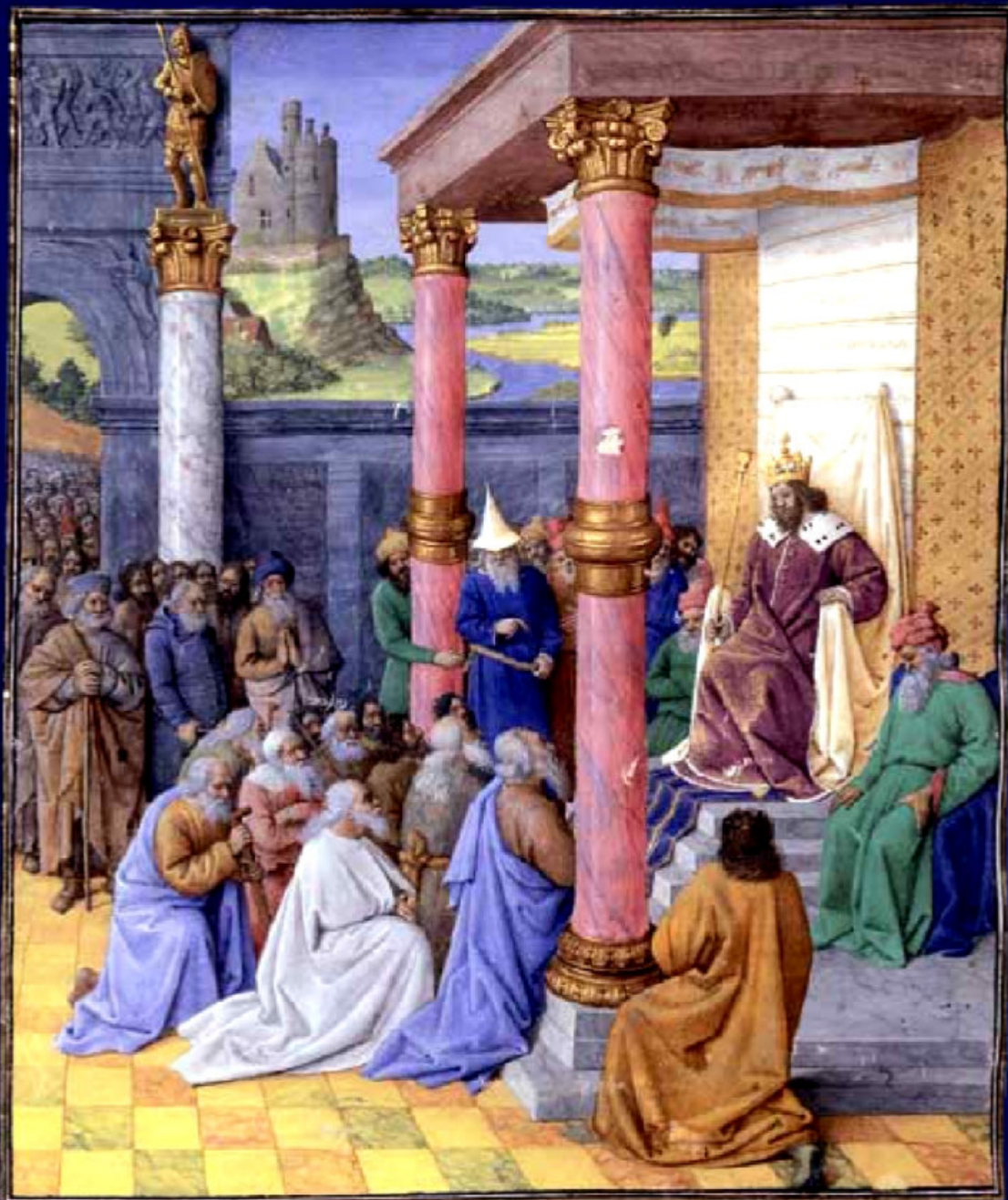


KOLECHAD

**December 2010
Kislev/Tevet 5771**



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FORESTDALE HEIGHTS LODGE, B'NAI BRITH CANADA

THANK YOU

A special thank you to Debbi Silver who helped edit this month's bulletin. This bulletin comes together not only through written contributions, but from those who are interested in its success. Debbi stepped in when long-time contributor, Bonnie Kates, suddenly took ill. I, along with all lodge members, wish her a speedy recovery - *Jeff*

AT A GLANCE

December 4	Chanukah Party
December 6	Dinner Meeting
January 10	Dinner Meeting
February 5	Race Night
February 7	Dinner Meeting
February 27	CVS Program
March 7	Dinner Meeting
April 4	Dinner Meeting
May 9	Dinner Meeting
June 6	Dinner Meeting

Dinner starts at 6:30; Meetings at 7:15

YEARLY AD RATES

Full Page	\$200
Half Page	\$100
1/4 Page	\$50
Business Card	\$40

10 issues published every year

If you would like to advertise, please call
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KOSHER FOOD BANK

At our March meeting it was decided that **Forestdale Heights** will be supporting 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



Tzedakah – Charity

Charity, a fundamental part of the Jewish way of life helping the poor and needy, is considered a 'duty' in Judaism.

