

Forestdale
Heights
Lodge

KOL ECHAD

פורסטדייל
הייטס
לודג'

קול אחד

December 2009

Kislev/Tevet 5770

עקקא



חאמאח

December 11- December 18, 2009

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 14	Chanukah Meeting
January 11	Opening Meeting 2010
February 8	Nomination Meeting
March 8	Election Meeting
April 12	Meeting
May 10	Meeting
May 30	44 th Installation

Kol Echad Deadlines

December 14	January Issue
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February 8	March Issue

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**Forestdale Heights Lodge
expresses condolences to Lodge
Brothers
Stan and Carl Zeliger on the loss
of their mother, Ita.
May her memory forever
be for a blessing.**

President's Pen



Okay, you all know this is coming, so I might as well get it out of the way. You can't always buy success, but sometimes it doesn't hurt to try. The Yankees try every year and this time they were successful. Everyone

can continue being Yankee haters, but it certainly was a more attractive series with them in than with them out. As soon as the Jays get a \$200 million (US) payroll they will be able to compete (of course, by that time the Yankees will probably be at \$300 million). Otherwise, in the land of fantasy, the Raptors show some promise but are still not up with the top teams. The Leafs have recently shown some skill now that they apparently have a goaltender and the Argos are thankfully done for the year. Toronto and the GTA beat out Bogota and Lima (hotbeds of the sporting universe) and will host the 2015 Pan American Games which you will pay for. You are excused if you have never heard of these games – they are usually used as training and testing meet for potential Olympians.

What else is in the news? The Toronto Star recently ran a series of stories on a “new” educational theory that basically says what teachers have been telling professional educators for many years – if students are involved in the education process, if students find the process and

the material they are learning to be relevant to their goals, if students and teachers can “connect”, then students will learn. The scientists now have a better understanding of how the brain develops and think they have a better idea of how to help that development in the classroom. We all know what the outcome of this will be – a “new” way of teaching developed by the bureaucrats at the Ministry, along with all the costs of retraining teachers and developing new teaching materials. In the meantime, schools are being closed, teachers are buying supplies from their own pockets because schools don't have the funds, classes are still too large, and technology continues to find ways to help children avoid actually interacting with other children by using Facebook and Twitter instead of actually talking to someone. We think we have a better life because we have all this technology that has taken thinking and research and turned it into Wikipedia, and the educators find ways to help children think and reason better. What a contradiction.

Remember, it is okay to drink your coffee while you are driving, to eat a sandwich, to have a cigarette, to carry on a business conversation taking your attention away from the road. Just be sure you are using a hands free phone system while you are drinking that coffee.

Irv Pupko

Night at the Races



WOODBINE RACETRACK

Saturday, January 23, 2010

Cost \$44 per person includes buffet dinner,
programme and entrance to clubhouse.

Buffet opens at 6:30 p.m.

For more information, call Bonnie Kates
at 905-669-2408 or e-mail katesfamily@sympatico.ca

Editor's Desk



It's hard to believe but its 10 years now since the world waited with baited breath for the arrival of a new century. The 1900s were about to give way to the 2000s and with it, what everyone assumed would be a major global disaster, named Y2K.

Of course as everyone knows, the clock struck 12 on December 31, 1999 and nothing happened to the World Wide Web or the multitude of computer systems circulating the globe.

In an ironic twist, it now seems we face yet another major problem, put together with yet another set of letters and numbers. This one poses no threat to the technology we have grown even more reliant in the past decade, but to our own health.

From an isolated medical problem, H1N1 has grown into a global pandemic. Like the perceived threat a decade earlier, there seems no real way to stop it. Call me cynical, but sometimes I wonder if we have really learned anything from the past.

This is not the first pandemic that has occurred and probably won't be the last. However I fail to see why we, as a society weren't better prepared for its arrival. We knew the second wave was coming, yet when it finally arrived the vaccine distribution system was pathetic. A handful of flu-shot clinics were set up, the numbers clearly inadequate to deal with the number of people in the Toronto area. Surprisingly,

most of these clinics did not operate on Sunday. The question here is why? Does the flu rest on Sunday and if so, perhaps there is a religious angle to this dilemma.

