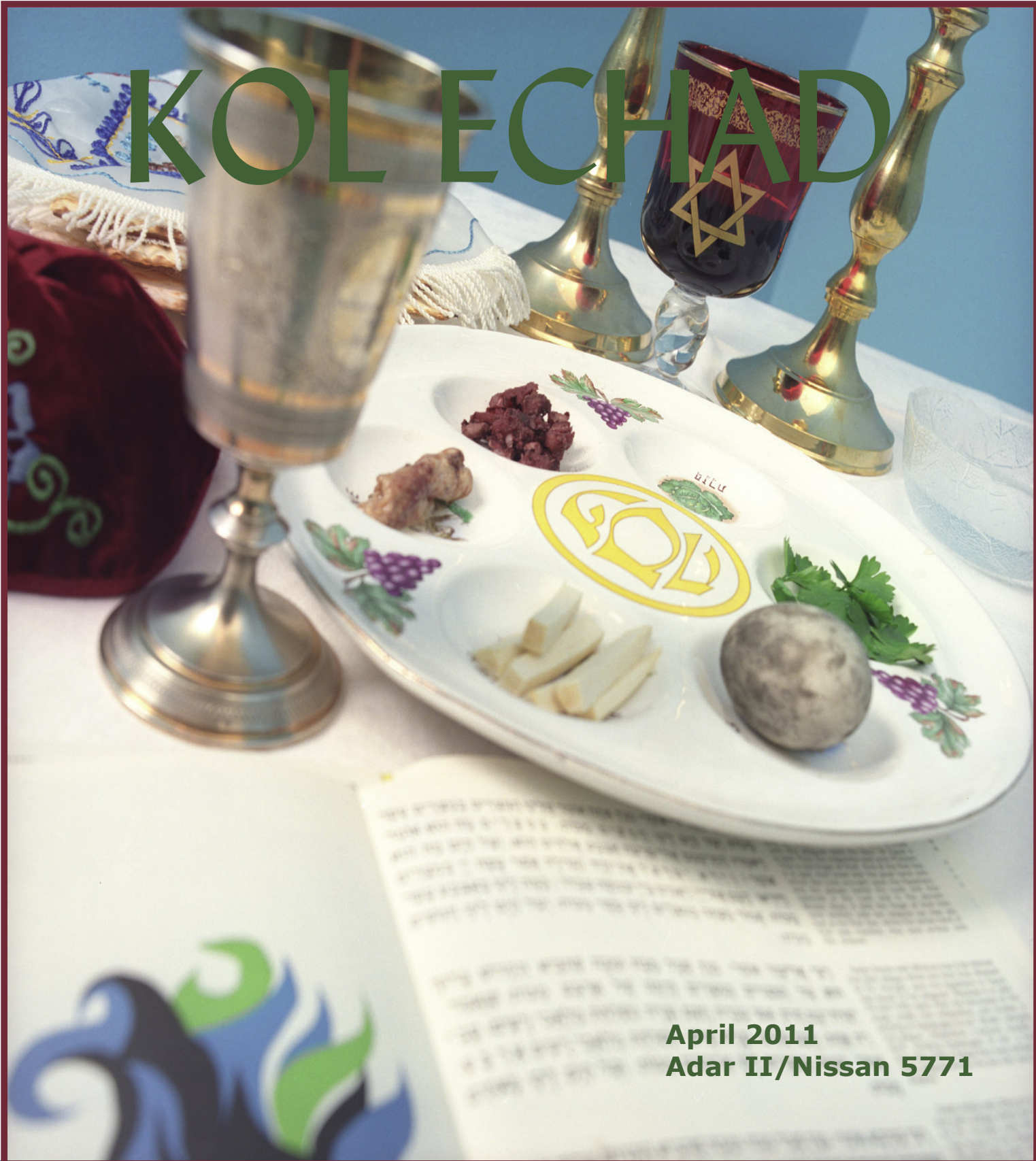


# KOLECHAD



**April 2011**  
**Adar II/Nissan 5771**

**FORESTDALE HEIGHTS LODGE, B'NAI BRITH CANADA**

# DINNER MEETINGS

Effective February 1, the charge for dinner meetings has been revised. The price is \$7.50 per person for members and \$10 per person for non-members and guests.

## AT A GLANCE

April 4	Dinner Meeting
April 12	Bingo
May 15	Toronto Marathon
May 15	FHL @Woodbine
May 16	Dinner Meeting
June 5	FHL Installation

**Dinner at 6:30; Meeting at 7:00**

## YEARLY AD RATES

Full Page	\$200
Half Page	\$100
¼ Page	\$50
Business Card	\$40

Ten issues published every year.