Tzedakah is even a part of mourning as the standard mourners' prayer includes a statement that mourners will make a donation in memory of the deceased.

I first began to understand the concept of *tzedakah* in Hebrew school where we had a *pushke* – a box for collecting coins for those less well-off. Through my Hebrew school we would go door to door collecting money for various worthy causes once a year.

My mother did work for ORT, collecting clothes – not just for Jewish charities but for all those who were in need in the community.

Tzedakah continued in our family; my wife always has 'loonies' in her purse to give to the homeless on the streets and she has taken part in many charitable causes throughout her life as did our children. Through the work of our lodge, I try to keep

up this tradition as well. In Forestdale Heights Lodge, *tzedakah* is alive and well through our work for CVS.

Just a few reminders of our deeds:

- Purchased a bus for Villa Hospital;
- Worked for Reena Foundation;
- Helped at the Terry Fox Run;

- Continue to run bingo for seniors;
- Participate in food basket delivery;
- Contribute to the Jewish Food Bank;

And many more.

In Judaism, giving to the poor is not viewed as an obligation; it is simply an act of "justice and righteousness." Many people may talk about the

importance of charity, however, it is not what one says, but rather what one does that makes all the difference in the world. I am proud to know that our members are committed to fulfill this important mitzvah. I believe we all hold the very spirit of giving in our hearts.

To all the families of Forestdale Heights, Rosalie and I wish you a happy and healthy Chanukah.

Ray Moscoe



COVER ART



The painting depicts Cyrus the Great who liberated the Hebrew from the Babylonian captivity to resettle and rebuild Jerusalem, earning him an honoured place in Judaism. The Cyrus Cylinder loaned by the British Museum to Iran and currently on show at the National Museum in Tehran has attracted attention nationally and internationally and has excited all Iranians including the small community of the Iranian Jews.

The Cyrus Cylinder, below, signifies humanity and kindness and it is considered by many scholars to be the world's first declaration of human rights issued by the ancient Iranian emperor, Cyrus the Great in 6th century BCE.

Amongst Iranians the most excited for the return of the Cyrus Cylinder being home after 40 years, is the small Jewish community. The Iranian Jewish population better known as 'Persian Jews', constitute the largest among the Islamic countries. A Tehran Rabbi excitingly stating: "it is wonderful and I'm much excited to see that the Cylinder is home – in fact I am doubly excited, as an Iranian as well as a Jew."



He continued: "the Cylinder is a Persian artifact, but its contents concerns the history of Jewish people as much as Iranians, which echoes the past and is the voice of our ancestors – it tells us about the history of my ancestors, the Hebrews who were liberated by the 'anointed of G-d' from Babylonian captivity and their return to the holy land. It is the history of my forefathers who stayed behind and who had chosen Iran as their home."

According to Iran's National Museum over 2,000 peoples are visiting the Cylinder everyday.

The Persian Jews trace their ancestry to the Babylonian Exiles of the 6th century BCE and, and like the Armenians and the Assyrians living in modern Iran, have retained their ethnic, linguistic, and religious identity. Since the 1979 Revolution in Iran, the Jewish population of Iran dramatically decreased from 80,000 to less than 40,000 today, with around 25,000 residing in Tehran, and the remaining mainly living in the cities of Esfahan and Shiraz, the historical cities of Persian Jewry.

EDITOR'S DESK



Last month I was responding to a colleague's Facebook wall posting. She had said that her favourite compliment came from a disgruntled reader who called to complain: "You've got spunk. I like

that."

Being a stickler for detail, I knew that the quote was incorrect and in a few minutes checked and verified it on You Tube, finding the correct quote.

Two things struck me about this particular episode. The first and probably more serious is that nothing is ever really lost on the Internet. Memories, both written and photographic, remain on the World Wide Web for years, just waiting to be retrieved. Columns written years ago by Lodge members can often be found using the Wayback Machine (www.archive.org/web/web.php). For those interested, I have chronicled those words of wisdom for easy viewing at kolechad.ca/memories.htm.