Medical authorities first urged everyone to get the flu shot, before discovering that there would be a shortage of vaccine doses for the general public. If it wasn't so sad, it would be comical.

Then on top of it all, it was discovered that a private clinic had been given a supply of the vaccine. For the right price, people could avoid the lengthy line-ups and go to the front of the line to get their shot. There was even valet parking provided for those lucky enough to avoid the wait.

At this point most of the public is outraged at how this whole thing has been handled. Having pregnant woman and families with small children line up outdoors for hours, while hockey players go to the front of the line is simply crazy. Perhaps it's too much for government to handle? Would private enterprise have been better able to manage everything? I guess we will never know.

I just hope that in the end, everyone learns something from this experience, so that the next time something like this happens government and society in general is better prepared.

Have a great *Chanukah* and see everyone in the next decade.

Shalom

Jeff Rosen

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Random Musings



Did you ever wonder what would happen if you put all your good ideas together and opened a business, or made a new product? So many times I've thought of something interesting but didn't pursue it - didn't have the wherewithal to carry it through, or the faintest idea how to go from idea to fruition.

For instance, I used to dream of an under-the-driveway melting system for winter. Alas, someone else figured out how to do it, and then, actually did it. Or how about a section to place ice under dips in serving dishes? - done.

I think that those people who actually get a patent, and then follow through to produce a product, must have tremendous drive and a lot of optimism in order to persevere. They have the special ability

and knowledge of how to see an idea through from imagination to existence.

A while ago I found a battery-operated can opener that sits on top of the can and, with the press of a button, independently circles around the top of the can and separates the lid from the can without leaving any sharp edges. Now, the person who invented this should get an award, plus get rich.

Perhaps if we pay more attention to our imaginations, we might allow passing thoughts to become a reality, rather than just dismiss such creative ideas as fleeting. I guess what I'm trying to say is that maybe it's never too late to pursue our dreams, no matter how far-fetched they may seem.

Elizabeth Bloom

Chanukah Parcel Delivery

The B'nai Brith Chanukah Parcel Delivery this year will be on Sunday, December 6 at 15 Hove Street, 8:30 a.m. Drivers are always needed.

Bingo

If you would like to help run the bingo program at 4300 Bathurst Street, please contact Irv Pupko. Our lodge will be in charge of the games the second Tuesday of each month starting at 7:25 p.m.

Chanukah Tidbits

The tallest Public Menorah is located in Manhattan on the corner of 5th Avenue and 59th Street. It is 32 feet high and almost just as wide.

1987: A Chanukah Menorah was placed atop the Statue of Liberty.

1991: For the first time in history 6,000 Soviet Jews celebrated Chanukah in the Kremlin's Great Hall during Lubavitch's live Chanukah satellite hook-up.

The largest attendance at a Public Menorah was at Miami's Joe Robbie Stadium, some 75,000 football fans.

The world's largest menorah is lit every night of Chanukah near New York's Central Park in Manhattan. A work of art designed by world-acclaimed artist Yaakov Agam, it stands 32 feet tall; the people lighting it are lifted to its top in a cherry-picker.

Before the Miracle of Chanukah, when the returnees from the Babylonian Exile began to rebuild the Temple, they erected the foundation of the Sanctuary on the 24th of Kislev. During the following night - the night of the 25th of Kislev - they celebrated the foundation laying. Coincidence?

Women played a very important role in the victory of the Maccabees. For this reason women also have an obligation to light the Menorah, and some have the custom of not doing work, as long as the lights burn.

The longest top spin on record was set by Hall Graham on December 18th, 1998 at Woodstock High School in Georgia. It spun for two hours, fifteen minutes and eleven seconds.

