

NOMINATION MEETING



Monday, February 9
Dinner 6:30 - 15 Hove

Slate Committee

The slate committee met on January 19 and has recommended the following individuals serve on the executive of Forestdale Heights Lodge for 2009-2010.

President: Irv Pupko

Senior Vice-President: Ray Moscoe

Vice-Presidents: Ivan Bloom, Harvey Silver,
Carl Zeliger

Treasurer: Nate Salter

Financial Secretary: Lisa Rosen

Recording Secretary: Ruth Pupko

Trustees: Elizabeth Bloom, Harold Cohen,
Noreen Cohen, Barry Gordon, Sandy Gordon

Please join us for dinner followed by annual nomination meeting. Come out and take part in our democratic process.

Please RSVP
to Albert Ohana
at salonpiaff@rogers.com
or call 416-494-2636

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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Advertising: Harvey Silver
Editing Staff: Bonnie Kates
Lisa Rosen

Contributors:
Elizabeth Bloom
Sandy Gordon
Bonnie Kates
Rosalie Moscoe
Irv Pupko
Nate Salter

Website:
<http://www.kolechad.ca/>

At A Glance

January 31	Night at the Races
February 9	Nomination/Dinner Meeting
March 2	Election/Dinner Meeting
April 13	Dinner Meeting

Kol Echad Deadlines

March Issue	February 8
April Issue	March 6
May Issue	April 13

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President's Pen



It is evening on January 13, 2009. Now usually there is nothing special about January 13, but this year is different. In one week, on January 20, the world as we know it comes to an end, for on that day Barack Obama becomes President of the

United States of America. Just look at the list of issues facing him: he must end (with some sort of honour) the war in Iraq while pursuing the war in Afghanistan; he must turn around the financial crisis facing the U.S., Canada, and the rest of the modern world, making sure that North American jobs come back to N.A. but, at the same time maintaining our “friendships” with other countries; he must deal with global warming and the environment in general, without isolating completely the multinational corporations involved.

In the U.S. he must deal with a health and education system that are fast deteriorating, a system in which millions still do not have health insurance, a system in which students from disadvantaged neighbourhoods – be they Caucasian, South East Asian, Afro-American – still perform significantly lower than their counterparts from better off neighbourhoods. Since the programs developed tend to eventually find their way north of the border, these are our problems too.

He must deal with the immigration problem in the U.S. He must deal with the problem of global warming. He must deal with the necessity to find affordable alternative energy sources, while perhaps reconsidering allowing some additional offshore drilling.

He has to find a way to deal positively with Gaza, Israel, Hamas, Hezbollah, Syria and Iran. From the perspective of the Jewish community all over the world, this is a major priority. We are still waiting for something definitive in his policy.

Perhaps the key to all this is the honeymoon. No one expects solutions immediately. Some of these issues will take years to settle. But we look for progress. We look for change. Six months from now – a year from now – will we see policies in place which, however slowly, will bring about change?

What does this have to do with Canada? EVERYTHING! The U.S. is the 600 ton elephant in the room. Any policy passed there will have an effect here, be it defence, environment, health care, education, immigration. Let us hope that the U.S. and Canadian governments work together on policies of common interest (NAFTA?).

What am I going to do in the week before the inauguration? I am going to watch CNN until I have every story memorized.

Irv Pupko

Community Service Report

By Harvey Silver

On behalf of Forestdale Heights Lodge I would like to thank the following people who gave of their time to deliver holiday gifts of appreciation to the police, firefighters and EMS workers.

Without your help *People Helping People* wouldn't be the success that it is.

THANK YOU!

Avery Matlow

Barry & Sandy Gordon

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Ivan & Elizabeth Bloom

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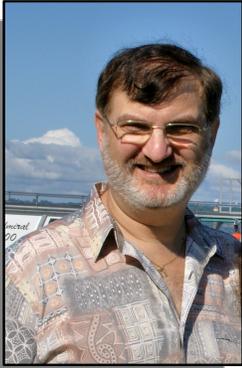
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Editor's Desk



The Chanukah candles have long since burned away and our *chanukiah* again stands in its place of honour in the dining room buffet. However something important from last year's festival of lights still remains – a simple act of kindness connected with our lodge.

As we have done in past years, Forestdale Heights purchased gifts for police, firefighters and Emergency Medical Service workers. As our December meeting came early in the month, Lisa and I decided to hold on to the package and distribute it a few weeks later, closer to the actual holiday season.

When the time came, I made the trek over I delivered the treasured gift.

It took a couple of tries before someone actually came to unlock the front door of the station on Bayview Avenue. I explained what our lodge was, what we did and what the small token of appreciation was all about.

