

February 2010

Shvat/Adar 5770

## ALEX GROPPER

Monday, February 8

6:30 p.m. Dinner, with program  
& Nomination meeting to follow



Alex Gropper, known to some in the community as the Jewish Indiana Jones, is an educator at CHAT and president of the Society for Mediterranean Studies at the University of Toronto's, St. Michael's College. He regularly leads archaeological expeditions to Israel and around the world.

Please RSVP to what promises to be a very interesting program to Albert Ohana at 416-494-2636 or e-mail: [salonpiaff@rogers.com](mailto:salonpiaff@rogers.com)



# Purim



## At A Glance

February 8	Nomination Meeting
February 27	Purim Program
March 8	Election Meeting
April 12	Meeting
May 10	Meeting
May 30	44 <sup>th</sup> Installation
June 14	Meeting

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**On Saturday, February 27,  
at 7:15 p.m.**

## **Forestdale Heights**

will be hosting  
its annual *Megillah* reading  
at 4300 Bathurst Street.

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to Carl Zeliger at  
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or email

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## 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.

**Editor:** Jeff Rosen

**Advertising:** Harvey Silver

**Editing Staff:** Bonnie Kates, Lisa Rosen

# President's Pen



Teachers are used to the idea that most of the public thinks they are overpaid, don't work very hard, and have long vacations. Some of that is true – there are bad teachers who get paid the same as good teachers, there

are teachers who do a minimal amount of work, and the vacations are pretty good.

It's hard to find OBJECTIVE criteria to measure good teaching because an individual teacher's results in a class often depends on who is in the class as students.

One class with a great teacher may show minimal improvement because most of the students have learning disabilities while another class, with bright students, may show great improvement in spite of a poor teacher. You can't compare my marking load in mathematics to that of an English teacher.

I could probably mark an entire class test in the time an English teacher marked two or three essays. That doesn't mean I don't work as hard – only the work is different. And you might be surprised at how many teachers would prefer to have their holidays spread out through the year and have 12 month schooling instead of the long summer break, but that requires air conditioned schools. We all know that our school year was designed for a time when the students were needed to work on

the farms in the summer, so that is when the holidays were.

What is true of teachers is true for any job. There are good and bad workers (and yes, it is the job of the union to protect the bad – the number of times I, as a union executive, had to defend teachers who did not belong in the classroom is large), good and bad doctors, good and bad lawyers, good and bad plumbers.

Some are overpaid and some are underpaid. Some have good vacation time and some, especially those who are self employed or work on commission primarily, have little vacation time. It is the way our system works. But if I, or my union, decided to take two months off during the middle of the school year, it would be called a STRIKE.

Yet that is exactly what is happening in Ottawa right now.

For whatever the reason, the Prime Minister has decided that Parliament does not need to meet until March. None of the bills that have been waiting for debate or a vote are, apparently, very important because they are now dead. It is logical to ask why they were introduced in the first place.

What about the opposition? From what I understand, the Liberals plan on showing up on Parliament Hill, prepared to work at the end of January. Their goal seems to make it clear to the public just who is preventing Parliament from meeting.

**Continued on next page**

Hopefully the other parties will join them. (I believe the NDP have decided not to pursue this option though.)

Like any profession, there are good politicians (at least I am told there are) and there are bad politicians (lots of evidence for this), some are underpaid (not many) and some are overpaid (most of it legally), and the vacation time isn't bad (compare it to yours!!). Remember, the next time you vote (Federal, Provincial, Municipal doesn't matter) that

you get who most people vote for. Hopefully, there will be a real choice, and not a choice between Tweedledum and Tweedledee (with the March Hare and the White Rabbit thrown in – you can decide who is who, it doesn't really matter). Parliament /Wonderland. Alice would feel at home in either one. Tea, anybody?

