

KOLECHAD

February 2011
Shvat/Adar I 5771



FORESTDALE HEIGHTS LODGE, B'NAI BRITH CANADA

DINNER MEETINGS

Effective February 1, the charge for dinner meetings has been revised. The price is \$7.50 per person for members and \$10 per person for non-members and guests.

AT A GLANCE

February 7	Dinner Meeting
February 8	Bingo
March 7	Dinner Meeting
March 8	Bingo
March 19	Megillah Reading
April 4	Dinner Meeting
April 12	Bingo
May 9	Dinner Meeting
May 15	Toronto Marathon
June 6	Dinner Meeting

Dinner at 6:30; Meeting at 7:15

YEARLY AD RATES

Full Page	\$200
Half Page	\$100
¼ Page	\$50
Business Card	\$40

10 issues published every year

**If you would like to advertise, please call
Harvey Silver, Business Manager,
(416) 223-0780.**

KOSHER FOOD BANK

In the past year, **Forestdale Heights** has become a major supporter of 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

Thinking About the New Year



About twice a year I get melancholy – Rosh Hashanah and at the secular New Year. Just the other day, I was listening to soft, quiet music and one of my favourites came on the radio, “Over the Rainbow.” After listening to the news the evening before, and hearing all the negative events that are happening around the world – floods, hunger, wars, etcetera, my thoughts turn to looking for something “over the rainbow,” or the pot of gold at the end of it. Could it be that we’ve already found it?

How fortunate we are to be living in Canada and in Toronto, away from those places where major problems are occurring. Every one of us has some *broch* or problem. However,

most of us wake up each day with no hunger, floods, corruption and a roof over our heads. We can be proud of our CVS programs of our lodge that help those in our community who are not as fortunate as we are. Also, as Jews in Canada we cannot take for granted the many freedoms we have - freedoms that Jews in other parts of the world cannot enjoy. That fact alone can be called our “pot of gold.”

Here’s to the rest of 2011 and the positives in my life that I am thankful for. Here’s to all of you, my Forestdale sisters and brothers and your families. May this year bring you health, happiness and prosperity. May all your “troubles melt like lemon drops away upon the chimney tops.”

Ray Moscoe

CARL S. ZELIGER, B.A., LL.B.

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SUITE 510
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Bonnie Kates
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Nurse/Educator
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416 605-1666
htiteacher@hotmail.com

54 Millbank Court
Thornhill, Ontario
L4J 6B9

Bonnie Kates Medical Curriculum Consultant




COVER ART



Noah: I painted this painting a long time ago. Something wonderful happen in the painting which I discovered later on and let me assure you I did not plan this. On the right side in the painting three letters appeared a *Zady*, *Yud* and *Shin* (you don't see the *Zady* well) wow was I surprised and asked my family if they see the same, they said yes. I was wondering what it could mean and the only explanation I came up with is this. The *Zady* stand for a *Zadik* (a righteous man) which in that time Noah was, the *Yud* in *gematria* relates to heaven and earth (Judgment from heaven the flood) and the *Shin* stands for *Shaddai* which is one of G-d's name which is also a shield from G-d.

Plunia Felezer



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EDITOR'S DESK



It's over. I had hoped that the holiday season would be a quiet one on the news front.

Unfortunately, this was not to be, for on December 28 I came upon an article in the *Toronto Star* that will undoubtedly rock the

Jewish world if proven true.

"Ancient tooth points to new human origins," was the headline on the Associated Press report which stated that Israeli archaeologists have found the earliest evidence yet for the existence of modern man, and if so, it could upset theories of the origin of humans. It seems that a team from Tel Aviv University excavating a cave in central Israel said teeth found in the cave are about 400,000 years old and that they resembled the remains of modern man or *Homo sapiens*.

I'm sure the average man on the street is scratching his head by now, wondering what the big deal is. However, the report immediately prompted theologians and scholars throughout Israel to begin pondering the really big questions behind this find.

One archaeologist cited in the report said that the remains are more likely related to modern man's ancient

relatives, the Neanderthals whose descendants eventually migrated to Europe.

If proven true, then it opens up a whole new can of worms. What does this mean to the surviving relatives of the Neanderthal tribe? Will they demand the right of return to settle in the Holy Land? Most scholars today acknowledge that the Neanderthals are like your own long-lost relatives (the side of the family you don't talk about anymore). They only show up for the party or when there is some will to be contested.

Of course these ancient humans could be found to be of Jewish descent. This poses the real dilemma, what tribe did they belong to and were they Orthodox, Conservative, Reform or even (need I even think it), atheists. I'm sure further investigations will uncover the remains of religious structures, no doubt not just one, but at least two (there are always two).

No doubt though that the problem will finally be solved when the Palestinian Authority lays claim to the long lost tooth as belonging to the first Palestinian, opening up yet another can of worms.

Yes, my friends, it promises to be a truly interesting year.