The EMS official was quite interested in what our lodge does, inquiring where our members lived and appeared genuinely appreciative of our small act of kindness.

I finally said my goodbyes and left feeling wonderful.

It is true that these people are simply doing their jobs, when they help others.

However, I wonder how many of us realize what they and their families go through. In the case of fire and police officials, how many of their families wonder if their loved ones will return when they leave home in the morning. For our dedicated paramedics, I wonder if any of us can understand the stress they face in their daily lives. Certainly few of us in the lodge face these same life defining moments on a daily basis.

I believe taking the time once a year to give these people thanks with a simple gift benefits everyone. We take part in a very important CVS project, which is one of our lodge's mandates. It also serves to remind the EMS personnel that they and their services are valued by those who may never need them.

I know that there are some lodge members who have talked about scrapping this low cost program. In my view this is a mistake. If we want to start a second program to reach out to others during the December holiday period I think that would be great. However, as the scope of our CVS activity and participation seems to have declined in past years, I see no reason to further erode one of the cornerstones of our lodge.

Shalom

Jeff Rosen

Purim 5769



On **Monday, March 9**, at 8:15 p.m.
Forestdale Heights will be hosting
its annual *Megillah* reading
at 4300 Bathurst Street.

If you are coming, please RSVP
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Random Musings



I used to think it was wonderful to have 24-hour news available on TV, an easy way to catch up on current events. Now, when we are relentlessly made aware of every crime or

tragedy in the world, I have changed my mind. To be bombarded with each situation as it unfolds in all its horror is not what helps a person relax, to say the least.

From personal experience, I can attest to the fact that it can have a tendency to immobilize one with fear.

Of course, we need to be aware of the weather or news here and there, but I find it can be very disturbing to be drawn, like insects to a light, into the high drama of every event as it is repeatedly summarized, with an added twist here or there, as more becomes known. It is the hunger for explanation, the need for an extra bit of information, that can perhaps become addictive -- the need to know 'what happens next'.

When I was young, the morning and evening news programs would summarize events, the details having been carefully gathered in the meantime. It was rare to have regular programming interrupted by a

news bulletin. Therefore, our days might have been spent, for the most part, in ignorant bliss. Despite the need to be well-informed, there is a lot to be said for the dissemination of information the old-fashioned way.

To cope with the barrage of news, I have started to use escapism. The Home and Garden network is one of my favourite destinations. Watching people buy and sell homes or renovate fixer-uppers, and observing others searching for the perfect



exotic getaway is my answer to the news networks. Much as the people of the 30s and 40s immersed themselves in over-the-top musicals, my shows reflect the dream of potential beauty and serenity. If I add a fictional show

depicting life and death, such as CSI Miami, artistically filmed with beautiful scenic backdrops, it helps me to cope with the issues and fears of our troubled times. Throw in the occasional syndicated comedy, and hey, I can almost be normal. Do you know what I mean?

Elizabeth Bloom

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Sandy's Script



The economy is suffering and gas prices have gone down. But did you happen to notice that when the announcement that gas prices were at a recent all time low, all the stations had no gas.

My take on that is that they were hoping the prices would skyrocket again and sell gas they originally got at a lower price to make a fast buck! What were they thinking? The poor consumers can't get a break one way or the other.

I was up at the Source Jewish gift store prior to Chanukah and I couldn't help but think that everyone and their uncle were there shopping for Chanukah gifts, of course, including myself. Oh, the trials and tribulations of supply and demand!

Christmas shopping still brought customers out to the regular malls in droves. Boxing Day however brought out more cars than Yorkdale could hold with

people to either return, exchange or in a lot of cases get the funds for the value of gifts received. I could not help but wonder which one it was and in fact where the numbers ended up after close of business on Boxing Day.

But, we all still wonder with the economy the way it is, where is the money coming from. All the TV shows prior to the holidays stressed cut down on your

gift buying, don't go into debt and go back to the basics. Wouldn't it be nice if gift giving was the way it used to be....people actually put a lot of thought into making gifts for their loved ones?

Maybe it's coming back,

and maybe not but I do hope that people were wise enough to make the choices that are good for them in these troubled times.

Wishing you and yours a very Happy, Healthy and Prosperous 2009!

Until the next time.

Sandy Gordon



Good & Welfare

Birthday

Ruth Pupko

February 14



January Meeting



Howard Moscoe, Toronto city councillor for Ward 15 in the western part of Eglinton-Lawrence was guest speaker at our January meeting. Among the longest-serving councillors in the city, he is also known for an outspokenness which has landed him in controversy at times. After being introduced by his brother, Ray Moscoe, Howard gave a short speech before entertaining questions and talking about a wide variety of issues affecting the city including the future of rapid transit in the city. This includes the planned busway to York University.

