

KOL ECHAD

April 2012

Nissan/Iyyar 5772



FORESDALE HEIGHTS LODGE, B'NAI BRITH CANADA

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.

Editor

Jeff Rosen

Advertising

Harvey Silver

Editing Staff

Marc Kates

Irv Pupko

Lisa Rosen

Debbi Silver

PLEASE COME HOME

Installation 2012 has been set for May 6. With that in mind, we are looking for a few of our Lodge trophies/awards. They may be hanging on your wall or forgotten in the basement. If you know the whereabouts of the Al Reider and/or Jeff Rosen memorial awards, please contact Ray Moscoe. No questions will be asked.

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 of sealed toiletry items are also welcome. Donations collected at each meeting will be delivered the following day. To read more about the food bank, please go to <http://bit.ly/n8GhVZ>.

AT A GLANCE

April 2	Dinner & meeting with guest speaker talking on organ donations
May 6	Toronto Marathon
May 6	FHL Installation
June 3	Woodbine

Dinner at 6:30; Meeting at 7:15

Dinner Charge: \$7.50 members; \$10 non-members

YEARLY AD RATES

Full Page	\$200
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PRESIDENT'S PEN



I still remember the aromas of Pesach cooking coming from Bubie's house. She lived across the road from us. I helped her change her dishes and thought this was a great thing to do,

as I was only 8 years old. Shopping in Kensington Market was also an exciting outing when I accompanied my grandmother with her bundle buggy on the streetcar.

She picked out the best chickens (clucking loudly) and whisked them home to the back room where they were plucked. The finale was a torch used to sterilize the chickens and burn off the excess feathers – although I didn't understand that at the time.

Each vegetable and fruit was handpicked and the price haggled over. I still remember her arguing with a vendor: "Last year I paid five cents for a bag of carrots and this year it's ten?" Finally, she got it for eight cents. Bubie was also a bootlegger. She made wine in her basement and

sold it to neighbours, but on Pesach, a fresh bottle of sweet Manischewitz wine graced her table.

Her Pesach table was spectacular – silver polished to a bright shine, magnificent gold-lined dishes handed down from her mother in Poland and a gorgeous tablecloth that she had crocheted herself. I wish I had a picture of it now, but we didn't have a camera.

Over 25 people sat at that table on Passover, the Seder started late and ended late. Sometimes Bubie allowed the radio to be put on in the back room so we could hear the score of the hockey game. When the Seder ended, I remember straggling across the street to our house and flopping into bed while my mother stayed behind to help clean up into the wee hours of the

morning.

Traditions, surrounded by loved ones are the memories that stay with me. My children and granddaughter will have their own memories.

Happy Pesach everyone.

Ray Moscoe



COVER ART

This month's cover, Chometz Cleaning, was created by Elena Flerova.

The works of internationally artist Elena Flerova range from remarkably insightful portraits that capture the spirit of her subjects to large-scale monoprint paintings and oils. They also include wall murals, screens and other interior decoration for private residences and public buildings. All of them evoke the mystique, essence and sweep of historical and religious events and fables.

Born in Moscow, USSR, in 1943, Flerova graduated with honours from the prestigious Surikov Fine Arts Institute in 1969. Her top graduate standing won her a scholarship to the National Academy of Fine Arts, an exclusive school admitting only a limited number of exceptionally gifted artists. Both institutions assisted this artist in maturing her



great talent and establishing authentic academic skills. Combined with her inherent ability to create sophisticated compositions, these skills empowered Flerova to devise unique artwork.

Over the course of her professional career, Flerova has been recognized as an exceptional talent. She has

had numerous one-person shows in Europe and North America. Her works have been shown in more than 80 national and international exhibitions and won numerous awards and honours.

Paintings by Elena Flerova are held in many private collections in the United States and abroad.

If you would like to purchase the artwork on this month's cover, go to <http://alturl.com/uqwno>.

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EDITOR'S DESK

NEWS & PERSONAL VIEWS OF A PAST PRESIDENT



“It was the best of times; it was the worst of times...”

