

Forestdale Heights Lodge, B'nai Brith Canada

KOL ECHAD

September 2016

Av/Elul 5776

Volume 15, No. 1

Remington Noiseless



COVER ART

Kol Echad is back for another season, this time with volume 15. We have most of your favourite columnists, plus important information from the Lodge, great jokes and other useful information. This month's cover photo was taken at Frontenac County Schools Museum, near Kingston.



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PRESIDENT'S PEN

Stewart Indig

It is almost the end of July, summer half over, and once again, there is an e-mail from Jeff reminding us that our columns are soon due for the September issue. Man, there is a lot of prep work that goes into everything to do with the Lodge. So why do we do it? It is certainly not for the pay! We do it for the benefit and betterment of the Lodge. I know that I do it because I want the Lodge to succeed. I want to see it grow and prosper. I know that even if I try, I cannot do it by myself. We definitely need to grow, not only in membership, but also in participation. Therefore, I am issuing a challenge to our members. I need each member to attract one – just one – new member. Is that a difficult task? I sure hope not.



The Lodge has much to offer. It can only get better. As I am writing this, I can see by the calendar that the Lodge BBQ is coming up. It is always a fun event, something enjoyed by all. I hope to have some interesting guest speakers this season. Last year's movie day programme was enjoyed by all who attended. I am hoping to repeat it again this year. Avery and Ray have agreed to look after social events. I am sure that whatever they come up with will be fun events. Jeff and our Kol Echad will keep us informed and up-to-date. Harvey has his fingers everywhere and in everything. He is involved with Kol Echad, fundraising, the marathon, and the holiday gift bags to the Emergency Personnel. He is also my advisor. Sorry, if I missed anything Harvey. Albert sets up the best Lodge dinners.

So, why not bring a friend or a guest, and let them see what a friendly group we are, let them learn about the CSV programmes, let them taste our great dinners. I'm sure they will discover that Forestdale Heights Lodge is for them.

Now that I wrote the column, I can get back to planning the menu for the BBQ. By the time you read this, the BBQ will have come and gone and Jeff will have probably sent out the pictures and reported on the event. Now it is time to prepare for our September meeting.

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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AT A GLANCE

September 12	Opening Dinner Meeting
October 16	Breakfast Meeting
November 14	Dinner Meeting
December 12	Dinner Meeting
January 9	Dinner Meeting
February 13	Nominations/Dinner Meeting
March 11	Purim Programme
March 13	Elections/Dinner Meeting
April 3	Dinner Meeting
May 8	Dinner Meeting
June 4	Gala 50 th Anniversary Installation

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Watch our October
issue for our annual
High Holidays
Greetings

EDITOR'S DESK

Jeff Rosen



What was I talking about when we left off? Oh yes, the funny papers! That's what happens when you shut off the lights and close up shop for two months. You forget where you left things.

As much as I love creating this publication 10 months a year, it's always wonderful to step away from the computer (at least on this project) and simply enjoy life. The pause in the work schedule allows me to read some good books, BBQ, travel, see a few good movies and plays and to enjoy the great outdoors.

Unfortunately, this summer, I noticed a disturbance in the great Force that binds everything together. It has been coming from our neighbours to the south who are caught up in a political drama, which promises to continue at least until November. Despite what should be an easy victory for one party, could result in that nation turning towards the "Dark Side."

Now, I'm sure that some are saying that what the Americans really need is a business leader, someone with proven track record of creating jobs. Unfortunately, that esteemed record also includes a number of bankruptcies. So much for the business skills.

As a role model, neither candidate is a shining beacon of light. One stood by their spouse while he cheated and has been less than honest in other areas, while the other committed adultery on numerous occasions and insults people whenever he gets the chance.

Perhaps when deciding on one candidate over another (not that they would listen to me) Americans should look to the past for guidance.

"(The man) was a powerful and spellbinding speaker who attracted a wide following of (people) desperate for change. He promised the disenchanting a better life and a new and glorious (country). (He) appealed especially to the unemployed, young people, and members of the lower middle class."



