

Forestdale Heights Lodge, B'nai Brith Canada

KOL ECHAD

Volume 14, No. 4

December 2015
Kislev/Tevet 5776



COVER ART

Some would argue that there is nothing better than jelly doughnuts or sufganiot for Chanukah. Others would say that latkes makes the holiday. Whatever you enjoy, it's time to get ready. Eruv Chanukah begins on Sunday, December 6.



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KOL ECHAD

Kol Echad is the official publication of Forestdale Heights Lodge. It is published 10 times a year.

We welcome all articles and letters from members of the Lodge.

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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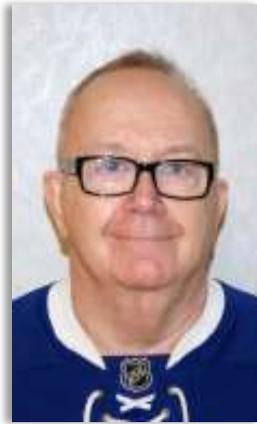
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As I approach my 65th birthday, I realize how fast time flies. In the back of my mind, I knew it was coming. I just didn't know it would get here so fast.

To me 65 is just a number. Some people think turning 65 is a terrible thing. I look at it in a positive way. On January 1, I look forward to all the discounts I can take advantage of, such as 20% discount off my meal at Mandarin Restaurant. As well, movie and baseball tickets will be cheaper. Even my medications will be less expensive, as the government will be paying most of, if not all, of the cost.

I know that as I get older I have more aches and pains, but then who doesn't? I am not senile, yet. I can still remember my own name and that of those around me! I like to think I am in pretty good shape, except for being a little overweight, but that comes with aging. Like everything else, some of it will be good and some of it will be bad.

I am actually looking forward to my special birthday and being with family.



AT A GLANCE

December 5	Chanukah Party @ 7 p.m.
December 14	Speaker & Dinner Meeting
January 11	Dinner Meeting
February 8	Nominations/Dinner Meeting
March 13	Elections/Breakfast Meeting
April 11	Dinner Meeting
May	Installation
June 13	Dinner Meeting

Dinner at 6:30; Meeting at 7:15

Dinner Charge: \$10 members/\$15 non-members & guests

**If you plan to attend, you must RSVP Albert Ohana
at salonpiaff@rogers.com or call (905) 597-1999**

**DEADLINE FOR ALL ISSUES IS 10TH OF THE MONTH
UNLESS OTHERWISE CHANGED**



Our next Bingo will be held on Tuesday, December 8. If you would like to help out, please contact Richard Kotzen (416) 783-2737 or richkotzen@rogers.com

BINGO

Several years ago, we had an intern who was none too swift. One day she was typing and turned to a secretary and said, "I'm almost out of typing paper. What do I do?" "Just use paper from the photocopier," the secretary told her. With that, the intern took her last remaining blank piece of paper, put it on the photocopier and proceeded to make five blank copies.



FUNNIES

EDITOR'S DESK

Jeff Rosen



I wonder if anyone else has considered the similarities between computers and governments. Recent events in my home and around the country certainly have given me much to think about.

After over 10 years using the same computer, Lisa and I finally realized it was time to retire our

Windows XP PC after it was diagnosed with a damaged capacitor. That meant it was only a matter of time before my technological link to the outside world shut down for good.

We didn't rush out though, as I generally do not welcome change. Given the choice, I usually opt for the status quo. However, the old machine was taking longer and longer to boot up. Finally, frustration over waiting 20 minutes for the computer to start up forced us to take action. So, out we went, and before you can say Windows 10, we had a new computer, one that starts up and works at lightning speed.

As a result, the future production of Kol Echad is secure for some time. The bulletin you are now reading is the first being completely produced on the new system. I am sure it will not be the last.

As I said at the outset, governments are like computers. They start out clean, fast and reliable, operating with no problems. However, after years in operation, they become sluggish, prone to errors, and often contain numerous corrupt files.

After all the ballots were counted in October's federal election, I was personally pleased that the Canadian public decided that the country was in need of a new operating system. In a way, the new one could be considered an improvement on a model first introduced back in the 1960s. However, it has been significantly upgraded to function in the 21st century.

For those, like me, who generally dislike change, fear not. It is definitely not time to trash the country's old operating system. With an upgrade it will be good as new and ready for operation in four to eight years' time.

In the meantime, good luck Prime Minister Trudeau. Your dad did Canada proud. It is now your turn to make your mark.

Happy Chanukah. Talk to you again in the new year!