Actually it wasn't the best of times, or the worst (and I can't take credit for Charles Dickens' famous passage), but our trip to Cancun, Mexico in February certainly was one for the history books.

After visiting two all-inclusive resorts in past years, I told Lisa that I found it too hot to travel to a Caribbean resort in the summer. While it was nice enough to lie by the pool, the heat made touring impossible.

As a result, we decided to try out another hot spot in the winter.

The flight over was routine enough, but as we sat near the back of the plane, it seemed to take forever to get off.

Then there was customs. I will never again complain about our beloved Canadian customs agents. We arrived

in Cancun's packed customs hall to find our line was being served by three people. After a while, it got better as one person went on break.

After almost an hour, we cleared customs and headed over the baggage carousel. After this length of time, one would assume our bags would be waiting for us. They, of course, would be wrong.

Lisa's suitcase was right where it should have been. We waited patiently for mine to arrive, but when the carousel finally stopped, we realized something had gone wrong.

Losing a suitcase is always stressful. Losing one in a foreign country where the first language is not English is doubly so. Our first order of business was to find someone who understood English and when a representative from WestJet finally arrived, we had to fill out a missing baggage report.

We finally got out of the airport (don't talk to the timeshare people) and over two hours after we landed, finally arrived at our hotel. At that point, the only thing we wanted to do was unwind. Unfortunately, our room was not ready. After a brief exchange with staff at the front desk, we were given an apology and an upgraded room.

Continued on next page

The resort was beautiful, the food great and the staff was fantastic. They helped in communicating with the airport as I tried to locate my missing suitcase.



It seems my suitcase had a mind out its own. While Lisa and I chose Cancun, my suitcase decided to go to Florida. I kid you not!

As a result, they had to ship my suitcase back to Toronto and then to Cancun, where I was reunited with it over 48 hours later. Fortunately, I had packed a t-shirt and shorts in Lisa's suitcase. As well, I was able to purchase a few other essentials at a nearby outlet store.

So, there we were in beautiful Cancun. The weather was perfect for touring - sunny, but not too hot. Unfortunately, for most of our stay, it was not pool weather.

Overall, though, it was nice to get away, despite the fact I was fighting a

cold for most of our vacation. We enjoyed some great tours to Chichen Itza and Coba, saw some enjoyable shows at our resort and learned a word essential to the Mexican language (Tequila!).

Now I'm dealing with WestJet, seeking compensation for my Cancun purchases, as well as some acknowledgment of the additional stress they caused.

They already agreed to fix the damaged zipper on my suitcase. Now, the outside of each plane says "WestJet Cares." Do they really? I guess they do because in the end the airline compensated

me for the clothing I purchased, and promised a travel voucher to use in the coming year.

Would I go back to Cancun? It was enjoyable, but as a good friend once told me, there is so much out there to see. Why restrict yourself? She was right then and now. It was a good getaway, but there are so many other places to visit. Only time will tell.

Shalom

Jeff Rosen

Lisa, Jordana and I would like to wish everyone a Happy Pesach

Chag Saymayach

SANDY'S SCRIPTS



Life is so fragile, physically and emotionally. Just recently, the mother of a very good friend passed away after her battle with a terminal illness.

Even though one knows the inevitable, for me it's hard to watch, so I can only imagine the heartache and despair a family member goes through. This woman was 93 years of age and aside from normal problems, she lived a healthy life until she was diagnosed with a disease that would eventually take her life.

She was lonely after she lost her husband about 10 years ago, but always had a smile on her face and a pleasing disposition.

I spoke with my friend on an almost daily basis, so I always knew what the developing situations in her mother's health were. Her daughter was a 100% advocate for her mother – no stone went unturned when it came to the care of her mother and communications with the doctors. She was devoted to every aspect of care for her mom and did everything humanly possible to see to it that she

was always as comfortable as possible. She should have no regrets or feelings that she could have done more.