*Irv Pupko*

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# Upcoming Speakers/Programs

Monday, March 8 Meeting

**Rabbi Yechiel Benayon**

Ashkenazi & Sephardi customs at *Pesach*

## Conflict: The Power of Propaganda

The movie, *Conflict: The Power of Propaganda* will be screened at our April 12 meeting. The film takes you behind the headlines and past the media bias against Israel. The Palestinians have been trying to sell “land for peace” for decades. Find out why this tactic will never work. Learn what history has to say about Israel's borders and how the Six Day War was a miracle from start to finish.

See how the Security Fence is both the most humane and effective measure to prevent terrorism. Go inside the world of Palestinian media and watch incredible video clips of Palestinian politicians and clerics. You won't believe what you see—the lies, the incitement and the hatred, all caught on tape!

Witness how Palestinian Propaganda seeks to rob the Jewish people of their rich history in the Land of Israel. Children are taught and encouraged to aspire to kill Jews and to become suicide bombers. You'll be shocked at what is being taught in Palestinian schools.

The Hamas organization has successfully turned the focus of the conflict from politics to religion. Hamas is a terrorist group whose very charter clearly states that its goal is the destruction of the Jewish State! These are the people the world is trying to force Israel to make peace with! Radical Islam is on the rise and openly promotes hatred and violence towards the Jewish people, not only in Israel but around the world.

Is there any real hope for peace in the Middle East? Is a “Two State” solution the right option? These and many other important issues are addressed in “*Conflict: The Power of Propaganda*.”

(<http://www.conflicthemovie.com/>)

# Editor's Desk

*The more things change, the more they remain the same*



With respect to the late French journalist, Jean-Baptiste Alphonse Karr (1908 – 1990), I am becoming more convinced that as times passes, things are never

really the same as time passes. Sure, some may argue, we replace one device or tool with another, but the replacement usually changes life, sometimes making our lives easier. Whether or not the changes are for the better is always open to debate.



movie with one very classic scene. However what made me really sit up and take notice is when the main characters called each other on the telephone. There

were no pagers or cell phones or even hands-free devices, but touch tone phones connected to their base by a telephone cord.

Its funny, but I don't think of 1989 as that long ago. But 21 years ago, I could not have fathomed the portable communications devices of today, any easier than I can imagine what we will use to communicate with each other in 2031.

Technology keeps making moving ahead at warp speed and I am beginning to feel that the changes are coming just too fast.

I remember when the debate was between cassettes and 8-track. It was a no-brainer as I shunned the bulkier music players and tapes in favour of the more

sleek and portable. Time proved I made the right decision. Years later I again batted a thousand, when I purchased a VHS machine over the Betamax.

Of course, my amazing deductive powers failed me when CD players came on the market. At the time I figured them for yet another fad and hung on to my turntable for dear life. To this day, I have yet to purchase a portable CD player.

In retrospect though, I am beginning to wonder if it was such a bad decision to stick with my vinyl records (which still sound great, thank you) instead of the compact disks.

**Continued on next page**



I have noted with interest that CD sales continue to fall as music becomes more downloadable. iPods, iPhones and the iTouch are now the music players of choice. While I don't own any of these new "toys" yet, I can see their attraction. You get only the music you want, the device can hold much more content. When you tire of a song, you simply record over it. Presto, disposable music.

Speaking of the iTouch, my daughter received one for her birthday in December. At first it simply replaced her iPod to store her music favourites. Shortly afterwards, I got a new modem from Bell (my old one was circa 2001 before the age of wireless) and before you can say "Beam me up Scotty," the iTouch was wirelessly connected and she was watching Big Brother.

Once again, I was amazed, thinking back not that many years ago, when we were thrilled to use a dial-up modem to connect to the Internet for our e-mail. It really was not that convenient when you think of it, as we lost our phone connection each time we dialled up. But

that was high tech and we marvelled at how far we had come. Of course, who can forget AOL and their famous log-on phrase, "You Got Mail", which spawned yet another movie with Meg Ryan? Both the line and movie seem so dated now.

It makes me wonder, what we will think of our latest toys and technological wonders in 2020.