**If you would like to advertise, please call Harvey Silver, Business Manager, (416) 223-0780.**

## KOSHER FOOD BANK

In the past year, **Forestdale Heights** has become a major supporter of the **Pride of Israel Kosher Food Bank**, which serves between 135 and 145 people per week. Members are requested to bring an item of **non-perishable kosher food** to each lodge meeting. The food items should bear one of the **kosher certifications** (examples shown below). Donations of sealed toiletry items are also welcome. Donations will be collected at each meeting and delivered the following day by Carl Zeliger.



## KOL ECHAD

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

**Editor:** Jeff Rosen  
**Advertising:** Harvey Silver  
**Editing Staff:** Bonnie Kates, Lisa Rosen

# PRESIDENT'S PEN

## Worry – Who Me?



When we raise our children to adulthood, we believe we are finished worrying. On the contrary, we still worry about them, even when they are responsible grown-ups. If our children

live in the same city as ourselves, there are the usual daily concerns. When the weather calls for freezing rain, snow, thunderstorms and we know they are travelling by car to and from work, or even travelling far from home on vacations, we still worry. I make sure to call to see how they are.

Now with a grandchild, the worrying has expanded to include her! I ask myself, how can I protect her from risk? Yes, our children as parents are doing a great job raising our precious little granddaughter, and we make sure we tell them. It's like seeing a repeat of days gone by, yet I believe the challenges for parents today are more complicated.

Back in the 'old days' – the last generation, our children walked to and from school on their own and played in the neighbourhood often unattended. That seems unsafe in today's world.

More to worry about. Mass technology is another worry. Children are plugged in at a very early age with cell phones, iPhones, DVDs and hand held games. We don't really know the long-term effects of all this technology on human health, especially for children in the growing stages. More to worry about.

However, we cannot change the world, only ourselves, so we need to let go of that worry – at least a little bit, so that we can enjoy our days. Mark Twain said, "I've had a great many troubles in my life, and most of them never happened!"

So what can help the worry? We can do our job as parents or grandparents to the fullest and be there for our family – not give too much advice, unless we're asked. However, to let them know that we are there for them as a sounding board is important. As grandparents, Rosalie and I try our best to offer unconditional love, stability and to be good role models for our granddaughter. Of course, spending quality time with her adds to our joy, and helps diminish all the worrying!

*Ray Moscoe*





Join the celebration for the  
45<sup>th</sup> Annual Installation of  
**Forestdale Heights Lodge**

Sunday, June 5, 2011  
Brunch at 10:00 a.m.

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Please RSVP to Rosalie Moscoe  
(416) 652-6363 or [rosalie@healthinharmony.com](mailto:rosalie@healthinharmony.com)

# EDITOR'S DESK



Anyone who has ever had the need to start a campfire knows that dry kindling is the perfect fuel to get a decent blaze. Put a match to the dry wood and *whoosh*, you have a fire. Of course, when the dry wood is scattered throughout a parched forest, the

wonderful warm flame can lead to an inferno of death and destruction.

Now substitute the parched forest for a country where human rights have been quashed for years. Then add the proper spark. The result will be just as serious. Like an uncontrolled forest fire, the spark ignited in Tunisia and Egypt appears to be spreading uncontrolled throughout the Middle East region.

There is no doubt that this powder keg was volatile and would blow one day. For years, the rights of our Arab brothers (remember Isaac and Ishmael had the same dad) have been trampled under the boot of repressive dictators. It doesn't take a genius to figure out that something had to change. The big surprise seems to have been the rapid pace of the change. From country to country, the people are demanding that their voices be heard.

In some cases, leaders have heeded the voice of the people and stepped aside. In other countries reforms have been promised. How that will play out,

only time will tell. The one option that appears to be futile is using force to stop these uprisings.

These tyrants have failed to grasp the reality of the situation. The Jeannie is out of the bottle and there is no turning back.

How this will ultimately play out, it is still too early to tell. As of mid-March though, Libya was in flames and the unrest had spread to Yemen, Bahrain, Saudi Arabia and other countries in the region.

In a perfect world, these newly freed people would welcome their independence from tyranny and demand open and accountable governments to represent their interests. They would also welcome peaceful relations with all their neighbours.