The 25th of Kislev, the day the Maccabees re-dedicated the Temple, is the anniversary of the day that the Syrians desecrated it.



The first time elephants were used in battle was by the Syrian-Greeks during the Maccabean War; but, to everyone's amazement, Elazar the Maccabee killed the lead elephant single-handedly.

The Maccabees regained Jerusalem thanks to a brave woman named Yehudit. She served salty cheese and strong wine to the Greek governor of the city and then, as he slept a deep sleep, took his sword and decapitated him.

A plain doughnut contains 300 calories. One glazed donut contains 295 calories. One jelly-filled donut contains 215 calories. One powdered cake donut contains 260 calories. One sugared donut contains 305 calories. About 45 minutes of walking (4mph) burns the calories in a 2.5oz plain donut.

The Menorah in the Temple in Jerusalem had only seven branches. Each one held exactly the same amount of oil, but the lamp closest to the Holy of Holies burned twice as long as the rest.

President Jimmy Carter personally attended the first Menorah lighting on the White House lawn. It was the first time Mr. Carter ventured outside the White House in 100 days due to the Iranian Hostage crisis.
- Courtesy Chabad.org

Dead Sea Scrolls – Second Installation

Now on at the Royal Ontario Museum until January 3, 2010

Forestdale Heights has reserved Sunday, December 13 at 11:00 a.m. to view this exhibit. The cost of the visit is \$22 per person. (\$19 for seniors over 65). There is an additional cost of \$5 for a guided tour, and \$6 for a pre-ordered souvenir book. In order to have the tour there must be a minimum of 20 people. Confirmation of the number attending must be made by November 29.

**Please RSVP Irv Pupko at i.pupko@rogers.com
or by phone at (905) 709-2675 as soon as possible.**

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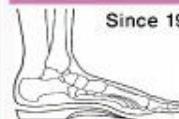
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November Meeting

Lesley Belows, from the City of Toronto Department of Public Health, gave a fascinating presentation about the current H1N1/Swine Flu pandemic. For up-to-date information on what is happening, please go to <http://www.toronto.ca/health/>



**More information on H1N1
on the following pages**

Key Facts on H1N1 Flu Virus

The H1N1 flu virus is a new strain of pandemic influenza which is different than the seasonal flu. People have no natural immunity to protect against this virus. The H1N1 flu virus emerged in April 2009 and surveillance of its spread shows that it is affecting more young and healthy people than the regular seasonal flu, which normally affects seniors and young children. People with underlying medical conditions and pregnant women may be at a greater risk for severe illness.

What is it?

H1N1 Flu Virus has been reported around the world, and the World Health Organization (WHO) has declared it a pandemic influenza virus. H1N1 is a strain of the influenza virus that in the past, usually only affected pigs. In Spring 2009, it emerged in people in North America. This is a new strain of influenza and because humans have little to no natural immunity to this virus, it can cause serious and widespread illness.



How is it spread?

The H1N1 flu virus is contagious and is spread the same way as regular seasonal influenza. This happens when an infected person coughs or sneezes and their germs enter the nose, eyes, or throat of another person. The germs can also rest on hard surfaces like counters and doorknobs, and can be picked up on hands and transmitted to the respiratory system when someone touches their mouth and/or nose. It is not possible to catch it by eating pork or pork products or through blood transfusions.

H1N1 flu virus



Contagiousness

More investigation is needed on how long a person can be infectious (be able to spread the virus to others), but, it is believed that this period is for one day before the onset of symptoms and continues for approximately 7 days after symptoms have started.

Symptoms

Almost always:

- Cough and fever

Common:

- Fatigue
- Muscle aches
- Sore throat
- Headache
- Decreased appetite
- Runny nose

Sometimes:

- Nausea
- Vomiting
- Diarrhea
-



Prevention

The Public Health Agency advises Canadians to:

- Wash hands often with soap and warm water for at least 20 seconds, or use hand sanitizer.
- Keep your hands away from your face.
- Cough and sneeze into your arm, not your hand. If you use a tissue, dispose of it as soon as possible and wash your hands.
- Get immunized.
- Keep common surface areas—for example, doorknobs, light switches, telephones and keyboards—clean and disinfected.
- Eat healthy foods and stay physically active to keep your immune system strong.
- Keep doing what you normally do, but if you get sick, stay home.
- Check www.fightflu.ca for more information.
- Check www.voyage.gc.ca for travel notices and advisories.