Talking about the amalgamation of Metro Toronto's six municipal governments in 1997; Moscoe said that he initially supported the plan. Since then, he said he has found it to be very complicated due to the different bylaws in each of the former municipalities and the need to harmonize them.

Moscoe also touched on the city's new street furniture plan and how public washrooms are being planned for high traffic areas. On a similar note, he said he would like to see businesses to open their washrooms to the public.

(At its meeting of October 29, and 30, 2008, Toronto City Council had a report which called for the adoption of a by-law to require mercantile operations with over 3,230 square feet to provide washroom facilities to their customers when they are open. This matter was referred to the general manager of Economic Development, Culture and Tourism who is to report to the Licensing and Standards Committee on the economic impact this would have on those businesses which must provide these facilities. The general manager has not reported to the committee.)



January Meeting



As I See It

Recently, Michael and I attended a fundraising dinner on behalf of Haifa University. The Jane Goodall Institute of Canada partnered with the Canadian Friends of Haifa University to host a fundraising dinner for Israel's first Roots & Shoots programme.

The Roots & Shoots programme is about making positive change happen, for our communities, for animals and for the environment. With tens of thousands of young people in almost 100 countries, the Roots & Shoots network connects youth of all ages who share a desire to create a better world. Young people identify problems in their communities and take action. Through service projects, youth-led campaigns and an interactive website, Roots & Shoots members are making a difference across the globe. Across Canada over 12,000 students have become involved in making a difference in their community. Some students, in the Toronto area, have begun cleaning up the east Don River and its embankment and others in Montreal by cleaning up some forgotten city parks of scattered trash.

Roots & Shoots is guided by the extraordinary vision of Dr. Jane Goodall, renowned primatologist, environmentalist and humanitarian. The programme is



dedicated to inspiring tomorrow's leaders, today. It aims to motivate young people to learn about pertinent issues facing our local and global communities and helps them design, lead and implement their own

projects as a means of solving them.

While in Tanzania, Dr. Goodall noticed that her students had expressed an interest in becoming more involved in environmental and humanitarian issues. Collectively they shared their ideas and Roots and Shoots was born. In Kenya, the students initiated a malaria prevention program. Among Congo refugees in Uganda, Burundi, Hutus and Tutsis, Roots and Shoots programmes have been established. It is evident that young people want to make a difference.

It was a wonderful evening and Dr. Goodall received an honorary doctorate degree from the University of Haifa. We got to hob-nose with the likes of Eugene Levy, Dr. David Suzuki, Ken Dryden, Woody Harrelson, George Stroumboulopoulos, Norman Jewison and Dan Aykroyd.

The Israel's Ministry of the Environment recognized the University of Haifa as a "green campus" committed to

Continued on next page

reducing pollution. As a result, this was the perfect partnership for Dr. Goodall to become involved.

Roots & Shoots members take action all over the world, wherever people come together with a common desire to make a difference — in classrooms, homes, schools, nature centres, neighbourhoods, refugee camps, and beyond. This youth-

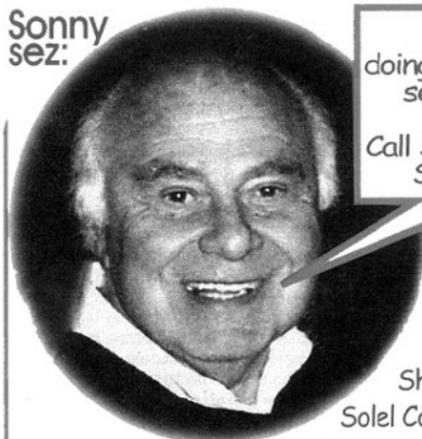
driven network fosters a flexible and supportive environment where young people and adults alike come together to share ideas and inspiration, and implement successful community service projects.