Continued on next page

The quote is drawn from the U.S. Holocaust Memorial Museum. The man identified was Adolph Hitler and the country – Germany. It is talking about Germany before Hitler rose to power – before the Shoah, before the Holocaust – became a reality. However, the quote reads as if it could apply to another politician and another country in the 21st century.

They say that those who fail to learn from history are doomed to repeat it. It is definitely something to ponder. If that is not enough, consider the words of the Republican candidate himself, responding to a folly of attacks from his Democratic opponents,

“I wanted to hit a couple of those speakers so hard. I would have hit them. No, no. I was going to hit them, I was all set and then I got a call from a highly respected governor.”

Sorry to rain on everyone’s summer cheer, but as Jews – as citizens of this planet – we should all be aware.

Be well.

Final Note: Happy Anniversary to the sweetest, most loving woman in the world. Lisa, here’s to another wonderful 30 years together!

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

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Go to <https://fundraising.entertainment.com/> to log in and make a purchase. Click on seller-join a fundraiser, 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 indigs@rogers.com



FUNNIES

Two astronauts land on Mars. Their mission: to check whether there is oxygen on the planet. “Give me the box of matches,” says one. “Either it burns and there is oxygen, or nothing happens.”

He takes the box, and is ready to strike a match when, out of the blue, a little green Martian appears waving all six of his arms and yelling...”No, no, don't!” The two guys look at each other, worried. Could there be an unknown explosive gas on Mars?

Still, he takes another match...and... A crowd of hysterical green Martians is coming to them, all waving their arms: “No, no, don't do that!” One of the astronauts says, “This looks serious. What are they afraid of? Nonetheless we’re here for science, to know if man can breathe on Mars.”

So, he strikes a match – which flames up, burns down, and NOTHING HAPPENS!

So, he turns to the Martians and asks, “Why did you want to prevent us from striking a match?”

The leader of the Martians says, “It's Shabbos!”

FUNNIES

A blond man is in the bathroom and his wife shouts: "Did you find the shampoo?" He answers, "Yes, but I'm not sure what to do... it's for dry hair, and I've just gotten mine wet."

A blond man shouts frantically into the phone, "My wife is pregnant and her contractions are only two minutes apart!"

"Is this her first child?" asks the Doctor.

"No!" he shouts, "this is her husband!"



An Italian tourist asks a blond man, "Why do scuba divers always fall backwards off their boats?"

"To which the blond man replies, "If they fell forward, they'd still be in the boat."

A friend told the blond man, "Christmas is on a Friday this year."
The blond man then said, "Let's hope it's not the 13th."

Two blond men find three grenades, and they decide to take them to a police station.

One asked, "What if one explodes before we get there?"

The other says, "We'll lie and say we only found two."

A woman phoned her blond neighbor man and said, "Close your curtains the next time you and your wife are having sex. The whole street was watching and laughing at you yesterday."

To which the blond man replied, "Well the joke's on all of you, because I wasn't even at home yesterday!"

SANDY'S SCRIPT

Sandy Gordon



Labour Day may have come and gone by the time you read this, but right now it is still mid-summer and I am in Montreal visiting relatives and friends and catching up on family news.

I wasn't going to write for this edition of Kol Echad as I am quite busy these days, but I experienced a moment I felt I needed to share.

One of the important things Barry and I do every time we come to Montreal is to visit our relatives' gravesites around the city.

Last year's visit proved very special as we took part in an unveiling ceremony for Barry's uncle, who had no grave marker for some 40 years.

We visited him this year and were very proud that we had something to do with marking his place of rest.

I guess that's our mission as a People, to perform mitzvahs and, in our case, to keep the flame alive. I realized that we must continue to pay the highest form of respect by visiting their gravesites and giving tzedakah in their names. If we do not do that, what do we stand for? The most important thing is to document all the names of your relatives, record where they are buried and pass the information on to the next generation. Remember, our relatives were our legacy. It is our job to prepare the legacy of those who go after us.

About a year ago, I found the burial place of my great-grandmother on my mom's side. As the time has passed, my aunts and uncles have also passed. There is nobody who knows where my great-grandmother was or would even think to look for her. However, I did, and I was successful. As a result, I try to visit at least once a year.

She is very important to me, as I am her namesake.

