

April 2009

Nisan/Iyar 5769



THE EXECUTIVE OF FORESTDALE HEIGHTS WOULD LIKE TO WISH LODGE MEMBERS AND THEIR FAMILIES A *KOSHER PESACH*

חג שמחה

FHL Executive 2009-2010

The following individuals will serve on the lodge's executive for 2009-2010

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Vice-Presidents:	Ivan Bloom, Harvey Silver, Carl Zeliger
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Financial Secretary:	Lisa Rosen
Recording Secretary:	Ruth Pupko
Chaplain:	Bonnie Kates
Trustees:	Elizabeth Bloom, Harold Cohen, Noreen Cohen, Barry Gordon, Sandy Gordon, Avery Matlow
Chair, Board of Governors:	Nate Salter

KOL ECHAD



Kol Echad is the official publication of Forestdale Heights Lodge. It is published 10 times a year. We welcome any and all articles or letters from members of the lodge and their families. All material submitted is subject to editing. The editor may consult with members of the bulletin committee regarding content 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

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President's Pen



Spring is in sight!! Even though there is still some cold weather ahead and probably still some snow, we know that there are better days ahead. As Jews, we have another sign that spring is coming –

the shelves at Sobey's are starting to empty and the aisles are filling with foods for Passover. It is time for our version of spring cleaning. It's time to check the cupboards to find out what supplies are needed for Passover and to buy them before the rush. It's time to check the freezer and start using up all the leftovers and pre-cooked food. It's time to clean behind the stove and refrigerator. At least that's the theory – in reality we will probably wait until the last minute to do our cleaning and shopping, and then we will complain about how much work preparing for Passover is and how crowded the stores are.

Passover is really a holiday for the children. We, the adults, know the story of Passover. We, the adults, know the message of Passover. So we, the adults, have the responsibility to tell that story and to pass on the message to our children. It is easy to forget, in the comfort of our lives in Canada, that at one time Jews were slaves. It is easy to forget, in the relative

safety of our lives in Toronto, that Jews have suffered and have had to fight throughout history for the freedoms we now enjoy. As Hillel says, "If I am not for myself, who will be for me?" It is our responsibility to ensure that our children know and understand the history of the Jewish people, and so every year we retell the story of the exodus from Egypt at the Passover *Seder*.

But Hillel also says, "If I am only for myself, what am I?" If all we learn from the *Seder* is the history of the Exodus that is not enough. We must take from the story the message that all slavery is bad, not only of Jews but of any people. We must take from our history and our survival the message that freedom is worth fighting for and that killing people simply because they are different is a crime (see Tibet, see Darfur, and see Neo-Nazis in Europe). We must teach our children to stand up for what is right and for what they believe in (see York University). It is, after all, our responsibility and our children's responsibility to make this a better city/country/world for all and not just for the select few. Hillel finishes, "If not now, when?" The answer is simple – it is never too early. The time is NOW.

Irv Pupko

APRIL MEETING

Monday, April 13
Dinner 6:30 - 15 Hove

Please join us for dinner followed by meeting.

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Good & Welfare

Birthdays

Elizabeth Bloom

Avery Matlow

April 4

April 7



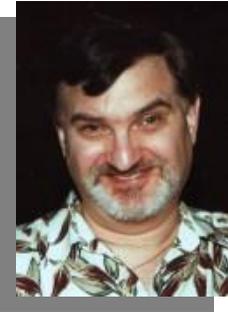
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Editor's Desk



Last month I talked about my family's visit to Montana's Cookhouse and how we had a less than exemplary dining experience. As I stated, I returned home and filled out an on-line survey and told them exactly how I felt.

I assume a lot of you think that's how the story ended.

A few days later I received an e-mail from the restaurant thanking me for the feedback and telling me they would be following up. Being a cynic, I still assumed that would be the end of the matter. I was pleasantly surprised when still a few days after that I received a letter from the restaurant apologizing for our treatment. Along with the letter came a \$40 gift certificate to be redeemed on our next visit.

My faith in the restaurant was restored.

A few days later, I received yet another surprise as I received an e-mail from the head office, telling me that they had been notified of the incident. They too were apologetic, stating that far too many customers remain silent if they have less than a satisfactory experience at their restaurant. They assured me that "any and all necessary action will be taken to ensure that incidents such as these do not occur again" and I was given a \$25 gift certificate to use at any Montana's Cookhouse.

Overall I came away not only with my faith restored in the restaurant but with a

sense that one person can make a difference in the system if only they speak up.

A further incident in my life only served to reinforce this.

My daughter had commented about the lack of a bus shelter at the nearest stop to our home. I contacted our Markham town councillor and informed her about the situation.