As I See It



I like the crisp quality of the air in the Fall. It's embracing and invigorating. The intoxicating mix of fallen leaves and earth creates a smell that resonates within a part of me that I can't identify. It seems Mother Nature changes the colours daily, and it is a show that is imprinted in my mind. It's impossible not to be moved by the dramatic change in seasons and there is no other place in the world that I would like to be during the magnificence of fall in southern Ontario.

I wait all year for the scent of earthy decay from the fallen leaves. It's a season of transformation, of regeneration; a conclusion to summer's heat and days of little air movement. I look upon Fall as an introduction to winter's icy embrace. I feel the chill in the air and it is all good. Fall is the time to turn a new leaf and with the natural change of season, it is often a time to reflect on what has past.

The last few months have been a time of difficulty, stress, and adjusting to the changes of those around me. I have seen my favourite aunt hooked up to a kidney

hemodialysis machine to provide her on-going life. I watch my uncle, her husband, being more confined to his wheelchair with each new day. The pain of his diabetic neuropathy and gangrenous legs, tears deep into my heart and I am saddened. I see him watching his beloved wife of 55 years, as her life-giving blood flows through the tubes of a machine that keep her going. I wonder if this is all that there is at this stage of their life.

I saw another aunt of mine grieve over the death of her son, just after *Yom Kippur*, a life taken far too soon. It is against nature for a child to precede it's mother. This is the same aunt who saw her grandson killed a few years earlier at the hand of a teen with a gun. Is more pain, of this kind, all that there is at this stage of her life?

Then I remember there is so much that is good. There is the new baby, born to my aunt and uncle's son. At 50 he became a first time father. A new little one who was born premature but has reached each of the milestones and expectation of his doctors, and I know that this is good. I see that this baby brings smiles and renewed life to my aunt and uncle.



Continued on next page

This baby warms their hearts and somehow they find the inner strength to move on and face the new day and the challenges, that aging presents.

My other aunt who lost a son and a grandson has seen two new babies born to her grandchild.

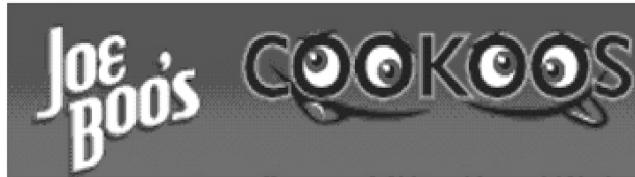
She has become a great-grandmother. I see how she lights up when she gives them a cuddle, and this too is good, and this is what keeps her moving forward and not dwelling on all the sorrow her 90 years have witnessed.

People often speak of Spring as the season for rebirth. I endorse Fall as the renaissance season as the earth moves away from the Sun. Fall is the curtain call

of another year past and a call to action to celebrate the earth and the people we hold close to us. I honour Fall by bearing witness to the remarkable drama of the changing seasons. I honour the lives of those whom I hold close to my heart and marvel on how they keep moving forward and remain strong. I know as the seasons of our lives come and go, *to every thing there is a season, and a time to every purpose. A time to be born and a time to die.....*

May the candles of your *Chanukiah* light the darkness.

Bonnie Kates



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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.



Nu, shoyne, so what is all the *geshrieing* about from our politicians. Maybe perhaps it is because all their buddies got caught with their hand in the cookie jar. My late mother used to call guys like these "*hoisitich gonovim*" which loosely translates into thieves in the house.