*Jeff Rosen*



**Addendum:** Even as the bulletin was going to print, there were news reports about the next big thing: 3-D television channels and televisions, as well as keyboard terminals inside cars.

The future marches on.

**Special Note: Kol Echad welcomes Aesthetics in Dentistry/Jordan Soll and Bonnie Kates to our distinguished list of advertisers. Thanks to people like you, Kol Echad continues to serve the members of Forestdale Heights Lodge.**



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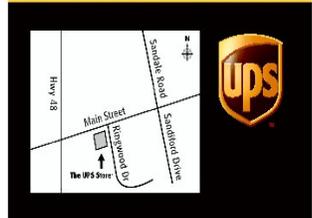
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# Slate Committee

*The slate committee met on January 6 and has recommended the following individuals serve on the executive of Forestdale Heights Lodge for 2010-2011*

President: Ray Moscoe  
Senior Vice-President: Harvey Silver  
Vice-Presidents: Stan Horowitz, Ruth Pupko, Nate Salter  
Treasurer: Irv Pupko  
Financial Secretary: Lisa Rosen  
Recording Secretary: Michael Kates  
Trustees: Marla Matlow, Avery Matlow, Marla Matlow, Richard Kotzen, Rhona Leviston, Barry Gordon, Sandy Gordon

As immediate past president, Irv Pupko, will serve as chaplain;  
Nate Salter is chair of board of trustees

## 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.**

**Next Bingos: Feb. 9, March 9**

At the December meeting, Michael Brodsky from Don Mills Lodge addressed the lodge, explaining how Don Mills is supporting the Pride of Israel Kosher Food Bank, which serves between 135 and 145 people per week. As a result, it was decided that **Forestdale Heights** will join this worthy endeavour. Members are encouraged to bring an item of **non-perishable kosher food** to each lodge meeting. The food items should bear one of the **kosher certifications** (shown below). Donations of sealed toiletry items are also welcome.



# As I See It



As I opened up the newspaper this morning, I saw a full-page ad for the play, "Fiddler on The Roof". It got me thinking about tradition, and how important tradition is

to our Jewish identity, our roots, our culture and our religion. I also questioned myself how strong our need for Jewish consciousness is in today's society.

I would suggest that there is still a need inside all of us to connect to our people. Those of you, who are reading this column, joined a Jewish lodge, because you felt the connection and the need to be with others who are like-minded and Jewish. Yet, vast numbers of our people, tradition alone has not been enough. That applies not only to the rebellious among us who may have thrown away their traditions, but also for many ordinary, thinking people who feel that to do something just because "that's the way it has always been done" is simply not good enough.

Many of us have fond memories of how our grandparents - if we were lucky enough to have had them - celebrated their culture. Some always had their heads covered and never stepped into a non-

kosher environment. Perhaps those traditions are as obsolete as the horse and buggy. Maybe it was just easier to fit into their new chosen homeland and become more secularized, and so the head covering came off, and was only used when praying and when entering *shul*. How many more of our traditions were lost because we wanted to fit into the Canadian mosaic?

My father and his seven siblings grew up in the Kensington Market area. He told me tales of going to the D'Arcy Street *Talmud Torah* and of the *Rebbes* who ruled the classroom. Too many were put off tradition because the *Talmud Torah* teacher didn't take their questions seriously.



They were silenced with a pinch to the ear, the crack of a ruler coming down on their hand or worse, across their head. When the questions became too much for the *Rebbe*, threats were often made that the head of the *Chedar* would be paying a visit to the student's parents. It was understood that the child would be admonished for asking questions that they didn't need to know the answers for at this stage of their young life. Those were days when children were fearful of their father. Often heard from the classroom was "don't question it, just do; it is our custom and our tradition".

**Continued on next page**

Each one of us must develop a personal relationship with G-d. We all need to understand the reasons and the significance of our traditions, or they will appear as empty rituals to be discarded by the next generation.