A few days later I received an e-mail from her informing me that she had passed the information on to York Region Transit. Imagine my surprise when I actually received a reply from YRT informing me that under normal circumstances a study must be done to determine actual usage of a bus stop before a shelter is erected. Upon further study, I was told that such a shelter would be put up by this coming fall. I inquired and was told that all this came about because of my initial inquiry.

This, of course, leads back to my original premise. If you have a problem, a beef or complaint you must SPEAK UP! A situation will never be resolved by grumbling about it. That of course pertains to matters dealing with elected officials at all levels, right down to your own Jewish organizations, be it at the national or lodge level or even with this very bulletin.

Remember, no one knows what you think. If you have a problem it is your responsibility to speak up and out.

Shalom

Jeff Rosen

As I See It



A creative revolution is happening regarding the ancient rituals of Passover, as Jews and, non-Jews use the holiday in ways to explore their own modern-day plagues,

oppressions and struggles.

The eight-days of *Pesach* are celebrated by Jews around the world for 3,300 years, in commemoration of the enslaved Jews of Egypt and their exodus. We remember the passing over of Jewish homes by the angel of death sent by G-d to sway the mighty Pharaoh to let our people go.

Did you know that the holiday's rich symbols, powerful ritual and timeless themes of freedom and redemption are now being embraced in *Seders* by all kinds of groups, some as diverse as vegetarians, feminists, environmentalists and the handicapped. My old boss, a Catholic, used to ask me for traditional Passover recipes that he prepared to take to his church group. It had become the custom of his church to hold an annual *Seder* and read the book of Exodus.

I heard of a *Seder* held for abused women. They took the 10 plagues, as recounted in the *Haggadah* to be interpreted as oppression, horror, battery and body bagging to symbolize the plight of women who were abused. Ruth Broyd-Sharon, a Jewish film maker observed this

particular *Seder* and caught it on film making it into a documentary project that was healing to the battered women who sat around that Passover *Seder* table.

In a completely different approach, Alan Eder created a reggae Passover celebration. He recorded a performance of a 20 member group of musicians, dancers and singers who featured ancient Hebrew songs, set to West African rhythms. I read a quote that, along with the work of the late reggae musician, Bob Marley, whom he called, along with Moses, "one of the great Exodus figures of all time." Eder often said, "I thought tradition was stagnant and finite," and the reggae celebration merges his personal identity as a Jew with his professional interest in African music. Okay, go figure, that's a little way over the top for even me to get my head around.

A few weeks ago, I dropped into one of the Israeli book stores and was in awe at the number of different versions of the *Haggadah* that are for sale. When I remarked about how different they all were, the shop keeper, said, "Passover has inspired artistic and intellectual expression for centuries, the number of *Haggadahs* has grown to more than 3,000", that he could have chosen to stock in his store.

I also noticed that there were videos and DVDs on Passover, featuring the Rugsrats, and even Sesame Street on display.

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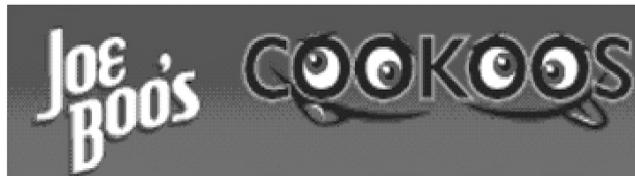
I also spied a novel item, called a "Plague Bag," which includes red dye to turn water into blood, frogs, miniature cattle, and I can only assume that a host of other plagues were inside that brightly colored velvet bag.

What I have learned is there is a revolution going on with the way Passover is being celebrated by our neighbours and friends. I think most people today feel a sense of permission to make the *Seder* come alive, to jump off the pages and allow ourselves to really feel the plight, the oppression and struggle of our ancestors and make it part of current world-wide

events. Today, we take a moment to recount what is going on around the world and of the people who are struggling against oppression. We only need to think about the anti-Semitism our Jewish students are being subjected to on our university campuses. Until dictatorships, oppression, abuse and war cease, there is much we can all learn from the *Haggadah*. After 3,300 years, there is still great meaning and inspiration for us all within its pages.

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Bonnie Kates



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Purim Parcel Delivery



Sunday March 9th, was the annual B'nai Brith Purim Parcel delivery program. Forestdale Heights Lodge was well represented by Ivan Bloom, Stan Zeliger, Richard Kotzen and Rhona Leviston, and myself.

Five-hundred prepared gifts were assembled and ready for pick-up, but the number of available drivers to assist in this program was considerably short. From my estimation, approximately 100 parcels were taken for distribution. For the families who are the recipients of *Mishloach*

Manot many will be disappointed and feel that they were forgotten. Many of the families are already feeling isolated from the Jewish community and the little token basket remind them that they are still a part of our community.