My friend would very often ask me, "Did I do the right thing?" She knew, but she felt the need to have reassurance. The one person in her life that would always give her reassurance, love and respect was the one she was now looking after. That's a very hard thing to do – reversing of roles, the child becomes the caregiver/parent.

The daughter told me a long time ago that at the end of the day when she would phone/see her mother to say good night, she would say, "I love you now and forever and ever." Her mother would respond, "Me too, me too." When her mother left this world, she whispered "I love you now and forever and ever" – but she no longer heard, "me too, me too."

The cycle of life presents yet another chapter in this family's history....the cycle does not stop, it just keeps going on and on, making history and paving the way for those who will follow.

Until the next time.

Sandy Gordon

APRIL MEETING

Please join us at our April 2 meeting, when we will welcome Rabbi Michal Shekel, executive director of the Toronto Board of Rabbis, who will speak on the Jewish perspective of organ donation and why it is a mitzvah. Please bring a friend to this important meeting. Please RSVP to Albert at salonpiaff@rogers.com if you are joining us for dinner.

TORONTO MARATHON

Sunday, May 6

Forestdale Heights Lodge has participated in the Toronto Marathon for over six years. Our lodge is responsible for the first water station at Mel Lastman Square. We have four volunteers this year. We would appreciate if at least two more members to come and help. Arrival time at the water station is 6 a.m. and we are usually done by 9 a.m.

The fun continues when we all go out for breakfast.

Please call Harvey Silver at (416) 223-0780 or email at harveysilver@rogers.com.

WOODBINE 2012

Sunday, June 3

Cost \$40/person, which includes buffet lunch, programme and reserved seating

Doors open at 11:00 a.m.

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ORGAN DONATION

The Facts:

- Everyone is a potential donor.
- Donations from one individual can help many people.
- Heart, liver, kidneys, pancreas, lungs, small bowel and stomach can be donated.
- One of the most important sources of organs for transplantation is living donors, who can donate kidneys and portions of their livers, typically to family members and close friends.
- Every three days someone in Ontario dies waiting for an organ transplant.
- The number of new patients added to the transplant waiting list grows each year, while the number of deceased donors remains unchanged.

Frequently Asked Questions

Do all movements within Judaism agree with organ donation?

Yes. The value of pikuach nefesh (the saving of a life) which is at the core of organ donation is a principle shared by the entire community.

Doesn't Judaism require us to be buried with our bodies intact?

Judaism clearly draws a distinction in the case of donating organs and tissues in order to save a life. The saving of a life is the most important of human activities.

If I have cancer or another serious illness, can I still be an organ and tissue donor?

Even an individual with a serious illness can sometimes be an organ or tissue donor. Ultimately, it depends on several factors, including the health of the organs and tissue at the time of death.

If I have indicated my decision for organ donation, will everything be done to save my life?

Yes. There are strict legal guidelines that must be carefully followed before death is declared and organs can be removed. The doctors who treat a patient at the time of death are separate and distinct from those responsible for organ removal. It is considered only after every effort has been made to save a patient's life.

Information provided by the Toronto Board of Rabbis

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Join the celebration for the
46th Annual Installation of

Forestdale Heights Lodge

Sunday, May 6, 2012
4300 Bathurst Street

Cocktails at 5:00 p.m. followed by dinner

Cost: \$20/person for members;
\$25 non-members

Please RSVP to Albert Ohana by April 30
(416) 494-2636 or salonpiaff@rogers.com

PURIM 5772



This year's Megillah program, a staple of Forestdale Heights for over the past two decades was held on Wednesday, March 7, at 4300 Bathurst Street.

Rabbi Jay Kelman (seen here with Carl Zelig) brought out his family and, together with two of his sons, read the Megillah to about 34 residents of the B'nai Brith building. A donation was been made by the Lodge to Torah in Motion, where Rabbi Kelman is a founding member.

While numbers have declined over the past few years, this year's crowd was slightly larger than last year. What the seniors lacked in numbers though, they more than made up for with their enthusiasm and spirit as they drowned out Haman's name with their *graggers*.