The circle of life continues, and with it, the spark in each one of us remains alive. It should be nourished to carry on the traditions of our family members that have predeceased us. In that way, their memory will never be extinguished.

TALKING POINTS

Debbi Silver



The date is August 5, and I cannot believe I am writing an article for the September Kol Echad.

Since I last wrote in May, many good things have happened this summer and many will be happening over the next few weeks. Our granddaughters went off to Camp Walden, one for four weeks and one for six weeks. Thankfully, we still have our grandson home; he goes to Camp Robin Hood. We went up to see the girls on visiting day and, low and behold, met Albert and Honey Ohana, who were visiting their grandchildren. It was a hot day, but we managed to sit under an umbrella and enjoy the kids, and also met up with many “old” friends.

Continued on next page



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We are looking forward to the lodge BBQ this coming Sunday. I am sure by the time this bulletin is out; Jeff will have an article and pictures. The BBQ is a time for all of us to come together and socialize.

Harvey and I are planning a couple of trips. One is to Montreal on August 20-24. It's a time to visit my family and our friends. We are also hoping to play tourists and visit Old Montreal, etc.

We won't be at the first Lodge meeting as we are going on a cruise on September 10-17. We are leaving from New York and going to Boston, Portland, Maine, St. Johns, NB, and Halifax. This is called a New England cruise. Unfortunately, I don't think we will see the trees turning colours, as it is too early in the autumn.

Then comes Rosh Hashanah and Yom Kippur. Wow, the year has gone by so quickly.

Stewart, it's been a pleasure working with you, so far. I look forward to our executive meeting on August 29. I know we will all put our heads together and make sure that 2016-17 is definitely a year to remember. If each member takes the time to participate in at least two programs, it will be successful.

Enjoy the rest of your summer.



SOCIAL/SUMMER BBQ



The world today seems to be in such a rush. Back to school merchandise goes on display in July, Halloween goodies can be found in stores in early August and non-Jewish holiday promotions start months before actually celebrations.

Fortunately, most of us in Forestdale Heights Lodge enjoy life at a more leisurely pace. There is no talk of Chanukah concerts in September, or Pesach planning in December. The closest some of us come to operating in a high speed mode is when we are deciding where to go to Shul for the High Holidays. When it comes to summer though, there is no desire to rush the season. It's something we have been waiting for, its here now, and we are going to enjoy it to the fullest.

On Sunday, August 7, close to 20 FHL members and their spouses reveled in the unusually hot season, as they decended on the home of Stewart and Cathy Indig for the Lodge's sixth annual summer BBQ.

Arriving shortly after the 5:30 start, we noticed that no one was in a rush to do anything. The fire had already been lit and, while waiting for the coals to change from black to white, everyone sat around, chatted, caught up on each other's lives and tried to make sense of the American election. This was made so much easier, due to the beautiful weather, as well as Stewart's famous "punch."

Back as this year's celebrity (or non-celebrity) guest chef was Avery Matlow, a master of quips, as well as a genius with the spatula.

While waiting for dinner, we enjoyed a variety of chips and dips, veggies and, of course, the Lodge favourite: BBQ salami.

Moving on to the dinner, most of us enjoyed the chicken. For those who were not in a "foul" mood, salmon was offered.

Of course, there was also potato salad and other side dishes among the offerings.

Special thanks go to Stewart, Cathy, Harvey and Debbi Silver for ensuring another successful BBQ and to the Indigs for generously giving their home for the occasion. It was a fun programme, enjoyed by all in attendance.

Jeff Rosen

SOCIAL/SUMMER BBQ



For more photos, go to
kolechad.ca/bbq16.htm





GOOD & WELFARE

Birthday

Richard Kotzen

September 20



Anniversary

Jeff & Lisa Rosen
(30th Anniversary)

September 21



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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Please visit our website at www.bluedoorshelters.ca or our facebook page www.facebook.com/bluedoorshelters to follow our work. We thank you for helping to reduce the impact of homelessness!

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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 below.