That remains the big question and for Israel and Jews everywhere the most important. As a people who have too often been subject to harsh conditions throughout the ages, we cannot but welcome the call to freedom throughout the Middle East. However, it does give us legitimate cause for concern about the direction new governments will take in their relations with Israel. Will they be friend or foe?

It is fitting as we approach the festival of *Pesach*, to welcome these changes and to extend a hand in friendship bearing the olive branch.

*Shalom*

*Jeff Rosen*

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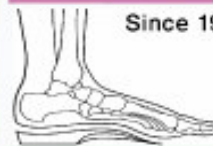
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# APRIL MEETING

Please join us on Monday, April 4, when Dr. Karen Mock will be our guest speaker at our monthly meeting. Dinner will start at 6:30 with program to commence at 7 p.m. Please RSVP to Irv Pupko (905) 709-2675 or e-mail [i.pupko@rogers.com](mailto:i.pupko@rogers.com)

**Dr. Mock will speak on the timely subject of Anti-Semitism in the universities and the major cities.**

Dr. Mock was born and raised in Toronto. She is a certified teacher and educational psychologist, specializing in human rights, hate crime and diversity issues, widely acknowledged as one of the foremost Canadian authorities on multicultural/anti-racist education.

In 2001, Karen Mock was appointed executive director and CEO of the Canadian Race Relations Foundation, a federal crown corporation. Prior to her four years with the CRRF, she served 12 years as National Director of the League for Human Rights of B'nai Brith Canada and as Executive Director of the League's Human Rights Education and Training Centre, leading the *Holocaust and Hope* educators' program.

Dr. Mock had also worked for over 20 years in psychology and teacher education at the University of Toronto, Ryerson University and York University. Karen is qualified by the Canadian courts and recognized internationally as an expert on anti-Semitism, hate crime, hate group activity, discrimination and human rights. Considered a pioneer in the field, she was responsible for the first course in multicultural teacher education in Canada.

Among her many community, board and advisory positions, Karen Mock is a past President of the Ontario Multicultural Association (OMAMO), a former board member of the Urban Alliance on Race Relations, and is an active founding member of the Anti-Racist Multicultural Educators' Network of Ontario (AMENO), the Women's Interfaith Dialogue, Black/Jewish Dialogue, and the Canadian Association of Jews and Muslims (CAJM).

Karen has been happily married for 43 years to Dr. David Mock, professor and dean of the Faculty of Dentistry, University of Toronto.

Karen is the Liberal Candidate for Thornhill for the next federal election.





# THEATRE OUTING

Join FHL on Sunday, August 28 when it heads to Port Hope to see



Cost \$75.00 includes transportation, water and snacks on the Bus, Brunch, and Tour of Port Hope on the bus with guide, theatre, Ice Cream Sundae on the way home. Trip to run from 9:00 a.m. until about 6:00 p.m.

The bus holds 50 people, and you can ask friends & relatives

If you are interested in what promises to be a great outing, please contact Evie Isenberg at (905) 770-31000 as soon as possible

*Watch Kol Echad for these proposed future social events*

June - Bus tour of the old Synagogues of Toronto

July - BBQ in the park

Gourmet Wine Tasting dinner



# COLON CANCER –A FIGHT THAT CAN BE WON

Here are some of the key points raised by Paul Greenberg, Colon Cancer survivor, in his speech on Monday, March 7.

Here are the colon cancer numbers:

- 423 Canadians are diagnosed with Colon Cancer each week
- 175 Canadians die of it each week
- Colon Cancer is the second leading killer amongst all cancers
- One in 27 men will die from it, 1 in 37 women.

So what advice can I give you?

The risk factors for developing colon cancer are as follows:

- People with a family history of colon cancer
- People who have already been diagnosed with polyps or early-stage colon cancer
- People with inflammatory bowel diseases (Colitis or Crohn's disease)
- People with a family history of other cancers - breast, uterine or ovarian.

Please pay attention to what your body is trying to tell you. We are learning more and more about this disease but the onus remains on you to stay in touch with yourself.

If you have any of the following symptoms:

- Blood in your stool (either bright red or very dark in colour)
- A persistent change in normal bowel habits such as diarrhea, constipation or both for no apparent reason
- Frequent or constant cramps if they last for more than a few days
- Stools that are narrower than usual
- General stomach discomfort
- Frequent gas pains
- A strong and continuing need to move your bowels but with little stool
- A feeling that your bowel does not empty completely
- Weight loss for no apparent reason or
- Constant tiredness.

Please discuss them with your doctor.

