

December 2008

Kislev/Tevet 5769

DECEMBER MEETING



Monday, December 1

Dinner 6:30 — Meeting at 7:15

Please RSVP to Albert Ohana

at salonpiaff@rogers.com

or call 416-494-2636

**Reserve the date for what promises
to be a fascinating evening**

January 5 meeting

Guest speaker

Toronto City Councillor

Howard Moscoe



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

December 1	Dinner Meeting
December 14	Chanukah Parcel Delivery
January 5	Speaker & Dinner Meeting
January 31	Night at the Races
February 9	Nomination/Dinner Meeting
March 2	Election/Dinner Meeting
April 13	Dinner Meeting

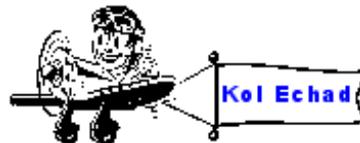
Kol Echad Deadlines

January Issue	December 9
February Issue	January 6
March Issue	February 8
April Issue	March 6

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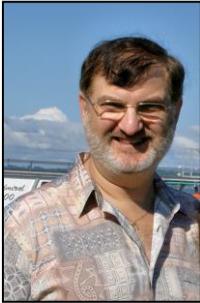


President's Pen

WILL RETURN NEXT MONTH

Everyone in Forestdale Heights, wishes our president, Irv Pupko, a speedy return to good health

Editor's Desk



Look back, look way, way back. We cheered at the proclamation of the establishment of the State of Israel, joined hands to welcome the Age of Aquarius, wondered whether 1984 would be like 1984, if 2001 would finally

result in a true Space Odyssey and counted down anxiously, worrying whether our computers would suffer a major meltdown on January 1, 2000.

But that was all, so last century ago!

The first decade of the 21st century is closer to the end than the beginning and life pretty much continues as it was a decade ago.

I believe that all is about to change, as we prepare to launch 2009, a year which will truly mark the start of the new century. The signs have been around us for the past few years. Only in the last few months have events hastened, rushing society into what surely will be a brave new world.

I am sure everyone is aware by now of the plight of the three major American automobile makers. While sales have continued to decline, these auto giants continue to live in the past, creating fuel inefficient vehicles. Not until the surge in oil prices did they seem to realize the error of their ways. Unfortunately by then it was too late for them to pull back against the gravitational forces that were pulling them into an economic black hole. Word has it,

that things became so bad that two of these companies are considering a merger.

Too late, I proclaim. You had your chance and blew it. The future will belong to those companies that have been creating vehicles that people

actually want to drive.

I am hoping that U.S. financial institutions do not suffer the same fate, for as we have seen; their collapse can only weaken the economy further.

Continued on next page

It was their own short sightedness that brought about the current economic malaise in the United States, the effects of



which are now being felt around Ontario and the rest of Canada.

It will take all of our own political leaders' skills to keep our country on solid economic footing.

If Prime Minister Harper and his Conservative government face a major challenge in the coming year, newly elected President-elect Barack Obama faces even greater challenges.

As the first African-American elected to his country's highest office all eyes will be upon him. For better or worse, he will be the standard upon which all future non-white leaders will be judged.

This would be daunting enough in a robust economy, but with economic

indicators at their lowest levels since the Great Depression and the U.S. dealing with massive deficits incurred by the George W. Bush administration, Obama will be tested like few leaders have in the past.

What it will mean is that politicians, business leaders and the public will have to find new ways to do things. The old ways are finally out, the books on the last century can finally be closed and the new one launched, albeit just eight years late.

Welcome aboard 21st century. What kept ya so long?

Shalom

Jeff Rosen

(P.S. Of course if none of this comes to pass, just let me know in a year's time)

Good & Welfare

Birthdays

Marla Matlow

Allan Brown

December 14

December 24

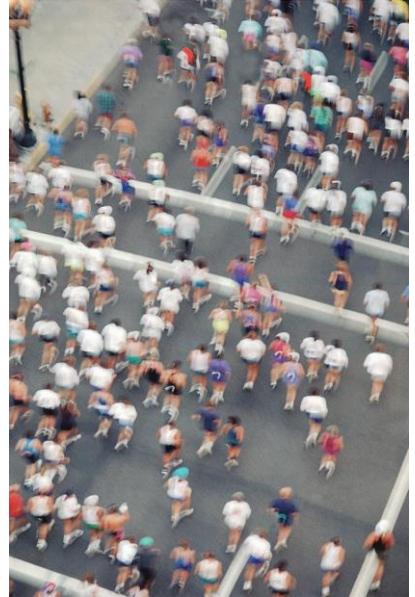


If you have something special happening in your life that you would like listed in Good & Welfare, send it to jelijo@sympatico.ca. We will make every effort to include it. Birthdays of members only will be listed in this space. If we have missed a special occasion in your life, please let us know so that we can update our records.