Judaism has never shied away from questions, only the teachers who chose not to inspire those in their charge. Every page of the *Talmud* is filled with questions and answers and true scholars are dedicated to debating it, understanding it, and exploring it to share its wisdom with their children.

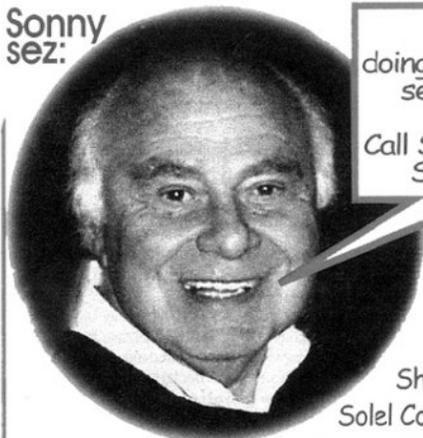
When we think, ask, and find answers to our faith, then the traditions of our grandparents come alive, and we understand fully why we should make them ours. Light candles on Friday night. Make the *Shabbos* dinner table a little more festive than the rest of the week, and take your grandchild to a *Shabbat* service in a *shul* that welcomes kids and makes the service come alive. A place where they

can ask questions, and get meaning to it all.

Once a tradition has become ours, then our children will be witness to it and the practice has been observed uninterruptedly by our ancestors throughout the generations and this becomes a powerful force that can inspire us and our children for all time. If ever there is a time that we need to return to our Jewish traditions and customs, it is now. Our children and grandchildren need strength from their heritage to fight the anti-Jewish and anti-Semitic times we are living in. We need to give them the traditions and the tools they need to be proud of their ancestry.

*Bonnie Kates*

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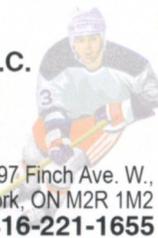
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# Notes from Nate



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

Hello again *boy-chicks and maidelech* of

Forestdale. I apologize to our editor if this column is a little late because it is hard to type wearing three sets of *gutkahs* while trying to avoid the results from this global warming *michigas* which around here is not making me green so much as making me turn blue.

My heating bill this month is going to be a real *Oy Gevalt* when I get it because it is colder than Harper's heart outside and there are only so much new windows, new insulation and a new furnace can do when it is so warm outside. I recently had a call from a friend who is right now in Florida *geshrieing* that the nightly temperature was only 40 degrees Fahrenheit. My reply would not be allowed by our editor but let us just say it wasn't *me chob rachmanos offen dere*. Since right about now that would be a heat wave in these parts.

The frustrating part is that when I was still well, come January we would celebrate our anniversary either on an island or a cruise ship in the warm climate. Unfortunately, for the past five years that has not been possible. To compensate,

when one of our friends heads to a similar place or to the Land of Our People [Florida] I make arrangements for them to lay in the sun for me at a specific time and day for about ten minutes and, oh boy, oh boy does that feel marvellous.

If you believe that one, I got some Florida land for sale cheap that only experiences moisture once in a while.

Anyways enough of this *kibbutzing*. This month I want to talk to you about a serious problem in our lodge. At our last meeting there were a lot of new program suggestions put forth and a lot of interesting ideas. BUT without participation they will - despite the best efforts of the core group of the lodge - die on the vine. Let me ask those of you who don't even bother to show up at meetings, what you expect from our lodge.

Each year you send in your money and put your membership card in your wallet but you do nothing to get value for your investment.

I know everybody is busy with work and children and grandchildren but does anyone remember the fun we used to have when our own kids were little and we had *Chanukah* and *Purim* parties as well as picnics that would strain the capacity of the halls we rented.

Maybe it is time to bring your grown up kids and your grandkids to some special events.