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Tzedakah

On behalf of the fundraising committee, Michael Kates and myself, I would like to take this opportunity to thank Jeff & Lisa Rosen, Stewart Indig and Michael Kates for donating money to our lodge's fundraising activities. Besides the members being involved, cans are at the following locations:

Steeles Deli; Jacob's Deli; Centre St. Deli; Bagel World (Major Mac/Dufferin); What A Bagel (Westminster/Bathurst); What A Bagel (Steeles/Bathurst); Kiva's Bakery; 3M Drugs (Bathurst/Steeles)

To date we have raised approximately \$1,000 to go towards Lodge Community Service Programmes, i.e. X-mas gifts for EMS, Police, Fire, etc.

If you haven't already received a tin can, please call me at (416) 223-0780 or e-mail me at debbisilver@rogers.com to get involved with this programme.

Thank you in advance for all your support.

Harvey Silver



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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 Stewart Indig at indigs@rogers.com.

Wishing you and your family a
Happy Chanukah

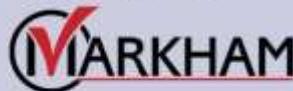


Valerie Burke

Councillor Thornhill Ward 1

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UPCOMING



Come out to hear what Pablo Fuchansky, CFP – Long-Term Care Specialist, has to say at our December meeting.

Pablo Fuchansky has been in the insurance industry since 1993. His goal is to help clients determine if long-term care planning is appropriate and if so, help them establish if they qualify and shop for the best coverage at the best value. He has seen firsthand how lack of planning can affect a family.

He encourages his clients to meet with him and review their situation, find out exactly what the Ontario government will cover, what OHIP will cover when they are 65 and over, how long-term care can impact their future or current retirement plans and how to avoid being forced into a nursing home with partial government aid.

His credentials include those from the Canadian Association of Insurance and Financial Advisors (now Advocis), the Investment Funds Institute of Canada (IFIC), the Canadian Securities Institute (CSI) and the CFP designation from the Financial Planners Standards Council (FPSC). Dr. Leo Steiner is a Clinical Psychologist who has worked in social service agencies, hospitals, shelters and the penitentiary system. His area of interest has been victims of trauma, family dynamics and First Nations Communities.

FEBRUARY MEETING

Dr. Leo Steiner is a clinical psychologist who has worked in social service agencies, hospitals, shelters and the penitentiary system. His area of interest has been victims of trauma, family dynamics and First Nations communities.



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What do Pancer's Original Delicatessen, Howard Sheldon CA, Northwood Mortgage/Aaron Kates, Steepers Coffees & Teas, Kingston Olive Oil Co., David Duncan House and Hearing Solutions all have in common? In the past year, all have signed on with Kol Echad as advertisers. In doing so, they are showing their support for this publication and, in the long run, helping Forestdale Heights Lodge.

We urge everyone to check out these new advertisers, as well as the others who have been advertising in Kol Echad for years. They help make it possible to maintain this quality publication from year to year.

At the same time, if anyone has any suggestions for new advertisers, please talk to Harvey Silver or myself. If you wish to pursue a potential advertiser on your own, please feel free to jump right in.

As we always stress, "Our advertisers support Kol Echad, so please support our advertisers."

Jeff Rosen

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Business Card	\$40

COLOUR

Full page	\$250
Half page	\$150
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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.



GOOD & WELFARE

Birthdays

Albert Ohana
Allan Brown

December 9
December 24



Anniversary

Eddie & Marilyn Arkin

December 28

LODGE FIRST: The engagement of Darryl Bloom to Karen Kotzen. Mazel Tov to Ivan and Elizabeth Bloom and Richard Kotzen and Rhona Leviston.

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

NOVEMBER MEETING



Our November meeting was chaired by Senior VP Stewart Indig. It was attended by 16 members, one of the largest turnouts for a meeting without a guest speaker. For more photos, go to kolechad.ca/nov15.htm.
[Jeff Rosen photos]

Contact: VITO



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ALL STEW

Stewart Indig

Seeing that it will soon be Chanukah, I thought a latke recipe would fit right in. For those who are health conscious, I thought Cathy's baked latkes would be a healthy treat. I remember the first time Cathy made these and told her mother about it. Grace's response was you can't bake latkes. They need to be fried. Cathy's response....watch me!

LOW FAT POTATO LATKES

INGREDIENTS

1 lb Idaho or russet potatoes scrubbed but NOT peeled
1/4 cup chopped onions
3 large egg whites
1/2 tsp salt
1/4 tsp pepper
1 tbsp. flour
3-4 tbsps. Olive oil

DIRECTIONS

Preheat oven to 350 degrees.