At one time we used to get upset when a politician would say, "what's a million" when something went astray. Now it seems that only *schnorers* deal in millions. To be a *ganzseh knokker* in this government you have to make at least a billion disappear. I don't know about the rest of you, but as a major user of our health system, who has had to wait months to see a specialist or two, since OHIP only funds so many patient visits, the waste and the virtual theft of taxpayer dollars puts my *kishkas* in a knot.

That being said, thank G-d for the system as it is because it operates well for the most part. My condition, which requires constant medical supplies, which are delivered to my door monthly and my monthly check ups at the hospital are free of charge. So as bad as it appears and as

much as the papers scream, from where we sit the system is working.

The really sad part is that this criminal waste of money could have done so much good had it been spent properly. While we can change the politicians, (who are like a diaper and need to be changed for the same reason) the civil service will still be there. Sure they chopped off a couple of top level heads, but the rot and sense of entitlement still exists. Sadly even with a cosmetic change in government it will be business as usual



It seems to me that the whole world has changed. At one time we believed that the government existed to make life better for citizens. Tell me honestly, when was the last time you heard some pronouncement from the government at any level that let you sit back and say "boy is that going to be good for my life"? More often than not all we hear is an increase in this tax or fee or a restriction on what you can do in your daily life. All these little gems are interspersed by reports of which individual was poorly treated by those highly paid civil servants who blindly enforce the rules with not a bit of old fashioned *saichel*.

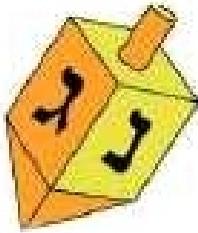
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It is this insanity that surrounds all of us that make our little Forestdale Heights

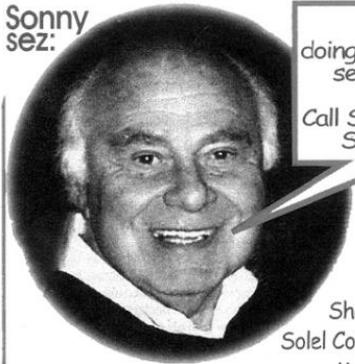
corner of the world so special. For a few hours each month, when we *fress* and mess with each other, all of the rest of the world is put aside. We laugh and we joke and we deal with items that while they give us a sense of purpose and achievement do not shake the world. It is that respite that brings us back to that comfort zone where we all want to live. There is nothing that we discuss at a meeting that will have a dramatic impact on our lives.

None of the things we do as a Lodge will matter to anybody but ourselves and the others involved. We do not contribute to the chaos but rather act collectively as a beacon in the storm that surrounds us. Thank G-d that we remain the simple group that we are. Thank G-d that we as a collective extended family have each other and thank G-d none of this is going to change in the foreseeable future.

Nate Salter



Sonny sez:



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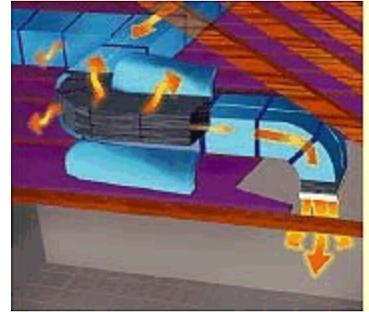
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Winter Wise Tips

Ducts

It's the time of year when homes have their highest energy demand of the year. Heating accounts for 34% of all annual utility usage and is part of what makes an average home twice the emitter of carbon dioxide emissions as a vehicle. Here is a way to reduce the demand for expensive space heating.



Check the ducts. To ensure that as much warm air as possible is delivered through your central system, check the ductwork and wrap any leaks with duct mastic. Distribution losses (what's lost while air is transported from your furnace through ductwork to the vents) often amounts to 30%. So, sealing ductwork could increase efficiency and the warm air you receive considerably ... keeping you warmer and making your furnace work less.