Toronto Marathon

On Sunday October 19, Irv Pupko, Jeff Rosen and I volunteered our services for the Toronto Marathon. It was a very exciting morning. I was very impressed with the number of people who signed up for the event. I also learned once you complete the Toronto Marathon, it qualifies you for the Boston Marathon. This event is the “big leagues”.

We arrived just a little before 7:00 a.m. and waited for our instructions. We set up tables and began putting out cups and pouring the water into them. The runners topped up their fluid intake before the race began. The half marathon started at 8:00 a.m. and the full marathon began at 8:30 a.m. which was 26 km. They even had a team marathon that began at 9:00 a.m. All the runners were pumped up and ready to go.



We had a great time serving our community. When it was over, I realized how much I missed Forestdale Heights not participating in these kinds of events. We used to do a couple of these events a year, helping where and when we were needed. I used to take my boys and they too learned about the importance of volunteering. I remember when these kind of volunteer endeavours were family events. It set the tone for our kids to continue volunteering into their adult lives.

What has happened to our lodge that we were only able to get out 3 of us? We need to get back to doing what we do best, serving our community and making a difference. I know that Irv, Jeff and I felt great being involved and it was only 3 hours taken out of our day.

I urge my brothers and sisters to come up with some exciting and innovative community projects and let's get them off the ground, so we can keep up the Forestdale Heights Lodge tradition of being there when our community needs us.

Michael Kates



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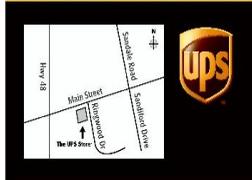
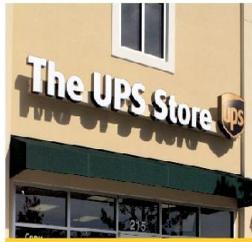


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Random Musings



When I was last in the U.S., I purchased an informative book by Reader's Digest called *Homemade*. This book explains how to make hundreds of items from

scratch. Not only does it have recipes for food, but also, pet food. It contains instructions for canning for those looking for a new hobby, and freezing, for those less adventurous.

For people concerned about the environment, there are instructions for making "green" cleaning products. For those who want to concoct beauty products at an economical cost, this is your book. It even has crafts, and how-to instructions for small home improvements. It states on its cover that it contains 702 ways to save money and the earth.



Sometimes, because we have such a selection of ready-made products in the grocery store, we lose some of the satisfaction derived from doing something that requires a bit of creativity. This book gives us the ability to learn some of the simpler solutions to living.

At present, I have only been leafing through the book for ideas and plans. What I notice, however, is that even just looking through this book makes me feel calmer, more connected with the possibility of a simpler lifestyle. Someday, I hope to have the time to put it to good use.

If you see this book on the shelf, I suggest you take a peek inside, perhaps even buy it. It suggests the possibility of a life change that might just transport you to new tranquility. In the meantime, just reading some of its ideas is pleasure enough.

Elizabeth Bloom

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As I See It



What is going on with our food supply, our pharmaceuticals and the toys we purchase? Last year it started with pet food contaminated with melamine, manufactured in China. Then it was toothpaste made for the Colgate Company that had elements of diethylene glycol, an ingredient found in anti-freeze. I used to have confidence in the Colgate-Palmolive company. I have now begun to doubt a name brand company that has been around for year. When I further investigated the tainted toothpaste, it was found to be counterfeit. Yet, the doubt to how safe Colgate brands are, remain to be seen.

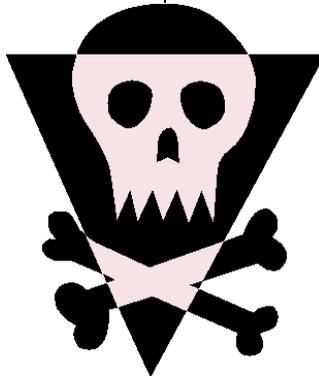
Now we learn that thousands of Chinese babies are sick because melamine, the same chemical that was in the pet food has been added to baby formula. As I understand it, melamine dilutes the milk solids. When the solids are diluted with melamine, it brings down the cost of the product. Other products like yogurt and ice cream have also been found to contain the same contaminates. Still, another scandal erupted this year when patients developed severe allergic reactions to the blood thinner “heparin”, which was also

found to have chemical additives that changes the chemical formula. More than a dozen people died in the U.S. and it is believed that a few Canadian deaths might also be linked to the same problem. Heparin has been a G-d send in reducing reoccurrence of stroke and heart attacks for millions around the world. The investigation that followed in the U.S., found that some Chinese suppliers had added a cheap, and dangerous compound to the raw ingredient. Many pharmacies in the GTA had purchased the bogus blood thinning drug.