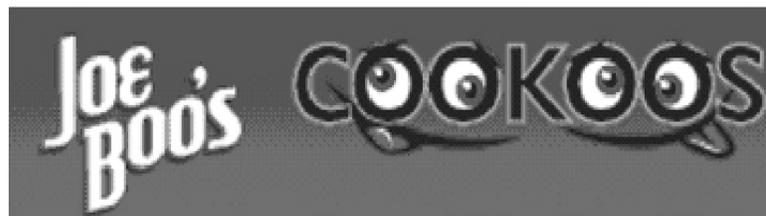
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Granted we may not have the *coiach* we once had but that is what mommies and daddies are for. To see the look on their little faces when they are at family events will make the past come alive again in our lodge and give them memories of some extra special times that they spent with *boobie and zaidy*.

While we are at it, how about you yourself. We have a new election coming

up followed by an installation dinner that is always the event of the year. Come out and listen and take part in the future of our Lodge. Make this first year of the new decade the year you are going to resume an active roll in our lodge. As I have said before, your dues cheque just bought you a ticket on the ride of a lifetime, but you have to get on the enjoy it.

*Nate Salter*



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## Are You a Type A Personality? Take the Quiz and Find Out!



Making plans, setting goals are important. You may have heard about the Type A personality. Drs. Friedman & Roseman, cardiologists in the '50's, coined this term since many of their patients seemed to have similar characteristics. So isn't this the way our society is geared – to be hard hitting, on the run? Perhaps. However, it was found that Type A's had four times the chance of having a heart attack than the rest of the population. Some symptoms are more dangerous than others.

Some characteristics of type A's are, a sense of time urgency – “hurry sickness”. They create non-existent deadlines and always try to stuff more activities into less time. They walk fast, talk fast, eat fast and are impatient, especially when waiting in line. Mult-tasking is their middle name as they try to text while driving, or play games on the computer while talking on the phone to others. (In reality a person's mind cannot do more than one thing at a time.) Their minds merely switch back and

forth. Each task's efficiency is reduced. Besides the fact that they are making themselves crazy! There's lots of guilt attached to 'relaxing' for Type A's.

Many Type A's may have a nervous tic or a jiggling knee. If you frequently clench your fist, bang your hand on the table, or habitually clench your jaw or grind your teeth, you likely are a Type A. However, perhaps the most dangerous symptom of Type A personality is aggression and hostility. A's are extremely competitive, challenging other people -- in sports, games, work or even discussions. They're always fuming about something.

Take the Stress Test on the next page to find out your score, to see if you're a low, medium or high Type A. If you are in the high Type A category do not despair, many stress management methods are available such as regular exercise, or even walking! Deep breathing techniques are shown to lower cholesterol and stress levels. Even getting out and having fun with friends is a stress reliever. Spending less is another stress buster along with cutting down on caffeine or junk food!

Best of luck if you need to lower your stress score. Now, just breathe.....

*Rosalie Mescoe*

## STRESS TEST

By Rosalie Moscoe, RHN, RNCP

	3	2	1
	Always or usually	Sometimes	Seldom or never
1. Do you talk fast?			
2. Do you hurry other people's speech by interrupting them or by completing their sentences for them?			
3. Do you hate to wait in line?			
4. Do you seem to be short of time to get everything done?			
5. Are you tired a lot of the time?			
6. Do you eat fast?			
7. Do you drive over the speed limit?			
8. Do you try to do more than one thing at a time?			
9. Do you become impatient if others do something too slowly?			
10. Do you find relaxing a waste of time?			
11. Do you find yourself over committed?			
12. Do you often jiggle your knees or tap your fingers?			
13. Are you an over nurturer (always looking to do something for somebody)?			
14. Do you walk fast?			
15. Are you often moody?			
16. Do you become very irritable if kept waiting?			
17. Are you tired or sick a lot of the time?			
18. Do you find yourself with tightening of your stomach, neck or jaw muscles?			
19. Do you have trouble concentrating on the tasks at hand?			
20. Do you overeat because you're stressed?			

**TOTAL** \_\_\_\_\_

For each question, check off which column applies to you. Each check mark receives the value of the column. Total the score for each column. Add the totals of all three columns to get your final score.