Grate the potatoes.

Transfer the potatoes to a colander to drain. Rinse well in cold water to remove starch and the potatoes will turn white again.

Drain very well.

Place the potatoes, onion, egg whites, seasonings and flour into a medium bowl.

Stir well to combine.

Cover with plastic wrap and let it sit for 15 minutes.

Spray a baking sheet with spray.

Add 2 tbsps. oil in a large fry pan over high heat.

Stir the potato mixture and working in batches drop the mixture by spoonfuls into the hot skillet and shape into circles.

Let the latkes brown and then turn over.

Place the latkes on a cookie sheet.

Bake latkes, uncovered for 15-20 minutes.



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.

1978

FHL Presidents: Nathan (Nate) Salter/Allen Fink

January 14 – January 15 – The body of former U.S. Vice President Hubert Humphrey lies in state in the Capitol Rotunda, following his death from cancer.

March 11 – Coastal Road massacre: Palestinian terrorists kill 34 Israelis.

March 14 – Operation Litani: Israeli forces invade Lebanon.

April 2 – Dallas debuted on CBS and gave birth to the modern day primetime soap opera.

April 19 – The Israeli Knesset elects Yitzhak Navon as President of Israel

May 5 – Pete Rose of the Cincinnati Reds gets his 3,000th major league hit.

June 12 – Serial killer David Berkowitz, the “Son of Sam,” is sentenced to 365 years in prison.

June 16 – Grease, starring John Travolta and Olivia Newton-John, is released.

August 6 – Pope Paul VI dies in Castel Gandolfo.

August 26 – Pope John Paul I succeeds Pope Paul VI as the 263rd Pope.

September 6: Anwar Sadat, Jimmy Carter, and Menachem Begin meet on the Aspen Cabin patio at Camp David.

September 5 – Camp David Accords: Menachem Begin and Anwar Sadat begin the peace process at Camp David, Maryland.

September 17 – The Camp David Accords are signed between Israel and Egypt.

September 28 – Pope John Paul I dies after only 33 days of papacy.

October 16 – Pope John Paul II succeeds Pope John Paul I as the 264th pope, resulting in the first Year of Three Popes since 1605. He is the first Polish pope in history, and the first non-Italian pope since Pope Adrian VI (1522–1523). He will later die in 2005.

October 27 – Egyptian President Anwar Sadat and Israeli Prime Minister Menachem Begin win the Nobel Peace Prize for their progress toward achieving a Middle East accord.

December 15 – Superman is released in cinemas in the United States.



SANDY'S SCRIPT

Sandy Gordon



This is part two of a previous rant I wrote quite a while ago.

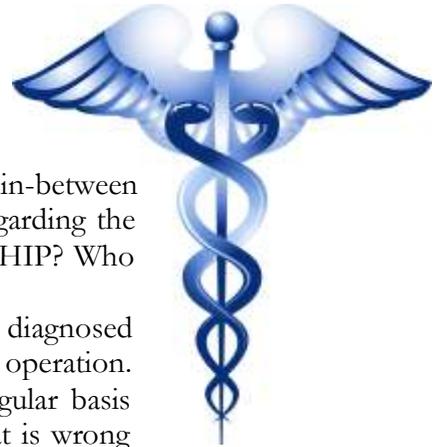
Many people are not aware of what their doctors are doing or not doing for them! They don't know how to advocate for themselves. What their doctor tells them is the law. Well it isn't.

Did you know that OHIP only covers a mammogram until a woman reaches 70 years of age? Did you know that pap smears stop at 70 or that the bone density test used to be every two years, now it is five? Did you know that colonoscopy tests went from every two years to five years? What happens with the in-between years? And did you know that doctors are monitored regarding the amount of requisitions they hand out and the costs to OHIP? Who makes these decisions?

I know an 85-year-old woman who is totally with it, diagnosed with cervical cancer over a year ago who underwent an operation. Does this mean that she can't still be screened on a regular basis even though she has had cancer and is cancer free? What is wrong with the system?

Who gives the authority to change these protocols in the first place? Canada is noted and admired for its medical system, but when you look at it in depth, you wonder.

Don't get me wrong, I admire Canadians working for Canadians as they should, but it is always about the bottom line. Find money elsewhere so you don't have to make these cuts in testing procedures. Until the next time.