All these incidents suggest that food and drug quality control is lax in many nations. Few of us realize that raw ingredients for many of our medications are sourced from places like China and India. These countries don't have the same standards that we North

Americans have come to expect. Health and Welfare Canada has recently banned the importation of 40 generic drugs from pharmaceutical firms in India.

We can't allow any manufacturer to produce products that are toxic and harmful. If thousands of babies had become sick from Canadian manufactured milk products, we would be up and arms and making demands for an immediate inquiry as to how this tragedy took place.



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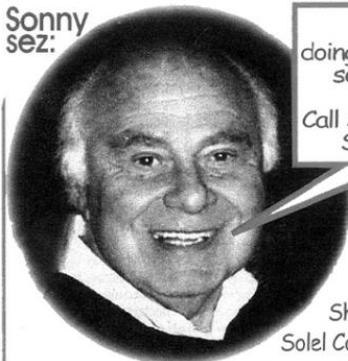
We would be asking for compensation damages that would tie up the court system for years on end. You only need to think back to the Walkerton water scandal of 2000. Eight years later, it is in the court system.

One of the guilty pleasures that I indulge myself in is a trip to the local dollar stores. I can amuse myself there for at least a half hour and it cost me next to nothing. They have an array of items that are fun, interesting and useful and costing a mere dollar. With the recent news of so much of the merchandise on their shelves having unacceptable levels of lead, my cheap thrill of a stroll through a dollar store has come to an end. I am now being forced to rethink my guilty pleasure of browsing dollar stores.

We need to push our government to take a far more active role in monitoring foreign and domestic drugs, and other import items that find their way to our dinner table, our medicine cabinet and our homes. Currently, many companies are on the honour system, but this isn't good enough. Each one of us must be diligent and do some homework with regards to what we purchase. It seems we just can't trust our retailers to do the job.

Bonnie Kates

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Sandy's Script



How many times have you been in a department store and tried to find a salesperson? Many huh? Well that's one of the things (among others) that get my goat when I am shopping.

Don't get me wrong, I am not a shopaholic by any means, but when I ask a question I think it is only fitting, as a customer, to receive an appropriate answer.

Problems with salespeople have been in the forefront of my visits to shopping establishments lately. If you are lucky enough to find a clerk, they avoid you like the plague, or "I'm sorry it's not my department" – "I'll get someone for you" – I'm still waiting!

Two instances in particular happened within recent weeks. One was at one of our local hardware stores.... it seems they had something on sale that I wanted and I had already picked up something I wanted to pay for. I walked to the nearest cash as it was the one I would exit to go to my car. I asked the cashier about a rain check for the item I came in the store for and was told I had to go from one end of the store to another area to get a rain check. Check this out – I didn't do it – I don't know why but I

paid for the item I had in my hand anyway and left for my car.

What has happened to "service"? Remember when we had the 5 – 10 cent stores, there was always someone you could ask if you had a question. Now it seems they make it very easy for you to check out and pay money but the service in other areas of the store leaves a lot to be desired.

I'll leave you with one other instance. I was in a local bagel store and had a "cold" cup of coffee and a bagel. I wanted to get another cup of coffee and mentioned to the girl that my first cup was cold...I said "I think I should get a discount" I said that just to get her goat because I was not getting any reaction from her at all...talk about service! So I paid for my second cup of coffee which was much hotter than the first.

After a little while I went back for a bottle of water. She punched in \$1.79 for a 500 ml bottle of water. I said to the same girl...."this is not the large bottle"! She actually rolled her eyes at me!

Either I am getting very impatient or customer service barely exists anymore!

Oh well, the next time I need to ask a question, I will smile a lot – they say smiling is infectious.

Dream on!

Until the next time.