While perhaps more trivial, I was fascinated by all the archival material found on You Tube featuring popular theme songs from TV shows which have long receded into memory. Turn

on the TV today and I bet you don't find anything that compares to the tunes that opened popular TV hits of the past. *Friends* will always be linked with "I'll Be There for You," the music from "Suicide is Painless" will always be connected with *MASH* and "Who Can Turn the World on With a Smile" will always be synonymous with the *Mary Tyler Moore Show*.

Of course, not all TV shows opened with a popular tune way back when. Some relied on powerful musical cords. Think of *Mission Impossible* or *Dallas*.

The television industry does a disservice to the current crop of shows by depriving them of opening numbers. Most shows today simply begin and credits appear minutes later.

What do you think? Is there a tune that triggers a memory related to a TV favourite? I would love to know. I think it would be fun to do some more research on this very topic. So please, send me your list of favourite TV shows and I will do my best to find the tune and post it on our website next month.

By the way, the correct quote uttered by Lou Grant (Ed Asner) in the first episode of the *Mary Tyler Moore Show* back in 1970, was "You've got spunk. I hate spunk."

Shalom

Jeff Rosen



Harvey Silver
Forestdale Heights Lodge

Hi Harvey,

I just want to say thanks to you and your friends for helping us out on Sunday. Every time I looked over you were extremely busy yet your station was very clean and I love how you never let the people leave the station with their cups. You guys do a great job and I really hope that you enjoyed yourself. Ever since you have been involved we have had perfect weather. This year being the best. I hope you will continue to support our event as we move to May 15, 2011 and I am sure we will speak very soon.

Be sure to say thanks and all the best.

Michael Collins
GoodLife Fitness Toronto Marathon



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CHANUKAH BASH!



We're going to spin those dreidels on

**Saturday, December 4
7:30 p.m.**

Join us for an evening of food, music (oldies but goodies), dancing, and karaoke (start practicing now!)

DOOR PRIZES: (main door prize, one pair of Toronto Maple Leaf hockey tickets - Boston vs Toronto in March, donated by TES)



KOSHER MENU: latkes, veggie platter and dips, cheese tray, fruit platter, cakes, soft drinks, tea, coffee

PLACE: Party Room, 10 Tichester Road, Main Floor
(1 block north of St. Clair, 1 block east of Bathurst Street)
Parking underground or on the street

COST: Members - \$20 per couple; Guests - \$25 per couple.

RSVP by November 20th to Ray Moscoe,
raym@tes.net or call (416) 652-6363

*We look forward to seeing you all!
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2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B vitamins

and carbohydrates that can provide that quick pick-me-up that can last for hours.

4. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache.

5. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explorers for quick meals to thwart off starvation.

6. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe. Its chemicals will provide a quick and durable shine that not only looks great but also repels water.

7. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!

8. Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath. The photochemical will kill the bacteria in your mouth responsible for causing bad breath.

9. Looking for a 'green' way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean. Not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.

10. Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing. This also works great on crayons and markers that the kids have used to decorate the walls.



BINGO ON BATHURST

B	I	N	G	O
7	25	44	57	62
15	22	40	50	70
11	30	FREE SPACE	46	74
2	28	37	55	68
10	27	39	59	75

For a bit over a year, Forestdale Heights Lodge has helped out with a bingo run for the residents at 4300 Bathurst Street. The Lodge runs the bingo on the second Tuesday of every month (unless this conflicts with a holiday) from October to June. The Lodge members call the numbers and check the cards. More importantly they help the residents who often don't hear the numbers called or can't see their cards very clearly. It is a short night, running from 7:30 p.m. to 9:00 p.m. and our participation is much appreciated by the residents who show up. We usually need three people to help out, and our "regulars" are Richard Kotzen, Ruth Pupko, Irv Pupko, and Barry Gordon. We would like to see other people get involved so that if someone gets sick or is on vacation there is a back-up group to call on. Anyone who is interested can contact me at i.pupko@rogers.com or let me know at a Lodge meeting. Our next bingo date is December 14.

Irv Pupko

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Sunday, November 28

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NOVEMBER MEETING



At the November meeting, the focus was on Stress Relief and Nutrition Tips to Stay Young. Lodge Sister Rosalie Moscoe, who is a stress and wellness consultant and registered holistic nutritionist, spoke on this important topic. At the start of her talk she handed out stress patches to the 16 members in attendance, which reveals a person's level of stress (my own patch revealed a lack of stress).