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HEALTH IN HARMONY

Rosalie Moscoe



I enrolled at Ryerson University for the “Liven Up Your Brain and Your Life” eight week program this fall and below are some of the key findings presented by many different professionals such as a researcher at Baycrest Hospital, a naturopathic doctor, a fitness expert/instructor for the elderly, and a clinical psychologist specializing in cognitive behaviour therapy. Research is emerging to show that dementia doesn’t have to happen if you nurture your brain and body. Effective strategies include:

1. Exercise. Especially engage in the kind that elevates the heart rate. Exercise not only improves memory and learning, it also alleviates depression, protects neurodegeneration and raises synaptic plasticity. In other words, the brain can change and grow new connections even for those who have dementia. According to a recent brain study with 81 people, the study’s lead author, Dorothy Forbes, PhD, associate professor, Faculty of Nursing, University of Alberta in Edmonton says that “physical activity does delay cognition impairments.” So get moving!

2. Meditation is to the mind what aerobic exercise is to the body. There are many valuable ways to meditate and you can find the one that suits you best – even starting with deep breathing. Check out the many programs available, such as those online taught by Rick Hanson, PhD., or even walking meditation CDs or audio programs to guide you.

Regular meditation increases grey matter (neuronal cell bodies and synapses) in the many parts of the brain:

Insula – helps with self-awareness and empathy for the emotions of others

Hippocampus – key role in personal recollections, memory, calms down the production of stress hormones like cortisol

Prefrontal cortex – supports executive making functions, self-control and guides attention.

3. Boost your nutrition and lower inflammation – the key factor for brain and other illnesses. Avoid processed and packaged foods. Decrease the amount of sugar in foods – read labels. Consume fresh oils such as grapeseed, coconut or olive oils. Use raw nuts and seeds – sunflower, pumpkin, chia seeds along with walnuts, Brazil nuts, hazelnuts. The brain loves the Omega 3 fatty acids found in these gems. Use red wine and dark chocolate in moderation.

Continued on next page



Eat veggies and fruit and protein such as small fish, chicken, beans. Drink water. Take Omega 3 oil capsules with EPA and DHA - 3:1, and a multi-vitamin/mineral.

4. Reduce stress such as excessive worry and road rage (or waiting-in-line rage!) Train your mind to switch to a positive experience, or a place you'd like to be such as a forest, or on a beach. Too much stress produces excessive cortisol that badly impacts the brain leading to dementia. It's up to each of us to take charge and find ways to calm and regenerate both brain and body.

Shalom & Linda
Magazzinich



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AS I SEE IT

Marc Kates



I am at a profound loss of what to do. I'm stumped. I don't know how to make people care. I see it every day, and it bothers me. How do we create a culture of caring? I look at my fellow citizens and wonder why many did not choose to exercise the franchise in the most recent federal election. This past election there was a voter turnout rate of 68%, the highest that it has been in some time. The arguments to get out there and vote are many, made all the more poignant as this article is being composed on the eve of Remembrance Day. We, as Jews, have

a long history of mistreatment and what it means to be at the whim of those in control. It is my *mazel* that I was born in Canada, in a place where my say and my ballot are equal to those of my neighbours'. Caring about the direction my country takes is important, and should therefore be even more important to those who have most recently reached the age of majority. They are the next generation.

Caring does not extend solely to politics. How can we show that we care about the world beyond ourselves, and about the environment around us? How are we supposed to tackle gargantuan issues such as climate change and our reliance on fossil fuels when people throw gum wrappers on the ground? Surely each individual knows that they do not live within a bubble, and that one's actions do impact others.

How do I make my fellow Jews care about their rich and vibrant culture? Identifying oneself as Jewish should not, in my opinion, be based solely on a Sunday brunch composed of bagels and lox.

How do I make my students care? How can I make them care about the text we are reading or proper essay-writing techniques when all that they care about is socializing. Sometimes I wonder why I care more about their future than they do. What is most bothersome is the way in which my students interact amongst themselves. They mistreat each other daily, whether it's a snicker, a laugh at someone else's expense, or bullying in its various forms. Often, parents seem shocked and horrified at their child's behaviour when the negative behaviour is finally brought to light, but rarely identify themselves as the source of said behaviour.

I know I can't change people's behaviour, but even with diminished hope, I still remain hopeful for the future. I can only control my own behaviour, and hopefully, some caring may rub off on others.



TORONTO MARATHON



Sunday, May 1, 2016

Forestdale Heights Lodge has participated in the Goodlife Toronto Marathon for close to a decade. Our Lodge is responsible for the first water station behind Mel Lastman Square.

Arrival time at the water station is 6:00 a.m. and we are usually done by 9:00 a.m. The fun continues afterwards when we often go out for breakfast.

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