My journey has allowed me to gain some "insider information" concerning the prevention strategies associated with Colon Cancer. Very simply, make sure your diet is full of fibre, take a vitamin "D" supplement daily and if you can, take a baby aspirin daily. All have been linked to prevention of colon cancer and its recurrence.

Finally, please realize that even on its longest and most difficult day, our lives are very short. Make sure you do all you can to ensure that colon cancer does not rob you of any of your lifetime.

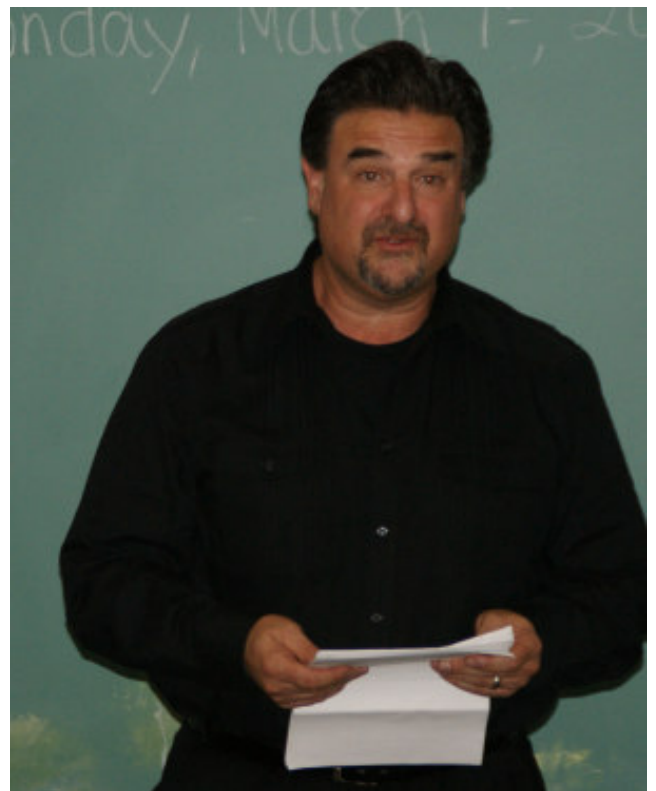
# MARCH MEETING



At the March meeting, Paul Greenberg, from Colon Cancer Canada, (bottom right next page) spoke about this potentially fatal disease. He was accompanied by his wife Karen. Seen at the meeting is, clockwise from top left, Harvey Silver who announced that a Wendy Bear would be auctioned off to raise money for Colon Cancer Canada, Jeff & Lisa Rosen, Michael & Bonnie Kates, Richard Kotzen and Rhona Leviston, Barry and Sandy Gordon.

# MARCH MEETING

Seen at the meeting is, clockwise from top right, Gary Budd and Albert Ohana, Paul Greenberg, Karen Greenberg calling off the winner of the raffle (Elizabeth Bloom) and Evie and Sid Isenberg.





# AFTERNOON AT THE RACES

Join us for a delightful Sunday afternoon at the Trots



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and a programme. Feel the thrill of the win at Woodbine Racetrack. Dining room will open at 11:30 a.m.

RSVP Bonnie Kates at [katesfamily@sympatico.ca](mailto:katesfamily@sympatico.ca) to reserve your place

## PURIM BASKET DELIVERY

Once again, Forestdale Heights Lodge was well represented Sunday morning March 14, for the Purim Basket Delivery program. This is what our Lodge is all about – “Community Service”. To see the joy in the eyes of the people receiving their package is well worth it. Thanks to the lodge members who participated. Carl Zeliger, Richard Kotzen, Rhona Leviston, Barry Gordon and Michael Kates.

*Ray Moscoe*

# SANDY'S SCRIPT



I am going off track from my usual banter and would like to share with you, a piece that I read in the "Old Farmer's 2011 Almanac".

It is called the "10 Things People Actually Said during Job Interviews":

- "What is your company's policy on Monday absences?"
- "When you do background checks on candidates, do things like public drunkenness arrests come up?"
- "I was fired from my last job because they were forcing me to

attend anger management classes."

- "I'm really not a big learner. I'd much rather work at a place where the job is pretty stagnant and doesn't change a lot."

- "What do you want me to do if I cannot walk to work if it's raining? Can you pick me up?"

- "So how much do they pay you for doing these interviews?"

- "My parents told me that I need to get a job, so that is why I'm here."

- "I saw the job posted on Twitter and thought, Why not?"