Rosalie said that a person's attitude and perception can affect their health and that people

should look for positive things in their lives. She pointed out that stress can affect such things as your health, aging and even one's chromosomes and DNA. One of the greatest causes of stress, she said, is a feeling of a lack of control. While too much stress is harmful, at the other end of the spectrum, a complete lack of stress is not good either.

It is important to have meaning and purpose in life and be able to accept challenges, Rosalie said.

Exploring the issue of overstress, Rosalie said there are five early danger signs, including an increase in physical problems, more problems with relationships, an increase in negative thoughts and feelings, a significant increase in bad habits and increased exhaustion.

Rosalie said it is important to learn to relax, both one's mind and body and to have fun because a social connection with others can improve your health.

Jeff Rosen

NOVEMBER MEETING



Among those in attendance were, above, left and right photos, Stan Horowitz, Ira and Paula Kuchinsky, Michael Kates, Harvey Silver, Ray Moscoe; left photo, Jacquie and Lloyd Lindsay

Rosalie and Paula sing and dance to the song "I'm All Stressed Out" (to the tune of "I'm All Shook Up"), with back-up from the group keeping rhythm with snapping and singing the chorus!



NIGHT AT THE RACES

FHL's Annual Night at the Races returns



Woodbine Race Track

Saturday, February 5, 2011

Cost is \$45/person

If you are interested in going,
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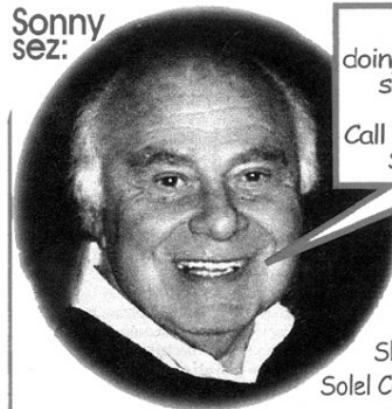


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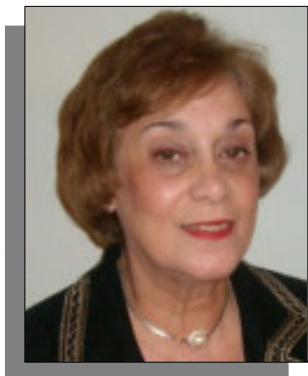
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AS I SEE IT



Becoming a grandparent is an important step in adult life. For many people it is a joyful one, opening up possibilities for the grandparents' themselves, for the grandchildren and for the parents. Grandchildren provide a new focus for family relationships and can rekindle the kind of intimacy that might have gotten lost along the way – enriching lives across three generations.

Becoming a grandparent is exciting – an event many people look forward to with great anticipation in later life. Holding that tiny newborn in your arms for the first time as you gaze into each other's eyes, a moment in your life that can take your breath away.

You actually witness the miracle of G-d's creation, knowing he had never created a more beautiful human being than that precious little one you call your grandchild. This is a moment of pure magic and you are witness to the miracle of a new life.

The first time you hear the long awaited words *bubie* or *zaidy* from those angel's lips makes your heart melt with pride, joy, and love. Just when you think you can't possibly love

that child any more, they say something, or do something and once again you fall deeper in love with them.

I recently came across quotes that truly sum up so much of what being a grandparent is all about:

1. "Our grandchildren accept us for ourselves, without rebuke or effort to change us, as no one in our entire lives has ever done, not our parents, siblings, spouses, friends - and hardly ever our own grown children." ~ Ruth Goode, author on a number of books on being a grandparent.

2. "What children need most are the essentials that grandparents provide in abundance. They give unconditional love, kindness, patience, humour, comfort, lessons in life." ~ Rudolph Giuliani, former mayor of New York City.

3. "Grandchildren are the dots that connect the lines from generation to generation." ~ Lois Wyse authored more than 65 books and coined the slogan, "With a name like Smucker's, it has to be good."

We're looking forward to grandchild number two to arrive around the time that the tulips blossom, to be witness once again to the miracle of life.

Bonnie Kates

HOCKEY NIGHT IN FORESTDALE



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On Saturday, February 27, 2011 Forestdale Heights will be holding special CVS programme when we join clients from Jewish Family & Child Services at the Ricoh Coliseum for what promises to be a spectacular match-up.