More Tips for Weathering the Winter



- Consider using **non-toxic de-icing substances** such as clean clay cat litter, sand, or fireplace/stove ash to prevent hazardous waste from chemicals. Chemical de-icers can be hazardous to your pets, your trees and shrubs, and the environment. Antifreeze that leak from car engines and chemical snow melters on driveways, roads, and runways can pollute surface waters and groundwater through the soil.
- **Winterize your vehicle** by checking your air filter and fluid levels, checking tires for tread wear and proper inflation, and checking the condition of your windshield wipers. Ensuring your vehicle is ready for weather changes will reduce damage, which prevents waste from broken parts, and will keep you safe on the road.
- If you have a wood-burning fireplace, **save your ashes** in a tin instead of throwing them away. Cold wood ashes can be mixed in your compost heap to create a valuable soil amendment that provides nutrients to your garden.
- **Use electric snow removal products** rather than gasoline-powered ones. While electric products consume energy, they do not emit greenhouse gases. As alternatives, use snow shovels, ice crackers, and brooms to clear snow from your sidewalk, porch, or driveway.

- If you have a manual thermostat or no thermostat at all, one way to save energy and money this winter is to **install an ENERGY STAR qualified programmable thermostat**. When installed and used with the four pre-programmed temperature settings for weekend and weekdays, you can save about \$100 each year while staying comfortable. Before leaving for vacation, **turn down your thermostat** (or use a programmable one) so that you don't waste natural resources by generating unneeded heat. You can also buy outdoor and indoor lights with timers so that lights don't stay on all night.
- **Close the recycling loop**. Many articles of clothing, such as jackets, scarves, gloves, and boots, are now made from recycled materials. Most fleece products are made from recycled plastic soda bottles, and certain clothing and shoe manufacturers use recycled cotton scraps and rubber tires to make their products.
- Winter storms often cause power outages. Prevent waste by keeping **rechargeable batteries** rather than disposable ones stored throughout your house with your flashlights. If you do use disposable batteries, prevent hazardous waste by buying batteries with low mercury content.
- **Recycle old newspapers** by making rolled paper logs for your fireplace. Roll newspaper sheets around a broom stick until your log is the desired size, then soak your log thoroughly in water. Dry the log overnight and use like ordinary wood. Always follow proper safety precautions when burning anything around your home.
- To make sure your heating system (boiler, furnace or heat pump) is operating at its most efficient, it is a good idea to have a contractor perform a **routine check-up and any necessary maintenance** on the equipment before freezing weather drives up your energy bill.
- If your heating equipment more than ten years old, it may be time for a replacement to a more energy-efficient unit. While initially an expensive investment, **replacing old equipment with ENERGY STAR** qualified equipment saves more energy and money in the long run.

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Forestdale Funnies

Four expectant fathers were in a hospital waiting room, while their wives were in labour. The nurse arrived and announced to the first man, "Congratulations sir, you're the father of twins." "What a coincidence!" the man said with some obvious pride. "I work for the Minnesota Twins baseball team."

The nurse returned in a little while and turned to the second man, "You, sir, are the father of triplets." "Wow, that's really an incredible coincidence" he answered. "I work for the 3M Corporation. My buddies at work will never let me live this one down."

An hour later, while the other two men were passing cigars around, the nurse came back. This time, she turned to the third man, who had been quiet in the corner. She announced that his wife had just given birth to quadruplets. Stunned, he barely could reply. "Don't tell me another coincidence?" asked the nurse.

After finally regaining his composure, he said, "I don't believe it; I work for the Four Seasons Hotel." After hearing this, everybody's attention turned to the fourth guy, who had just fainted, flat out on the floor. The nurse rushed to his side and, after some time, he slowly gained back his consciousness.

When he was finally able to speak, everyone could hear him whispering repeatedly the same phrase over and over again. "I should have never taken that job at 7-Up!"



Good & Welfare

Birthdays

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Albert Ohana
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Allan Brown

December 8
December 9
December 14
December 24



Health in Harmony

I Can't Lose Those Extra Ten Pounds (or more!)



Yes, it's in the thoughts of many these days – overweight and what to do about it. Some people just give up, enjoy their food and their life and figure they're doing okay.