- "What is two weeks' notice? I've never quit a job before – I've always been fired."

- "If this doesn't work out, can I call you to go out sometime?"

I had a pleasant chuckle when I read this for the first time...hope you did too!

Until the next time.

*Sandy Gordon*



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# AS I SEE IT



Passover is known as the "holiday of freedom," commemorating the Jewish Exodus from Egypt following 200+ years of slavery. Passover is regarded as the "birth" of the Jewish

nation, and its lessons of struggle and identity continue to form the basis of Jewish consciousness 3,300 years after the event.

There is no festival more home and family oriented than *Pesach*. Although celebrating at home with the family should make this holiday a pleasure to anticipate, for many, this is not so. The painstaking conversion of the kitchen from leaven-filled to leaven-free status has turned the festival of our freedom into an intense period of domestic labour rather than a celebration of our liberation. I have often said, "Moses freed our people, but the preparing for *Pesach*, has put us women back into slavery." I have often been accused of losing my sense of humour as Passover approaches. But time has changed the *Pesach* festival for us and I have been blessed that I no longer hold sedars in our home. We have reached the stage in life where we are invited to our two sons who each now host the sedars. So my sense of humour is restored and preparing for just the two of us, for the holiday sure makes it a lot easier.

In spite of not liking the pre-*Pesach* preparation, one of the most wonderful parts of Passover is the unique tradition that each family holds dear. The special touches that families add are what make it a holiday to look forward to each year. The aroma of the chicken soup and *knedelah*, (soft and fluffy, or lead weights), wafting through the house, it is all part of a tradition started by our parents, handed down from their parents and so on and so on. It's setting up the kid's table or simply thinking about being "the one" to find the *afikomen*. We need to make *Pesach* a special time for our little ones.

Since the idea of the seder is to get children interested and involved, the Ten Plagues is a good opportunity to add an experiential, dramatic element to the evening. Plan ahead with some props and you'll see how much fun the seder can be, for children and adults. It has been our tradition for many years now to toss dollar store locust, cattle, and bugs at our seder, as we are reminded of the plagues, bringing excitement and fun for the not only the little ones at the table but to the adults alike.

It's a nice laugh in the middle of retelling the Exodus and the kids will remember the tradition for a lifetime.

**Continued on next page**



No matter how you and yours celebrate *Pesach* or what traditions you have inherited, or recently added, know that, you are handing down the traditions that make our people who and what we are. We are stronger as a nation of Jews because of our traditions and in this time of such political unrest around the globe, we must remember how

fortunate we are to hold our traditions close to our heart and not break the link to our past.

May the traditions continue and maybe next year in Jerusalem.

*Bonnie Kates*

*Chag Sameach*



*Happy Passover*

Wishing you and yours  
all the best for a wonderful Pesach!

**Karen Mock**

Federal Liberal Candidate for Thornhill

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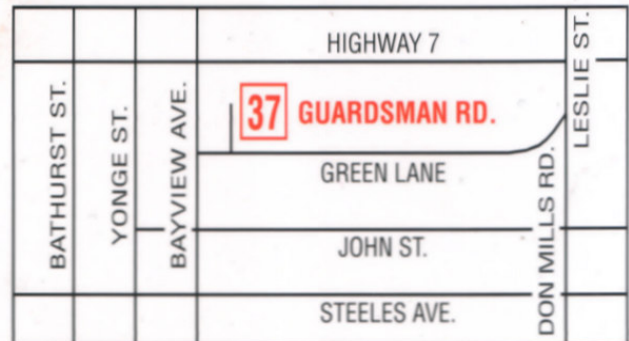
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## **The Lesson**

A little boy once returned home from Hebrew school and his father asked, "What did you learn today?" He answered, "The Rabbi told us how Moses led the children of Israel out of Egypt." "How?" asked the father The boy said, "Moses was a big strong man and he beat Pharaoh up. Then, while he was down, he got all the people together and ran towards the sea. When he got there, he has the Corps of Engineers build a huge pontoon bridge. Once they got on the other side, they blew up the bridge while the Egyptians were trying to cross." The father was shocked. "Is that what the Rabbi taught you?" The boy replied, "No. But you'd never believe the story he DID tell us!"

## GOOD & WELFARE

### Birthdays

Elizabeth Bloom

April 4

Avery Matlow

April 7

### Colon Cancer Canada Program

I would like to take this opportunity to thank my Lodge Brothers and Sisters for making our March meeting the success that it was. Our speaker, Paul Greenberg, gave us in insight of Colon Cancer, addressing us on how to protect ourselves and detect the early stages of the disease.