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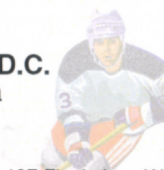
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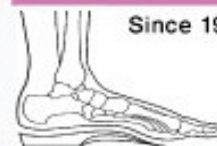


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HEALTH IN HARMONY

Gaining Confidence Takes Time and Effort



Having confidence in yourself is one of the greatest qualities for success in many areas of your life – your work, your personal relationships, and the work you do for your

community.

What are your Strengths?

You can start to improve confidence by reflecting on your greatest traits, your strengths. Remind yourself or make a list of all the things you do well. Being hard on yourself tears down confidence and is not productive. Start to dwell on your positive qualities.

Project Positive Body Language

Notice how confident people talk. Notice their stance and their style of speech. Try taking that kind of stance. Keep your shoulders back, stand tall with feet firmly planted on the floor; look people in the eye and when you speak, don't doubt yourself; project!

Get Motivated

As if you were erasing writing on a chalk board, rub out the negative attitudes you have about yourself. Whether it's for starting a new project, learning a new skill, tell yourself "I can do this!" Think of all the successes you've had in the past.

Feel the Fear and Do it Anyway

We all have fears about whether we can succeed or not at anything new, or even about changing lifestyle habits. Just choose something you want to be successful at and START. Even if you think you will fail, start anyway. Push through the fear. Every soldier has fear, but they show up and fight anyway.

Don't Cry over Spilt Milk

You may have regrets over mistakes in your life, but to keep reminding yourself of them doesn't get you anywhere. You can ask yourself, "What have I learned from this mistake?" Then vow not to repeat it and move on.

Help Others Be Confident

Being humble and having compassion for others is a great foundation for self-confidence. For it's often easier to notice others who are not confident and encourage them to try something new, to tell them, "you can do it," "you will succeed." When you do support others, remember that this applies to yourself too. Remember, Dr. Seuss sent his manuscript to 57 publishers before he found one that would publish his work. I'm sure he felt rejected, but he never gave up.

Rosalie Moscoe


GOOD & WELFARE

Birthdays

Ben Greisman	December 8
Albert Ohana	December 9
Marla Matlow	December 14
Allan Brown	December 24

Wishing Bonnie Kates a speedy recovery.

Mazel Tov to Sandy and Barry Gordon on the birth of a granddaughter, Dalya Peighton, who was born on October 25. This is the Gordons' fifth grandchild.



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ALLOCATIONS



If you have a charity you wish the Lodge to make a donation to, please send the request to Irv Pupko at i.pupko@sympatico.ca. All requests for assistance will be discussed and allocated at our December meeting.

DINNER MEETINGS

At our September meeting, the lodge voted to increase the cost of our monthly dinner meetings for members from \$5 to \$8 per person. At the same time, it was approved that guests/non-members will be charged \$10 per person. Price increases will take effect January 1.

ON KOLECHAD.CA

- City life in the 1950s
- Remembering Tony Curtis



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NAOMI RAANANI RIVA GREEN

OUR BIRTHRIGHT

Birthright, as discussed in *Parashat Toldot* (November 6), is not something to be taken lightly, as Esav did. Birthright is a responsibility. The dictionary defines birthright as any right or privilege to which a person is entitled by birth. Being born in this country comes with its own set of rights and responsibilities.

Last month, I participated in two such responsibilities; I voted in the municipal election and I was summoned by the Office of the Attorney General for jury duty. As I sat in a room of over 600 of my fellow Canadians, I heard numerous people complaining about being pulled away from their jobs, families and the inconvenience of having to come to court. I found it very difficult to agree with them. Living in a democratic society is not something that every person in the world can boast about.

This point is driven home by the fact that the media contains reports of our brave Canadian soldiers putting their own lives at risk to create safe and stable democracies elsewhere in the world. This point becomes more poignant as poppies begin blooming on lapels across our nation in the lead up to Remembrance Day on November 11th.

During *chol hamoed* Sukkot, my family lost my dear great uncle, Sam Romberg. My Uncle Sammy served in the Canadian Armed Forces during World War II, and landed on the beaches of Normandy. He fought his way through France, Belgium, Germany and the Netherlands because he felt it was his birthright to ensure an end to the Nazi regime. Men and women like my uncle are heroes. They did not give their birthrights away. They were not blind to what was standing in front of them, as Yitzchak was to his sons.

The conclusion of the *parsha* is that both Ya'akov and Esav receive blessings from Yitzchak. We, as Canadians, are blessed and we have much to be thankful for. Our blessing comes with a birthright to be passed down to our children and to be given to those who choose to make Canada their home.

Marc Kates

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