Bonnie Kates

Quote by Dr. Goodall:

**Only if we understand, can we care;
 Only if we care, will we help;
 Only if we help, shall all be saved.**
 - Jane Goodall,

Sonny sez:



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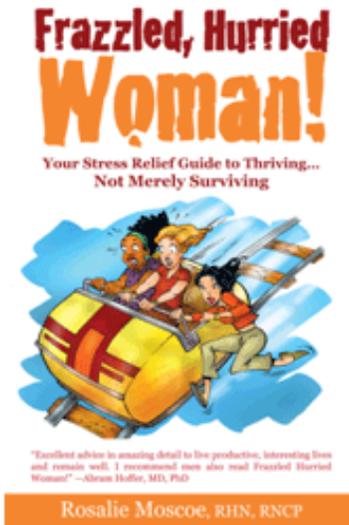
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Fundraising



The lodge is now selling Rosalie Moscoe's book, *Frazzled, Hurried Woman!* as a lodge fundraiser. Cost is only \$10 with all funds going to the lodge. Don't pass up on this great opportunity. To get your copy, contact Stan Horowitz, at 905-475-2222 or his cell at 416-995-7826 or by emailing him at shorowitz@kblp.ca

Chanukah Parcel Delivery

On Sunday, December 14th B'nai Brith Canada held their annual Chanukah parcel delivery from 15 Hove. Ken Waldman from Don Mills Lodge was there handing out the routes to the volunteers and Faith Goldberg from BBC was there to give him a hand. Of the over 500 gift bags that were made up by Don Mills Lodge prior to Sunday's event only around 30 bags were left attesting to the fact that B'nai Brith still is very involved in CVS.

Thanks go out to Ivan Bloom, Carl and Stan Zeliger for their continued support of this event and for representing Forestdale Heights Lodge as part of our continuing CVS programming. It is unfortunate that more people within the lodge did not participate. Things went quite smoothly in the morning and everything was done by 10 a.m.

Reporting from the front lines, Michael Kates

Notes from Nate



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

Gevalt! Here it is 2009 and I still got bills to pay from last year! If

the truth be known you won't really hear me complaining, because I am thrilled that I am still here to pay them. I am a member of the glass half full believers and the past year taught me that this theory is unquestionably true. While I can *kvetch* about my health problem and my aches and pains, I can also swell up with pride from the *naches* I get from my now, four beautiful grandkids. Yes, I got a large portion of my *tuches* handed to me in the stock market, but I still have a roof over my head and it's paid for. I still have food on my table, and yes, I can even pay my bills. The medical profession is able to deal with my affliction. I still get to lead my life, relatively uncompromised by the illness. That being said so really why cry when it is a lot easier and more fun to laugh?

Believe it or not, again we have a brand new year to look forward to. It will be filled with both good and bad events, but the real challenge is to deal with the bad the best you can and cherish the good and let it fill your life with joy. When I hold

my new granddaughter in my arms and listen to her coo, nothing on this earth is important at that moment of time. When my little Benji runs to me with arms outstretched when I come in the door and yells "*Zaidy, Zaidy*", there is no sound more satisfying. When Owen and Justin call me from Florida and tell me how they went bowling just like *Boobie* and *Zaidy*, anything else that might be distracting or annoying me disappears.

Life and our lodge are very similar in this same respect. When we meet once a month, feast on sumptuous delicacies that our Caterers Emeritus, Albert and Harvey, spread out before us this is what life is all about. What we discuss at our meeting that follows with not change the course of world events and it will not make any of us rich or famous. Still, it will give us that satisfaction of knowing that in our own small sedate way, we are doing real things that matter at the end of the day.

We come from different backgrounds and hold different religious views, these differences vanish when we sit down for our monthly lodge meeting.

We share this unique family with each other and while sometimes the jibes across the table are a little sharp, we know that they are given in love. Yes, the word is love, because that word describes a lot of emotions.

Continued on next page

There is not one of us who would not feel a big hole in their lives if one of us was no longer here. It is funny, because back in the day, the discussion would centre around, who had a new house or a new baby, and sadly now, the topic has switched to who had what operation, who is sick and who is no longer with us. But as long as we have both our own family and our extended Forestdale family, then we are still working with the good part of

the year. What we do with it and how we choose to enjoy it is now a brand new open book waiting for us to make our mark.

G-d willing, for all of us that book, will be filled with the record of joys and triumphs and positive accomplishments that will have made it a good year for all by this time next year.

Nate Salter

CVS program

On Thursday, January 8, a group of us showed up at the *Out of the Cold* outreach program held at St. Luke's Church in Thornhill. We were invited to join Don Mills Lodge who is interested in a joint venture program with our lodge to help those living on the streets to have a warm place to spend the night.

Clients are picked up at the Finch/Yonge subway and driven to the church to receive a nutritious hot meal. Clients, who choose, can sleep over, and a mattress and clean bedding is provided. The clients can spend the evening being entertained by videos or just enjoy the company of the volunteers and each other. Clothing is available for them, and it is the hope in the future that a nurse will be available to deal with any health issues that come up. In the morning, a warm breakfast is provided and clients are driven back to the subway station with a TTC token in hand, and a brown bag lunch.