	
<h2>Items in Need & Accepted</h2>	
<p><u>Toiletries</u></p> <p>toothpaste</p> <p>toothbrushes</p> <p>disposable razors</p> <p>shaving cream</p> <p>shampoo</p> <p>deoderant</p> <p>tampons/pads</p> <p><u>Footwear</u></p> <p>Winter boots</p> <p>Runing Shoes</p> <p>men's work boots (steel toe)</p> <p><u>Clothing</u></p> <p>socks</p> <p>underwear-boxers/briefs</p> <p>clothing</p> <p>men's belts</p> <p>spring/fall jackets</p> <p>infant clothing/blankets</p> <p>men's winter gloves & hats</p> <p>winter coats</p> <p><u>Miscellaneous Items</u></p> <p>napsacks sport/duffle bags</p>	<p><u>Housewares & Linens</u></p> <p>towels</p> <p>blankets/comforters</p> <p>twin/double size sheets</p> <p>pillows</p> <p>dishes (plates, bowls, coffee mugs)</p> <p>cutlery</p> <p><u>Infant Items</u></p> <p>baby formula (+ iron & without iron)</p> <p>baby wipes</p> <p>baby bottles</p> <p>diapers - size 3, 4, 5 & 6 & pull-ups</p> <p><u>Gift Cards</u></p> <p>Grocery Stores-Superstore</p> <p>Wal-Mart / Sears</p> <p>Mark's Work Wearhouse</p> <p>Gas Stations</p> <p>Movies (Famous Players)</p> <p>Tim Horton's, McDonalds, Pizza etc.</p> <p>YRT/Viva bus tickets</p> <p><u>Non-Perishable Food</u></p>
<p>NEW items only please</p>	<p>All items for men, women & children unless otherwise specified</p>

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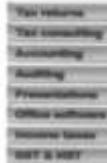
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We are counting down to our 50th anniversary celebration in June 2017. Each month we will look back in time, outlining key events in history. For a complete list of what transpired that year, go to kolechad.ca/fhl50.htm.

1987 – FHL Presidents: Gabriel Nachman/Al Reider

January 1 – Frobisher Bay, Northwest Territories, changes its name to Iqaluit.

January 3 – Aretha Franklin becomes the first woman inducted into the Rock and Roll Hall of Fame.

March 2 – The Chrysler Corporation acquires American Motors.



March 9 – The Irish rock band U2 releases their studio album The Joshua Tree.

April 19 – The Simpsons cartoon first appears as a series of shorts on The Tracey Ullman Show.

April 27 – The United States Department of Justice declares incumbent Austrian president Kurt Waldheim an “undesirable alien.”

April 30 – Prime Minister Brian Mulroney and the Provincial Premiers agree in principle to the Meech Lake Accord, which would bring Quebec into the constitution.

June 12 – During a visit to Berlin, Germany, U.S. President Ronald Reagan challenges Soviet Premier Mikhail Gorbachev to tear down the Berlin Wall.

June 30 – Canada introduces a one-dollar coin, nicknamed the “Loonie.”



July 4 – A court in Lyon sentences former Gestapo boss Klaus Barbie to life imprisonment for crimes against humanity.

August 17 – Rudolf Hess is found dead in his cell in Spandau Prison.

Hess, 93, is believed to have committed suicide by hanging himself with an electrical flex. He was the last remaining prisoner at the complex, which is soon demolished.

September 28 – The second Star Trek TV series The Next Generation, premieres in syndication.

October 3 – The Canada–United States Free Trade Agreement is reached, but still requires ratification. This agreement would be a precursor to NAFTA.

October 31 - The Reform Party of Canada is founded.

December 8 – Israeli–Palestinian conflict: The First Intifada begins in the Gaza Strip and West Bank.

December 9 – Microsoft releases Windows 2.0.

HEALTH IN HARMONY

Rosalie Moscoe



What foods help you feel calm when you are feeling stressed? If you are on medication, it may be useful to check with your physician or pharmacist about drug interactions and supplementation. Nutrients in food are a safe way to have them!

Almonds are high in magnesium. Magnesium is known for relaxation properties, relaxing veins, arteries and makes for improved blood and oxygen circulation. A handful daily will do. Magnesium glycinate as a supplement is very absorbable. Magnesium citrate may help with constipation.