After the Megillah reading ended, residents enjoyed a light snack of hamentashen, potato chips, clementines, and hot and cold beverages.

On hand to help serve up these delicacies was Carl Zelig along with his wife and daughter, Debbie and Rebecca, as well as Ruth Pupko, Michael Kates, Harvey and Debbi Silver, Stewart Indig, George and Charlene Garten, Albert Ohana, Barry Gordon, Lisa Rosen and me.

As the evening wound down and residents returned to their apartments, one thing was evident, Forestdale Heights had provided a very important service to those who can no longer travel to hear the Megillah.



Special thanks for this annual programme go to Carl Zelig, who makes sure it successfully comes together, and his assistant, Harvey Silver. This year they faced a unique challenge searching for a new source of hamentashen, due to the closure of Richman's Bakery.

Kudos Carl and Harvey!

Jeff Rosen



PURIM 5772



PURIM BASKET DELIVERY



On Sunday, March 4, about 500 Purim parcels were delivered by B'nai Brith Canada. Three hundred of them were delivered by volunteers from various lodges including Forestdale Heights. The Mishloach Manot baskets were put together and loaded in a very professional manner. As usual, all the delivery routes were taken by 9:30 a.m. I would like to personally thank Richard Kotzen, Rhona Leviston, Carl Zeliger and Barry Gordon for their hard work.

From your roving reporter, Michael Kates



EXECUTIVE ELECTIONS

The following people have been elected to serve as executive of Forestdale Heights Lodge for the year 2012-2013:

President: Ray Moscoe

Senior Vice-President: Harvey Silver

Vice-Presidents: George Garten, Evie Isenberg, Richard Kotzen

Treasurer: Charlene Garten

Financial Secretary: Stewart Indig

Recording Secretary: Rhona Leviston

Trustees: Elizabeth Bloom, Ivan Bloom, Barry Gordon, Sandy Gordon, Allan Greenberg, Linda Greenberg, Avery Matlow, Marla Matlow

As immediate past president, Irv Pupko, will serve as chaplain.



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NOTES FROM NATE

Never letting the truth get in the way of a good story



Azoi, Nu, hello to the boychiks and maidlech of Forestdale. Have you been being good, or just carrying on same as usual?

You know this time of year brings back some wonderful memories of life back in the late 50s for your Rotund Reporter. Way back in

spring 1955, my best buddy, Mel Osolky, took me out to a meeting of Delcor AZA. I liked what I saw, joined and began a 57-year journey as a member of B'nai Brith. In 1960, a group of us Delcor boys, now in our

late teens and early 20s, got together and formed Upper Canada BBYA. What we never realized was that through BBYA many of us discovered the sweet young things from BBG, who were destined to become our wives. I first met my Andrea at a combined social event, where the girls cooked for the boys. They say the way to a man's

heart is through his stomach. What can I say; it was love at first bite.

In my case, my romance had to be put on hold until after the two Seder nights, since the future missus herself was staying home with her family for the celebration. Having lost my father the previous September, my mother and I passed on the Seder for just the two of us. In previous years, we had gone to Seders, but only periodically. That fact, however, didn't

mean that my mother didn't change the dishes and scrub the house within an inch of its life, with lots of help from yours truly. The following year, now being engaged, my mother and I joined the Wine

family for the Seder, a tradition that we would enjoy until the passing of my father-in-law Jack, in the early 70s.

In spring of 1967, I went to the second official meeting of Forestdale Heights at the urging of Marty Osler and Moe Goldhar and began a 45-year adventure with our beloved lodge.

Continued on next page



Fast forward to 1976 and in our brand new home, we became the hosts of the family Seders. That tradition was a touchstone in our lives for over 30 years.