I think the time has come for B'nai Brith Canada to rethink if this program is as viable as it once was. It is sad to have to do so, but the reality is, most lodges are not supporting this annual program.

From the front lines,

Michael Kates



March Meeting



Vice-president Harvey Silver chaired the monthly meeting in the absence of the president and senior vice-president. Photos taken by Bonnie Kates.



Notes from Nate



News and views of Forestdale Heights Lodge from a past president who is still alive and kvetching in Thornhill.

SHOYNE! The month of March is a lot like the *charoses* we

have as part of the *Pesach* ceremony because we have the beginning of spring and the start of income tax time, bitter and sweet at the same time. This Rotund Reporter however is concentrating on the good part, because come *Seder* time I get to sit together with my whole family, which once again thanks to the arrival of our new granddaughter Kate has reached record levels. I am almost afraid that there will come a time when the dining room will hit capacity, but then again we haven't established a kids table in the kitchen yet, so we got some time. This whole *Zaidy* business is getting to be a real hoot because the *naches* just grows and grows.

Now here is where I can tell you about an amazing interconnection of life and our lodge. This afternoon Andrea and I attended an engagement party in honour of Adam, the son of our long time neighbours Steve and Sharon Scolnik. Not only have

we been neighbours, but two of our grandchildren were born days apart. Now here is where life becomes very complicated. The father of the bride is Bill Dolman who was a lodge member back in the day. But that isn't all.

Twenty four years ago we suffered the loss of past president Norm Aronson. In the years that followed, his widow Shirley met and then married Bill Dolman's brother Harvey. Let me tell you there were a lot of old lodge stories told over lunch, as we relived the early years of the lodge and the people and events that made those wonderful memories.

You know that as we enter our 43rd year with a new/old executive, freshly elected, we are still together and we are still making memories with each other. As I have said before, and as proven above

we are family, each of us in our own way and no matter where life takes us.

To all my fellow Forestdaleniks, a healthy *Pesach* with all those you love and congratulations to the new/old executive as we go on to bigger and better things.

Nate Salter



Purim Megillah Reading

For close to 20 years our lodge has planned and presented the *Purim Megillah* reading and party for the residents at 4300 Bathurst Street. The importance of this program should not be overlooked. On the evening of March 9, about 75 residents joined lodge members and their families for this joyous occasion.

This year our program resumed a long standing tradition of having a member of the Kelman family read the *Megillah*. However, instead of just one person, we were privileged to listen to three members of the family including the sons of Rabbi Joseph Kelman, Rabbis Jay and Maury Kelman, and Rabbi Jay Kelman's son Ariel. Thanks go to Stan Zeliger for getting this year's readers.

A donation has been made by the Lodge to Torah in Motion, where Rabbi Jay Kelman is a founding member.

The evening contained many of the usual events that have become a hallmark to this program. The delicious *hamentashen* were provided to all in attendance along with clementines, strawberries, potato chips and drinks. The residents were most receptive to this program and indicated their heartfelt appreciation. For many of the residents, would not normally partake in the *mitzvah* of hearing the *Megillah* read or enjoy the festival of *Purim* if not for this lodge activity.

A number of lodge members and their family members were in attendance whose work and efforts must not be overlooked. Thanks go to Carl Zeliger for again organizing such a great program, Irv & Ruth Pupko, Jeff & Lisa Rosen, Michael Kates and Stan Zeliger. The Kelmans were not the only multigenerational family in attendance. We would like to thank Rachel Zeliger for her assistance in running this successful program, as well as Marc Kates and Rachel Spitzer, for their support and assistance.





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Sandy's Script



This is the time of year when we think about *Pesach* and what we can do to make it easier on ourselves. I'm talking about the women – I know the men help but be honest; it is mostly

the women who take the leadership role in the preparation of our homes for the holidays.

Every year I say it is going to be better, but it never is. What can we do to get rid of all the clutter in our heads (and our homes) to make the transition from *Chametz* to *Pesach*? Here is my checklist: (in no particular order – that's for you to figure out).

1. Better attitude, this too will pass
2. Be more organized, going around in circles will get you nowhere
3. Make a list of what you need to buy and do – this will cut down on all unnecessary purchases and you will not use any more energy than you have to
4. Get the cleaning lady enough in advance to start your house-cleaning so

you will not feel pressured. Book her again the day before the first *Seder*

5. Cook in advance if you are lucky enough to have a kosher for *Pesach* kitchen. If not good luck, you have done it before and it WILL get done again

6. Don't forget to extend *Seder* invitations.

7. Do everything in your power to ease the pain in your head, shoulders, back and legs

8. Don't put off doing things, take the bull by the horns and record your successes

9. Find the list of all the recipes you have been making each year....repeat them, it's easier that way

10. Don't forget to make the *Seder* plate!

11. Now that you have done all of the above, don't you feel like you have been through the desert and back?

On behalf of my family, wishing everyone a Healthy, Happy and Kosher *Pesach* 5769.