We made a donation to Colon Cancer on behalf of the lodge. This includes the sale of raffle tickets, a gift to the campaign and a personal donation from one of our members.

*Harvey Silver*



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# HEALTH IN HARMONY

## PASSOVERS GONE BY



When it comes to Passover each year, I think of my Aunt Rae and the beautiful seders she made for many of our family - aunts and uncles, cousins and friends.

The long table wound through the small living and dining room. Mind you, we all had to be there at an exact time, and if you were late, you were chastised. Most years, the dates for Passover coincided with the hockey playoffs. When I was a child, there were six teams, not 60 - it was very exciting, even for those not usually interested in hockey.

There was always a big uproar when most of the men wanted to rush the seder service and get to the TV. My aunt was mortified. Days of cooking, hours of preparation, cleaning the house, the silver and changing dishes, and now half of the population at the table exits to watch a hockey game!! What could be worse? But it was the same each year.

I was forced to try the brisket, something I always disliked, and my older male cousins always teased and taunted me. However, there was the silver lining . . . we all got together as

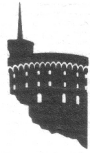
Jews to celebrate our escape from slavery so many years ago. We knew who we were and were proud to tell the story, going around the table, one by one, each person contributing by reading a paragraph. Some old and young needed help with the reading, but it didn't matter. Familiar songs were sung, many glasses of wine were spilled on my aunt's gorgeous white tablecloth and delicious treats for dessert were tasted.

Then the clean up started with sweeping up matzo crumbs and the women huddled in the kitchen to dry dishes, laugh, and talk and reminisce. Now, when we have our own Passover seders with our loved ones around the table; we sing the same songs; tradition is carried forward and I'm proud. My childhood memories still linger even though the last generation is now gone. However, their laughter, their foibles, their generosity of spirit, and warmth still fill my heart.

May each of you and your families have a happy, healthy and kosher *Pesach*.

*Rosalie Moscoe*





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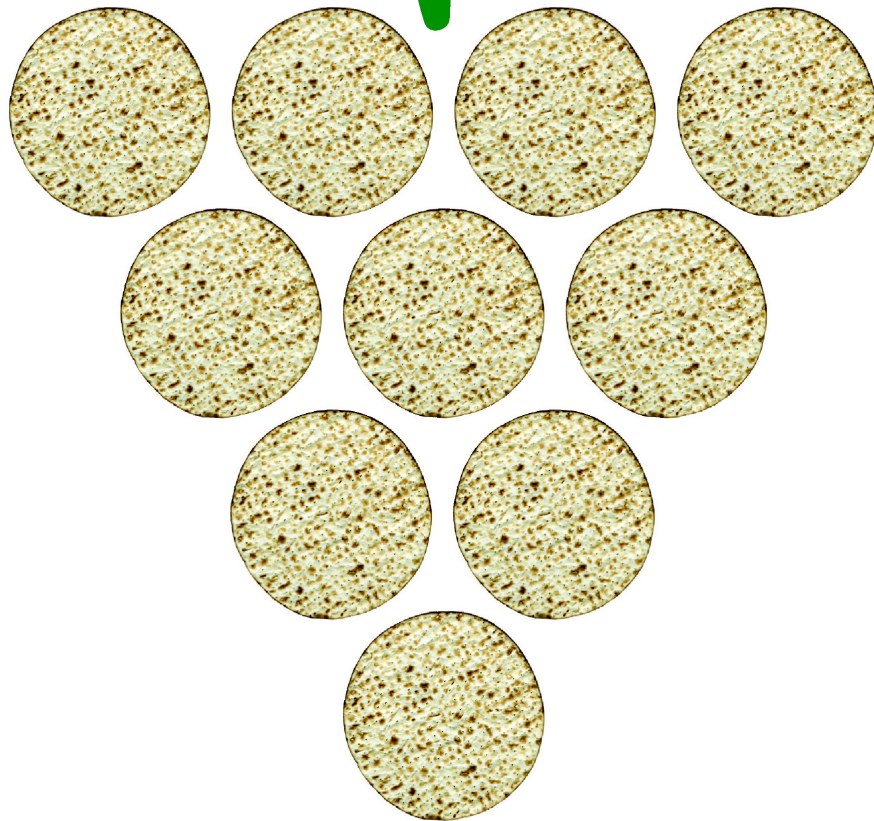
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