Then a new phase in our lives began, since the family Seders moved to our daughter Deborah's much larger home. Here, a melding of family traditions moved forward. Deborah's mother-in-law, known far and wide for her chicken soup, prepared that traditional dish, but with my wife Andrea's homemade matzah balls and lockshin enhancing the bowl. Each of us brought family favourites, so that by the end of the evening, everybody had to loosen the pants and make a greps before we could leave the table. Another change was when our now grown children introduced us to a delicious variety of Pesadich wines, which was a marvelous change from the traditions of Manishevitz.

With now 17 at the Seder table, we have reached that delicious point in life where we have a "kids" table set up for our children's children. Life sure moves in amazing circles. I am so looking forward to sitting at the head of the table as my grandson Benji asks the Four Questions and when I have to pay all five of them ransom for the matzah in hard cash, because they have learned well from their mothers.

We wish all of our brothers and sisters in Forestdale a good and healthy Pesach. May you all have the nachus of family at your Seder table to share the joy.

Oops, I nearly forgot this month's words of wisdom from *Pincus Punim*:

At our age, if you wake up with aches and pains, say thank you G-d because it means you are still alive.

Nate Salter

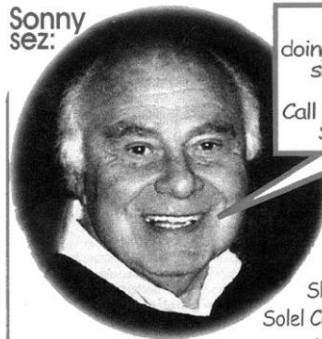


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GOOD & WELFARE

Birthdays

Elizabeth Bloom

Avery Matlow

April 4

April 7



NOTICE

The unveiling for Bonnie Kates will be held
Sunday, April 29, 2012 at 10:30 a.m.
Bathurst Lawn Cemetery, IOF Court Topaz section
Afterwards please come back to 9 Chaya Sara Gardens
(Bathurst north of Rutherford)

Shalom & Linda
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FORESTDALE FUNNIES



What, in your opinion, is the most reasonable explanation for the fact that Moses led the Israelites all over the place for 40 years before they finally got to the Promised Land?

- a. He was being tested.
- b. He wanted them to really appreciate the Promised Land when they finally got there.
- c. He refused to ask directions.

There once was a man named Herb who had slaved away at his job for many years. He never expected them to pass over him for promotion, but they did, and so he was bitter about that. Bitter Herb is what they called him. Although he was the kind of guy who mows his lawn each weekend, it seemed that he was even bitter about that too. He lived most of his life on the edge of denial.

He would often whine about the problems that plagued him. He always seemed to have a bone to pick about this or that. Things were made worse by a co-worker who egged him on, a guy that Herb once called a “dip” twice. You might just say that Herb wasn’t upright.

One day, Bitter Herb returned from the boss’s office all hoarse and reddish. “I’m fired! They’re gonna let my people go!” he exclaimed. “Why? Why why why?” He opened his wallet and looked inside. “No bread!” he cried. “He tricked me out of a job!”

That night, as he cleared out his desk, he knew that this night was different from all other nights. He looked at some old pictures by his children of Israel. Just then, he spilled water across his desk, when luckily, before anything got wet, the water parted.

After leaving and then wandering around for a while, Herb moved to Florida where he was promised land. Herb is now happy when he and his wife go out to the local restaurant and order the specials and one is completely free.

AS I SEE IT



Moses freed our people and our mother put us back into slavery” was a common complaint that my brother and I had around Pesach. I guess that the Kates children inherited our mother’s

dislike for the holiday of freedom.

We never truly grasped the freedom concept as my mother put her “volunteer brigade” into full swing. It wasn’t so much volunteering, as being “volun-told.”

The volunteer brigade is a euphemism for a totalitarian regime of which my mother proclaimed herself the Supreme Ruler and Boss. Blinds were removed and washed in the bathtub, Pesach dishes were washed in the basement and *schlepped* up to the kitchen cabinets after they had been cleaned from top to bottom. My mother captained a very tight ship, and each one of her military decorations stood for something else.

