’t get all the jobs before this one?”

I am closing one chapter in my life and may eventually write a book on the part just concluded. But for now, I will look ahead to this new chapter, which began just after Rosh Hashanah. It seems very fitting; new year, new job. A new path on my journey of life.

CVS

	
Items in Need & Accepted	
<u>Toiletries</u>	<u>Housewares & Linens</u>
toothpaste	towels
toothbrushes	blankets/comforters
disposable razors	twin/double size sheets
shaving cream	pillows
shampoo	dishes (plates, bowls, coffee mugs)
deoderant	cutlery
tampons/pads	<u>Infant Items</u>
<u>Footwear</u>	baby formula (+ iron & without iron)
Winter boots	baby wipes
Running Shoes	baby bottles
men's work boots (steel toe)	diapers - size 3, 4, 5 & 6 & pull-ups
<u>Clothing</u>	
socks	<u>Gift Cards</u>
underwear-boxers/briefs	Grocery Stores-Superstore
clothing	Wal-Mart / Sears
men's belts	Mark's Work Wearhouse
spring/fall jackets	Gas Stations
infant clothing/blankets	Movies (Famous Players)
men's winter gloves & hats	Tim Horton's, McDonalds, Pizza etc.
winter coats	YRT/Viva bus tickets
<u>Miscellaneous Items</u>	<u>Non-Perishable Food</u>
nap sacks, sport/duffle bags	
NEW items only please	All items for men, women & children unless otherwise specified

Blue Door Shelters provides safe, supportive emergency shelter and service for people who are homeless or at risk. Forestdale Heights Lodge remains committed to assist this organization. We are asking members to bring toiletries when they come to monthly meetings. Blue Door Shelters is also looking for the items listed here.



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HEALTH IN HARMONY

Rosalie Moscoe

What now? Another computer crash! Technology stress has scored again! Your critical files are nowhere to be found. Is throwing a fit a way to treat anxiety? Probably not.

As a society, we are dependent on computer technology, which includes mobile phones. Moreover, when we need these devices most, they often decide to sabotage us. Computer crashes cause anger and stress; cholesterol levels rise! We can get shaky, feel tense or sick to our stomach.



Many people react emotionally to machines that truly have no sense of concern or let alone remorse for what they've done by stopping cold.

To protect blood pressure from soaring, consider the following:

Five Rescue Remedies for Technology Stress

1) Take a few deep breaths and think to yourself, "Tomorrow the sun will rise again." "I can and will take steps to control the situation." "This too will pass." These positive thinking techniques can be a boon not only to your mental health, but also to your physical well-being.

2) Positive actions: if you cannot fix the problem, call or access a technician on-line who can, or take your computer to the nearest Microsoft or Apple store or to Best Buy for their Geek Squad services.

3) Remember that negative attitudes (screaming at technicians) will only alienate those who can help you.

4) To reduce tension, deep breathe. Let your hands go limp then shake them; do shoulder rolls to help you relax. Can't use your e-mail? Make some phone calls from a landline instead!

5) Reverse technology stress by making sure you have excellent backup systems. You can purchase an inexpensive back-up drive online, such as Seagate or My Passport, which can be golden for one's sanity. (I actually have two drives plugged in, in the event one dies.) Alternatively, get your computers hooked up to "The Cloud," so all your information is stored there! It's good to be prepared just in case computer crashes or freezes happen again.

Mostly importantly, don't forget to breathe....

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.

2006

FHL President Bonnie Kates

Prime Ministers: Paul Martin/Stephen Harper

Ontario Premier Dalton McGuinty

January 4 – Prime Minister Ariel Sharon suffers a severe hemorrhagic stroke and falls into a coma. As a result, Sharon’s deputy Ehud Olmert begins exercising the powers of the office of Prime Minister.

January 19 – NASA launches the first space mission to Pluto as a rocket hurls the New Horizons spacecraft on a nine-year journey.

February 6 – Stephen Harper is sworn in as the 22nd Prime Minister of Canada.

March 16 – The United Nations General Assembly votes overwhelmingly to establish the United Nations Human Rights Council.