**Scoring:**

20- 34	Low Type A
35 - 44	Med. Type A
45-60	High Type A

# Forestdale Funnies

## *A Thoughtful Valentine's Day Gift*

Jim asked his friend, Tony, whether he had bought his wife anything for Valentine's Day.

'Yes,' came the answer from Tony who was a bit of a chauvinist, 'I've bought her a belt and a bag.'

'That was very kind of you,' Jim added, 'I hope she appreciated the thought.'

Tony smiled as he replied, 'So do I, and hopefully the vacuum cleaner will work better now.'

## *My One And Only*

Roger, who was 19 years old, was buying an expensive bracelet, to surprise his girlfriend on Valentine's Day, at a very smart jeweller's shop in Hatton Garden, London.

The jeweller inquired, 'Would you like your girlfriend's name engraved on it?'

Roger thought for a moment, grinned, then answered, 'No, instead engrave "To my one and only love".'

The jeweller smiled and said, 'Yes, sir; how very romantic of you.'

Roger retorted with a glint in his eye, 'Not exactly romantic, but very practical. This way, if we break up, I can use it again.'

## *Oscar Wilde's Take on Marriage*

Bigamy is having one wife too many. Monogamy is the same.

## Good & Welfare

### Birthday

Ruth Pupko

February 14



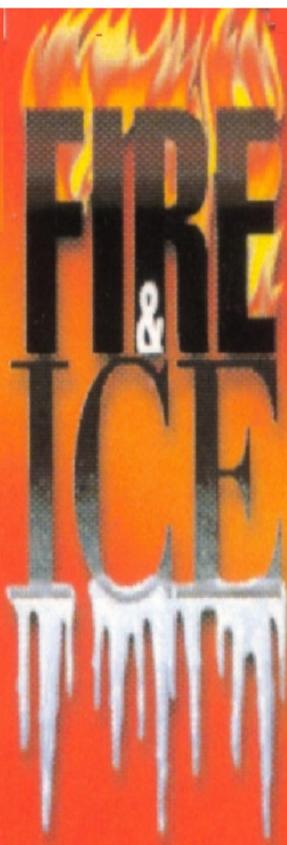
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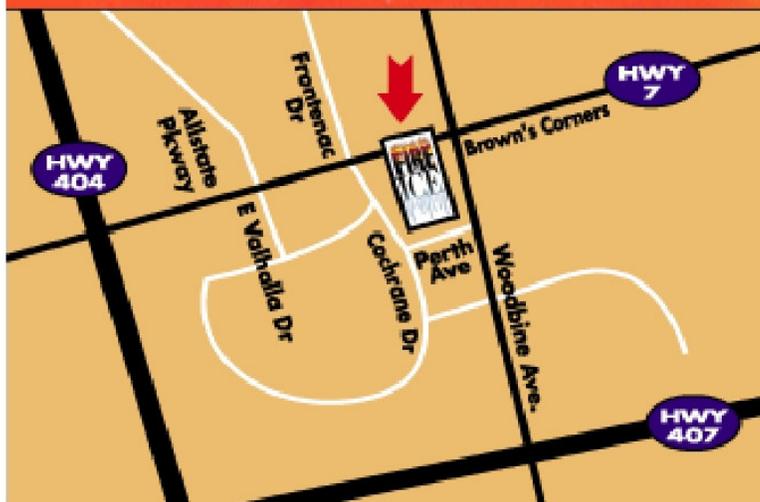
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Payment Method: Master Card, Visa, AmEx, Cash, Debit

Average Price:

Lunch: \$8-16

(per person, excluding beverages)

Dinner: \$10-18

Catering: No

Delivery: No

Take Out: Yes

Live Entertainment: No

Liquor License: Yes

Reservations: Recommended

Patio: Yes

Dress Code: Casual/Smart Casual

Wheelchair Access: Yes

Designated Smoking Room: No