Until, a friendly doctor says, “you have a little sugar”. It's like being “a little pregnant”. Diabetes is not a desired outcome. However, many people even ignore warnings, and eventually go on medication. Then they think, “Well now that I'm on medication, I can eat what I want!” All is well. Or is it?

So what does “a little sugar” mean? Insulin resistance and glucose intolerance means elevated or erratic levels of glucose, with insulin resistance. If accompanied by upper body obesity - excess body fat around the stomach or chest or a “beer belly”, a person can be on their way to Syndrome X, which also includes abnormal blood fats and high blood pressure. Insulin resistance is the centerpiece of Syndrome X.

Insulin is one of the body's most powerful hormones, a class of chemicals that in very small quantities can produce enormous physical changes. Chronically elevated insulin levels can have a profound effect on health. People can alternatively exhibit hypoglycemia (bouts of low blood

sugar) instead of chronically elevated insulin levels.

A hundred years ago the average person ate about 6 lbs. of sugar per year. Today, it's closer to 150 lbs. of sugar per year. The human body is not biologically designed for the glucose “rush” created by highly refined carbohydrates; sugar, white flour products, soda pop, desserts. The often erratic signs of glucose intolerance indicate that the body simply cannot cope with large loads of refined carbohydrates.

But people enjoy “the rush” and we can get not only psychologically addicted, but eventually physically addicted. The rush hits the brain's pleasure centre and our serotonin levels rise; our mood is lifted, but not for long. The sugar rush comes crashing down a short time later. The shakes, anxiety are some clues, then we need another hit of sugar, ice cream, cookies, or cake to bring blood sugar back up again and the cycle goes on.

What to Do?

Look into the Mediterranean Diet, which statistically shows enormous benefits. It espouses healthy fats like olive oil, olives, avocados, nuts, seeds. Also, complex carbohydrates are a must. So include whole grains, such as brown rice, pastas and breads from whole grain wheat or rye, oatmeal, and beans or legumes.

Continued on next page

Increase the amount of vegetables you eat each day and have two or three servings of fruit. But don't forget the importance of adding 2 – 3 oz. of low fat proteins to each meal. Include proteins such as chicken, low fat cottage or ricotta cheese, yogurt, turkey, lean beef, eggs, or protein powder.

Proteins not only cut the cravings of sweets, but also stimulate another hormone - glucagon which prevents hypoglycemia. Glucagon also stimulates the release of

insulin, so that newly-available glucose in the bloodstream can be taken up and used by insulin-dependent tissues. It's a dance of the hormones!

I recommend the book *Syndrome X, The Complete Nutritional Program to Prevent and Reverse Insulin Resistance*, by Jack Challem, Burton Berkson, MD, and Melissa Diane Smith. Or email me for more information. Good health to all.

Rosalie Moscoe

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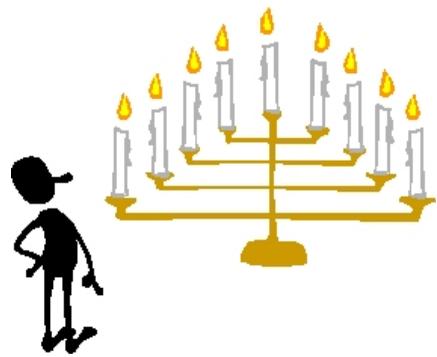
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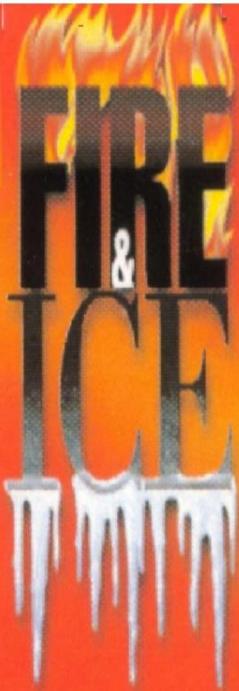
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