April 11 – President Mahmoud Ahmadinejad confirms that Iran has successfully produced a few grams of low-grade enriched uranium.

June 28 – Israel launches an offensive in the Gaza Strip. This comes in response to rocket fire by Hamas into Israeli territory.

July 12 – Israeli troops invade Lebanon in response to Hezbollah kidnapping two Israeli soldiers and killing three others. Hezbollah declares open war against Israel two days later.

October 9 – North Korea claims to have conducted its first-ever nuclear test.

November 5 – Former President of Iraq Saddam Hussein is sentenced to death by hanging by the Iraqi Special Tribunal.

Continued on next page



2007

FHL President Bonnie Kates

Prime Minister Stephen Harper; Ontario Premier Dalton McGuinty

February 2 – The IPCC publishes its fourth assessment report, having concluded that global climate change is “very likely” to have a predominantly human cause.

June 13 – In the 2007 Presidential Election, the Knesset elects Shimon Peres as the ninth president of the State of Israel, by a second-round vote of 86-23.

September 6 – Israeli Air Force airplanes attack a suspected nuclear reactor in Syria in an airstrike.



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).



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AS I SEE IT

Marc Kates



The universe has a way of constantly sending us messages, and it behooves us listen closely every once in a while. The summer began spending Canada Day on Parliament Hill and revelling in the True North, strong and free. This appealed to the fifth generation Canadian in me, however, the Jewish side of me cerebrally knows that Canada is a wonderful country, but it was not until a Shabbat morning in Porto, Portugal, that I began to understand, perhaps in a new way, the significance of being a Canadian Jew.

In honour of my in-laws' 50th wedding anniversary, the family took a trip to Portugal to discover a new land where none of us had been before. The Portuguese, it seems, always harken back to the "Age of Discovery" when Portuguese explorers sailed around the world bringing European technologies and religion to others, and yet seeking fortune and a new route to the Far East. Portugal had – almost overnight – transformed itself from one of the poorest places in Europe to the wealthiest country on the planet. This drive to discover is featured prominently in the armillary sphere, a celestial navigational tool that appears on the Portuguese flag. For us Jews, 1497 is one of the most significant years for us, as it marks the year in which the Jews were expelled from Portugal. Unlike many other European countries that expelled Jews, Portugal never officially welcomed them back.

Before we even arrived in Porto, we had contacted the shul for information about services. We had to submit passport photos and information about us in advance of our arrival. How strange, I thought, when passports are certainly not required to enter any synagogue in Canada. The Kadoorie Synagogue is indeed an impressive building, the largest synagogue on the Iberian Peninsula. However, it was terribly sad. Services are held in the small chapel in the basement, and even when it was built, it was never filled to capacity. Following services, we waited in the main lobby where a small kiddish was set up. We stood around waiting for someone to notice us and welcome us into the shul. This did not happen. We had to make the first contact, and realized quite quickly the reason why – there were very few locals. Most were tourists like us!

Continued on next page

Even the president of the shul does not live in Porto, yet alone, Portugal; he lives in London. When a member of the community passes away, a professional *Chevrei Kadisha* is flown in from the UK to perform the funeral. How sad it was to see the remnants of a Jewish community.

This Rosh Hashanah and High Holy Days season I am thankful, yet again, to The Almighty, for being born in THIS country. While it's not perfect, we are certainly blessed. In this year, 5778, may we find, and acknowledge, the blessings that we have in our lives.

FORESTDALE FOOD SENSATIONS

This is a family favourite that we found on the Internet a while back. It's easy to prepare, moist and flavourful. - Jeff

ONION SOUP MEATLOAF

Ingredients

2 eggs, beaten
1/3 cup ketchup
3/4 cup water
1 packet dry onion soup mix
1 1/2 cups bread crumbs
2 lbs. lean ground beef



Preparation

Combine eggs, ketchup, water, and soup mix and mix well.
Add bread crumbs and beef and mix well.
Shape into loaf and place in a shallow pan or loaf pan.
Bake at 350 for about 75 minutes.

If you have a family favourite that you would love to share with the Lodge, please send it in and we will try to publish it at the first available opportunity.

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