Sandy Gordon

RACE NIGHT



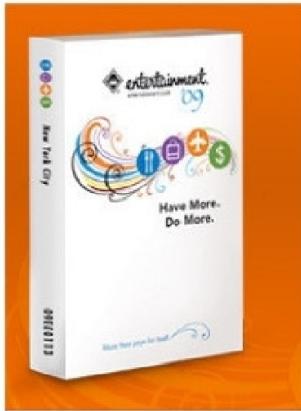
WOODBINE RACETRACK

Saturday, January 31, 2009

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Cost \$44 per person includes buffet dinner,
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Entertainment 2009 Books are out



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French Toast Casserole

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1 tbsp. butter

Generously grease an 8 or 9 inch square baking dish. Tear up the chalah into ½ inch bits and put into greased dish. Slightly stale works as well as fresh chalah.

In a bowl mix eggs, milk, brown sugar, vanilla and cinnamon. Pour this mixture over the chalah and pat down lightly so that the bread is soaking up this mixture. Dot the top with butter and cover with foil. Refrigerate over night. In the morning, place the foiled covered dish into the cold oven and turn up the temperature to 350 degrees for 30 minutes. Then uncover and cook for another 30 minute, until it lightly browned and puffed up. Serve with maple syrup. This makes 4 to 6 servings.



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Notes from Nate



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

Let me tell you right now, around the Salter house we are counting days until our eldest daughter Shari delivers our fourth grandchild and this new little lady will be our first granddaughter. You know a funny thing, an article I can type, but in the new baby department we ain't go no control. She will be here when she gets here and that is that.

It is such a delicious feeling waiting to meet another new somebody in your life, who has already reserved a place in our hearts, and only has to make her appearance to start the *naches* glowing. We have now had over a year of watching our little Benji grow and prosper right here in Toronto, and what a thrill that has been. Our two eldest, Justin and Owen who G-d love them are in our thoughts every day, are in Montreal, and with our current health situation, the former monthly visits have been curtailed for some time. While we are in touch regularly, believe me it is not the same as being there with them day after day.

Have to tell you though, we had a Halloween party at Deborah's house, and what a blast. Deb, Dave and Benji, with some props came as Goldilocks and the Three Bears. Not to be outdone, Andrea and

I came as *Boobie* and *Zaidy*, but you ain't ever going to see the pictures, because we reversed roles with our costumes. All I know is that I make one really ugly *Boobie* and as a *Zaidy* Andrea makes a far better *Boobie*. I won't even tell you what Shari dressed up as, and her Dave was Luke Skywalker or a facsimile thereof.

Then there was my brother-in-law Arnie, who showed up as the late J. Christ of biblical fame. His favourite lady Heidi was also dressed up as Cleopatra, queen of denial and looked great as a brunette. We had a blast, *fressed* really good, had some laughs, scared the neighbours kids and confused poor little Benji. Total success and best of all I love the new tradition of celebrating my birthday with family all acting as kids again.

You know our lodge is also very similar to the above type of relationship. For the most part all of us spend our lives at jobs, with relatives, family and friends, and then at least once per month we all get together for a meeting or program. The food is good, and yes, one could say by now we know each other's *shtick* and *michigas* but that is what makes the meeting so enjoyable. We may drag out the points in the agenda, but when all is said and done, with full *pipiks* we head off for another month of our regular lives, having spent an evening with friends.

Nate Salter

Health in Harmony



Speaking from experience, there comes a time in every caregiver's life when enough is enough. It's called *Burn Out!* Often, caregivers can get run down, feel

anxious, depressed, exhausted. Stress has been shown to undermine the immune system making the body more susceptible to illness. In his recently published book, *Handbook of Human Stress and Immunity*, Robert Bonneau explores how stress affects overall health. Bonneau is an assistant professor of microbiology and immunology at Penn State's Hershey Medical Center. "The brain, the immune system and the endocrine system, which secretes hormones, all talk to one another." Also, being studied is lymphocytes, the infection-fighting white blood cells produced by the immune system in response to stress.

Have you ever contracted a cold or flu after a significant stressful period? A cousin of mine caring for his dear wife with MS became very tired and run down. His immune system had a difficult time fighting off invading viruses or bacteria. He eventually contracted Hepatitis C and then they both had to be hospitalized. (If you are not a caregiver, yet know someone who is, perhaps you can send this article to him or her.)

Caring for others is tricky business; it's a balancing act. If you're not caring for yourself, you may be compromising your ability to care for the sick person. I've seen daughters so frantic that they end up yelling at their sick parent - too distraught to realize their own mental (and physical) health is suffering.