She amassed her Pesach badges quicker than any girl scout. One badge was for chicken soup being

made two weeks in advance and being frozen. (Amazing what she could produce on a plug-in electric burner in the basement.) One badge was for doing her Pesach shopping long in advance of “midnight madness” and another was for setting the Seder table days before the pouring of the first cup of wine.

Although I think that Jews today are not so very different from B’nai Israel in terms of our *kvetching*, I

guess it’s all part of our genetic code. Passover would not be Passover without it. When the torch of hosting Seders was passed to us, we took the responsibility very seriously. The weight of thousands of years of history is heavy

and it is up to us to transmit that to the next generation. So, as we sit exhausted around the Seder table and recount the story of the Exodus from Egypt, *kvetching* and fatigue aside, we know that we wouldn’t have it any other way.

From my family to yours, *chag Pesach kasher ve’sameach*.



Mare Kates

HEALTH IN HARMONY



Goals: If you want to get somewhere, you'd better pick a destination or you won't arrive.

Without an eye on where you want to go, you are merely a worker ant, just doing

the prescribed job following the next ant in front of you. If your goals are vague, you may not do anything that will prompt feelings of stress. To be truly successful at what you want to accomplish, you'll need to be concrete with your goals. Ask yourself questions such as: What's important to me? Where do I want to be in a year, in five years? What do I want to accomplish for myself, for my family, for my self-development goals, my vocation, my finances or my social or spiritual life?

Give yourself time to ponder what it is you want out of life in several areas. Once you have some firm goals, then you can devise an action plan to convert them into a reality.

Be realistic. If you set your goals too high and then realize you can't reach them, you may experience feelings of defeat and failure. If you set them too low, you may not feel challenged enough or that you're living up to your potential. Therefore, think carefully about your true goals and the steps required to achieve them.

For example, for real life achievement and a sense of fulfillment, plan steps for your goals such as:



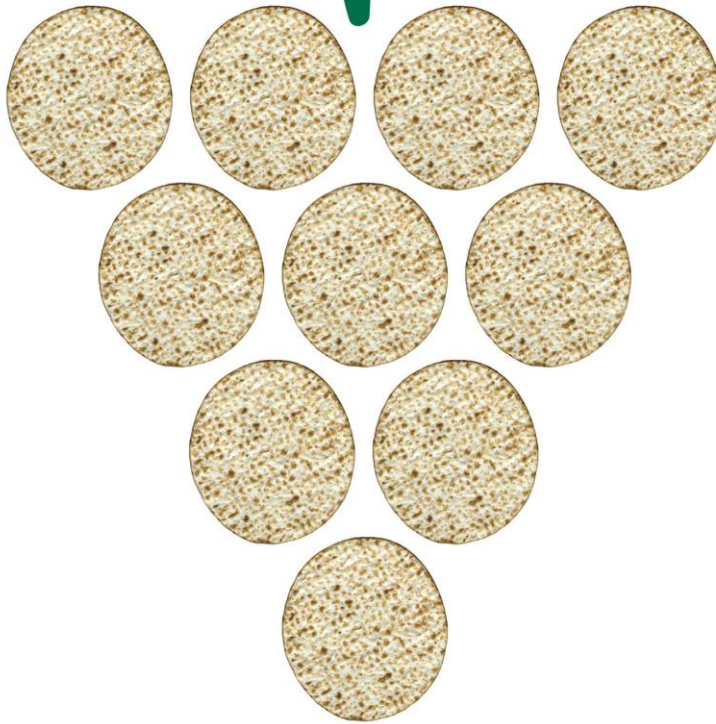
Physical Tone Up: Take off 15 pounds. Call the local recreation centre for their schedules – now!

Reduce stress levels: Learn and practice some deep breathing techniques during the day.

Spiritual life: Go to religious services this week or next. Remind yourself daily to be grateful for what you have and for the people in your life.

To reduce stress and feel a sense of accomplishment, point your compass to the mark and start moving toward it.

Rosalie Moscoe



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