The staff showed us around and shared their vision of the future of the York Region *Out of the Cold* program. They would like to be able to host the *Out of the Cold* program at seven different interfaith facilities around York Region for the 10 weeks that the program goes on during the winter months.

A special thank you to Avery and Marla Matlow, Lisa Rosen, and Michael Kates for attending the orientation evening. Don Mills Lodge and Forestdale Heights Lodge will be discussing the future of our involvement in this program and how we can make a difference to those who call the streets their home.

Bonnie Kates

Health in Harmony



Shape Up! Move Out Toxins after Festive Season

With all the treats, sweets, alcohol and overeating, especially at holiday times,

many of us feel the affects. To achieve overall nutrition health benefits, it's a good time to detoxify your body (especially your liver.)

Overindulgence Quiz

Do you have brain fog and little patience for those around you?

After drinking alcohol or eating sugar, are you jittery or upset?

Are you acting impulsively?

Do you feel dizzy, nauseas, tired and have a pounding heart?

Do you have heartburn, bloating, gas pains and poor digestion?

If you answered yes to most of the above questions, your liver needs a little help in order to improve digestion and combat effects of fast food. The liver removes toxic substances by filtering them out of your blood.

Nutrition Techniques to go from Fatigue to Fantastic

Include many plant foods in your diet, some raw foods at each meal (fruit or vegetables). Pineapple especially helps digestion. Salads, whole grains and beans, lentils and peas are other detoxifiers. Eliminate or reduce grains or beans if you have trouble digesting them.

Keep animal protein and dairy products to a minimum – 2 to 3 oz. per meal of fish, poultry or eggs (all organic if possible).

Use pure water and herbal teas such as green tea and peppermint. Keep caffeine to a minimum.

Forget deep frying. (That includes French fries).

Stay off sugar, white flour products, and especially avoid 'one too many' drinks.

Do not gorge yourself, especially at night.

Use healthy oils in moderation, (cold pressed, written on the label of the bottle). Ground flaxseed helps to reduce inflammation. Use on salads or in yogurt.

Vitamins C and B Complex help detoxify alcohol.

For some, fresh lemon juice in water can be very cleansing. Use ¼ of a lemon in a glass of water and drink first thing in the morning. Your liver will thank you and you'll feel great!

Rosalie Moscoe

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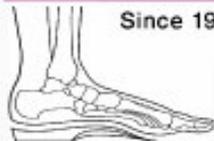
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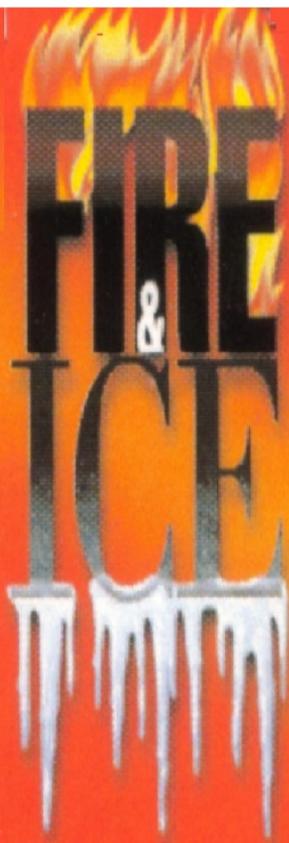
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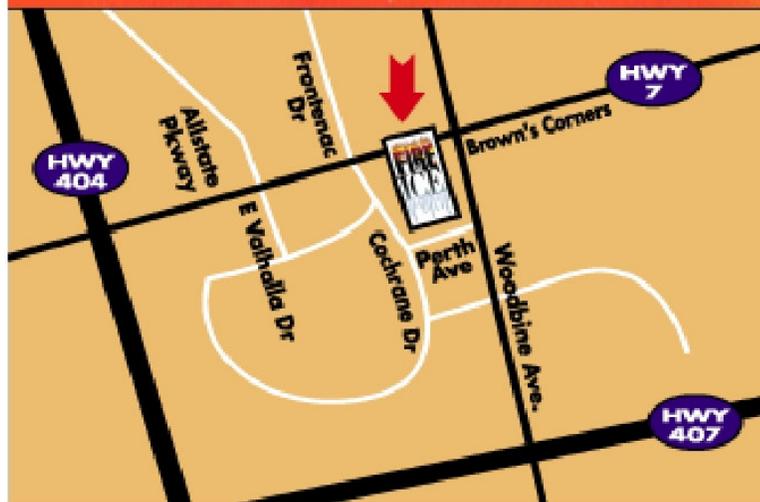
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