Brazil Nuts have a high content of selenium (a mineral that is an excellent mood elevator). They help to keep anxiety at bay. Two or three a day is sufficient. Selenium is also good for thyroid function and Brazil nuts serve as an antioxidant that helps combat stress.

Asparagus is high in B vitamins. B Vitamins help energy production, helps nerves and brain cells – neurotransmitters.

Avocados are high in B vitamins especially B5 (pantothenic acid) and B6 which reduce stress by helping to maintain the nervous system. Avocados also contain carotenoids such as beta-carotene, alpha-carotene, lutein and others. They also contain fatty acids called oleic acid, similar to the health benefits found in olives and olive oil. Walnuts and flaxseeds also contain high fats that can help neurotransmitters and lift moods.

Greek Yogurt is an excellent source of protein, specifically tryptophan. Tryptophan is converted to serotonin (the happy neurotransmitter) which is a neurotransmitter that also helps you relax. Serotonin also can help you feel sleepy.

Oats are complex carbs that enhance the absorption of tryptophan. They are also high in calcium, magnesium, phosphorus, silicone and potassium, which all promote relaxation.

Continued on next page



Spinach is also high in magnesium, helps calm individuals, and regulates cortisol levels (which get high when people are under stress). (If you have kidney stones or gout – use lemon juice with spinach and other greens.)

Nutritional Yeast – (nooch) is a source of vitamin B12 and other B

vitamins that help to produce neurotransmitters and aid in relaxation.

Some herbs include:

Holy Basil also known as tulsi, is not the same as the basil used in cooking. Holy Basil helps lower cortisol levels (a hormone released in the body when under stress) thus aids in relaxation. Holy Basil tea is also available in tealeaves and contains L-theanine an amino acid that promotes relaxation.

Lavender – known as a relaxant and has been known to help stress headaches and promote sleep. Rub 2-3 drops of lavender oil in your cupped palms, inhale. You can rub on wrists or temples for a calming effect. The lavender plant can also be used in a tea.

UPCOMING

This season we are doing something different in terms of recruiting guest speakers. Instead of looking elsewhere, this year's roster of speakers will come from within our own membership.

Nutritionist Rosalie Moscoe will be our distinguished speaker on October 16.

On December 12, Carl Zeliger will talk about the importance of wills and having a power of attorney.

AS I SEE IT

Marc Kates



Touring around Rome is an encounter with history. It seems to permeate everything. I've never been to Rome before, yet all of the names that I've heard in school come to life here: Julius Caesar, Nero, Leonardo Da Vinci, Mussolini, and Michelangelo, to name but a few.

I never thought that Rome would be a significant city for me, or hold any special meaning. When I suggested that we stop in Rome en route to Israel, I thought that it would be simply be a nice place to explore for a few days. I knew that Rome would be a city of culture, history and good food, but it has shaped itself into a real treasure in my mind.

Once we arrived, jet lagged and tired, our first taste of the city came with a gelato in Piazza Navona. Our second taste of the city came on a hop on, hop off bus tour. We learned the layout of the city and a double decker bus offered us an interesting vantage point. Seeing the iconic Colosseum made me look forward to learning more and exploring this famous structure the following day.

In the morning, we met our guide outside the Colosseum and then toured the building. It was hard to imagine that this impressive structure was completed in the year 80, having the capacity to hold 80,000 spectators. The ancient Romans were master builders, and a structure that was built nearly two millennia ago, stands as a symbol of Rome's rich heritage.

We explored further and then came to the famous Arch of Titus. It was here that I made my personal connection with the city. The Arch of Titus was built in 82 C.E., and commemorates Titus' victories, including the capture of Jerusalem in the year 70. Very clearly, the Menorah and other objects from Beit HaMikdash are depicted. The Romans celebrated our pain and exile from our homeland. Further exploration of Rome lead to a tour of the Jewish ghetto, The Great Synagogue of Rome and the Vatican. Each stop along the way offered a different perspective on Judaism even though we were still far away from Israel.



I highly encourage any traveller who is interested in a fantastic city to look into coming to Rome. Rome is a special place. Immerse yourself in history, culture, and definitely do so with a gelato in hand.

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