Remembering my own past episodes and watching other friends and family members, caregivers feel they must do it all. Often female caregivers also attend to their own children, their communities; perhaps hold down a job as well. About 12 years ago, I was in the role of caregiver for my father, while I also held down a job, took courses and attended to my family. My dad was a diabetic and suffered from complications of diabetes. Even though he still lived at home with his wife, she was having trouble coping; therefore, I was the "Staff Sergeant". Mostly, I was the one who took him to doctor and hospital appointments. I picked up medication prescriptions and kept tabs on his diet.

When he needed to be admitted to a nursing home after losing a leg, I was still the one making the decisions about his care, shopped for his clothing and continued to accompany him to hospital appointments.

Continued on next page

While I was doing all these things out of love and duty as a daughter, at times, it was difficult trying to juggle the many roles I had. I began to feel overwhelmed, sometimes resentful, and then guilty. Finally, I became exhausted and admitted to myself that I needed help. Wanting to be in control, I was clearly out of control in this particular situation. Eventually, I remember walking into a social services agency for seniors where social workers there were able to steer me in a positive direction.

According to the American Psychiatric Association, for the caregiver, it's essential to monitor yourself so that you eat properly, get adequate sleep, still socialize and do something you enjoy. This might involve taking a walk or engaging in other exercise or listening to music. Others might enjoy reading a book, taking up yoga, keeping a journal, or talking with a friend. It's vital to make time for contact with loved ones and relaxation. It's important to realize that normal life events are a necessary respite for the rigours of caring for someone with an illness or disease.

Some other strategies might include:

- recruiting family members to help with chores

- recruiting agencies that can give care
- ordering Meals on Wheels
- calling a social services agency
- meeting with a social worker to discuss the next steps
- considering a type of short or long term care facility for your loved one

A good web site that features many books for caregivers include: www.mentorbooks.com/eolcarg.html.

Another book of value for caregivers available at www.Amazon.com is: *The Caregivers Book: caring for another, caring for yourself* by James E. Miller.

More often than not, you likely already know these strategies, but when people are suffering undue stress, they often forget to do what they know. Furthermore, some people may feel guilty if they have fun or enjoy themselves when others they love are suffering.

I urge you to do something to ease the stress of being a caregiver. Don't wait until you're at your wit's end! The health and wellness of your family member and yourself depend upon it.

Rosalie Moscoe

Winterize Your Home

Even homes with adequate insulation material and water pipe heat tape can be further fortified for winter months. Regardless if winter is already well under way, it still isn't too late to winterize your home. The following steps can save you time, money, and help you avoid inconvenient cold-weather emergencies.

- Check insulation: be sure your attic, basement, and exterior walls are properly insulated and up to code. Depending upon insulation product used, replace or add to batt insulation (also known as blanket insulation) or other insulation material. If you have blown in insulation, a building contractor can determine whether or not more is required.
- Check for cold air entry ports: give your house the once-over; look for areas where cold air can seep in, and inside heat escape – adding to fuel costs. Check external wall electrical outlets, switch-plates, and gaps around windows and doors. Foam insulation made for outlet and switch placement is inexpensive, a breeze to install, and effective. Door weather stripping and window weather stripping made from metal, vinyl, sponge, felt, or foam can also help considerably. Caulk draft areas where weather stripping is not appropriate.
- Check furnace: this may not fit under the winterize your home category, but replacing the furnace filter every 4 to 6 weeks will help your furnace run more efficiently and cut down on heating costs. If you suspect your furnace isn't running at top performance, have a heating repair contractor inspect it.

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A programmable digital thermostat is another fuel bill cost cutter. They are not difficult to install and are more temperature precise than older types of thermostats. They can be programmed to automatically lower temperature at night when everyone is asleep, and during times when the house uninhabited.

Of course, prior to winter months make sure your gutters and downspouts are free from debris. And outside hoses should be disconnected and stored away; insulate outdoor faucets.

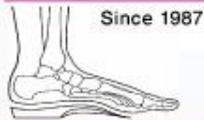
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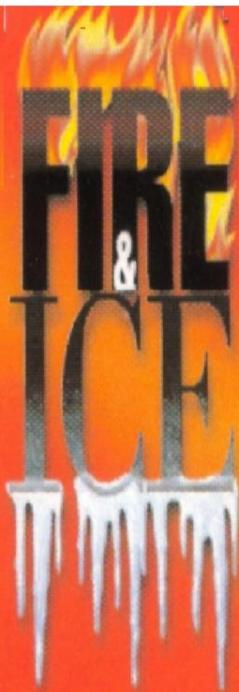
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