Until the next time!

Sandy Gordon



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KENNY KORMAN

Membership Update

ATTENTION ALL MEMBERS:

Forestdale Heights is currently in the process of updating its membership records. We would appreciate it if you could take a few minutes, go online and answer a few questions.

Please go to

<http://www.kolechad.ca/membership.html>

Thanks for your help.

Random Musings



I wonder sometimes why the talents and abilities humans are given are so often the very things that they lose over time.

Is it because we abuse our bodies

with our excesses, because we have a tendency to overdo those things that we love or have talent in? Some things require practice to make perfect, as they say. But in so doing, are we eventually losing the ability to do the very things we take for granted? For example, if we push our bodies to their limits, repairs are often required.

Human beings are frequently told to do things in moderation. However, the human

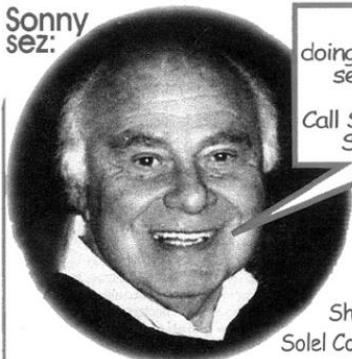
tendency is to do just the opposite. I would argue that, without the tendency to overdo things that come as gifts to us, humans would not be able to achieve as many miraculous things as they do, say in sports, science, or the arts. I wonder whether life would, in fact, be more mundane if everyone listened to the cautions of experienced elders, those who'd already learned the lessons of overexertion the hard way.

When I ponder this issue I wonder what the lessons are that we need to learn from our lives. Are we only able to appreciate what we have, by comparing it to what we no longer have?

Perhaps it is more important, instead, to look back at our achievements and experiences, and celebrate them as if they are part of a grand plan, as something to appreciate and move forward from; something to relate to others, as in the retelling of a great story- this journey we call life.



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Health in Harmony



A Wake Up Call - Are You Ignoring Yours?

You stumble and twist your ankle - once again. This time it's broken. While driving, you reach for your coffee or phone and

you slam into the car ahead of you. You spend months in therapy. Straight from the shower, you rush to answer the phone, slip and fall. You're off work recuperating for a week. You faint after missing breakfast and lunch because you're too busy to stop to eat. Paramedics revive you.

Accidents happen and sometimes we're in the wrong place at the wrong time. However, when we're in trouble too many times - it's a good idea to start questioning your habits and patterns.

Perhaps these mishaps are "gifts" we've been given as warning signs or lessons to be learned.

Use this Checklist to see if you're ready to change ingrained patterns of over stress.

- Is your pace of life in gallop mode?
- Are you tense most of the time?
- Are you woefully over committed?
- Do you notice lack of concentration at work?
- Is your mind somewhere else during conversations?

- Do you have no time for enjoyable activities?
- Are you getting feelings of impending doom?

If you answered yes to most of the above questions – it may be the first step towards a healthier lifestyle! However, it's what you do about it that counts.

Hank, (not his real name) age 64 owned his own company and spent days and nights to make it successful. He said he felt that his life was on "roller skates". The day he couldn't even bear to stop his car at a stop sign, he knew he was out of control. He started working less hours is just as successful and enjoys life more.

Gloria, (not her real name) age 43, headed a large department in her company. She had three children and thought she was in great shape. She was over committed and didn't know how to change it. She's now on sick leave after having a major heart attack and says she doesn't ignore symptoms any longer.

Don't Ignore Wake Up Calls. Do something to improve your health. Start today!

Rosalie Moscoe

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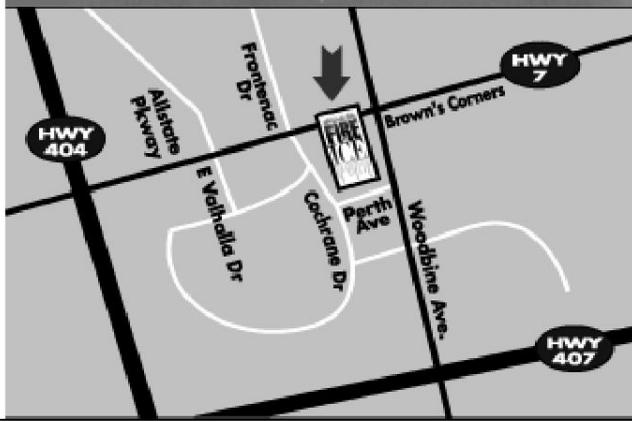
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