Shalom

Jeff Rosen

Rosalie Moscoe

RHN, RNCP



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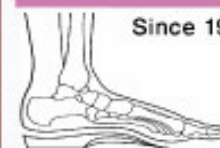
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MARCH 7, 2011 MEETING

March is Colon Cancer Awareness Month. We will be having a guest speaker from Colon Cancer Canada. Harvey Silver will be speaking about his colon cancer experience. Please invite all your relatives and friends for this very informative evening.

NIGHT AT THE RACES

FHL's Annual Night at the Races has been postponed. Stay tuned for further announcements on this program.

GOOD & WELFARE

Birthday

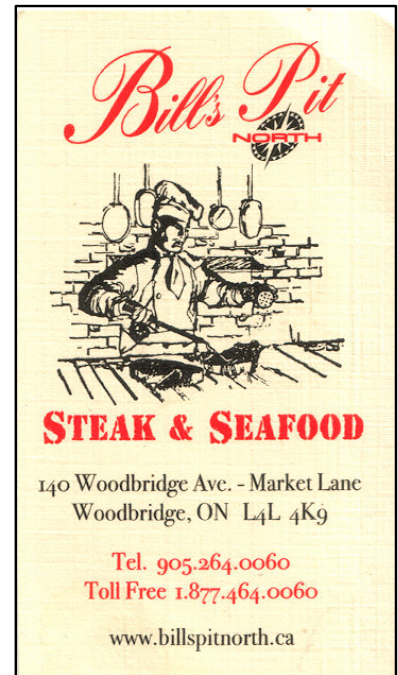
Ruth Pupko

February 14

Mazel Tov to Nate and Andrea Salter on the birth of their fifth grandchild, Abigale Brooke Reine, who was born on January 2, 2011

Mazel Tov to Stan and Janet Zeligler whose son, Jacob, was married on January 10, 2011

Mazel Tov to Arthur and Sherice Eisenbaum who recently became grandparents





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William Blair
Chief of Police

File Number:

December 22, 2010

Mr. Ray Moscoe
27 Elise Terrace
Toronto, Ontario
M2R 2W9

Dear Mr. Moscoe:

I have received your correspondence regarding the members of 32 Division.

I appreciate your kind words of praise and would like to thank you on behalf of the men and women of 32 Division.

Thank you for taking the time to write.

Sincerely,

A handwritten signature in black ink, appearing to read "Bob Clarke".

Superintendent Bob Clarke
Unit Commander
32 Division

SLATE COMMITTEE

The slate committee met on January 9 and has recommended the following individuals serve on the executive of Forestdale Heights Lodge for 2011-2012

President: Ray Moscoe
Senior Vice-President: Ruth Pupko
Vice-Presidents: Evie Isenberg, Richard Kotzen, Harvey Silver
Treasurer: Irv Pupko
Financial Secretary: Lisa Rosen
Recording Secretary: Michael Kates
Trustees: Elizabeth Bloom, Ivan Bloom, Barry Gordon,
Sandy Gordon, Avery Matlow, Marla Matlow

As immediate past president, Irv Pupko, will serve as chaplain

FEBRUARY 7 MEETING

Don't miss our annual nomination meeting.
If you plan on attending, please RSVP to Irv Pupko at
ipupko@rogers.com or 905-709-2675

CVS GIFT PROGRAMME

My husband, George, and I delivered a gift to the EMS for the first time. There are many mixed emotions you feel as you drive up to the station. There is the warmth of heart knowing you are about to do something nice for someone else. There is a bit of hesitation, not knowing what kind of reception you would receive. It is difficult to put into words the joy and happiness we felt when we saw the look on the face of the gentleman who came to the door. In one case, the gentleman actually looked stunned. He couldn't believe that someone remembered them and wanted to thank them for all they do for us.

It was certainly a very satisfying deed for us and we will definitely do it again next year.

Charlene Garten



On Saturday, March 19, at 8:30 p.m.
Forestdale Heights
will be hosting
its annual Megillah reading
at 4300 Bathurst Street

If you are coming,
please RSVP
to Carl Zeliger at
905-669-2732
or email czeliger@wza.ca



JANUARY MEETING

Senior Vice-President Harvey Silver chaired the first meeting of 2011. Seen at the January meeting are top left photo, Bonnie and Michael Kates; bottom left photo, Ruth and Irv Pupko; top right photo, Allan Greenberg and Jacquie Lindsay bottom right photo, Avery Matlow.



FORESTDALE FUNNIES

Jewish Mothers Know

A young Jewish man excitedly tells his mother he's fallen in love and that he is going to get married. He says, "Just for fun, Ma, I'm going to bring over 3 women and you try and guess which one I'm going to marry."

The mother agrees. The next day, he brings three beautiful women into the house and sits them down on the couch and they chat for a while. He then says, "Okay, Ma, guess which one I'm going to marry."

She immediately replies, "The one on the right."

"That's amazing, Ma. You're right. How did you know?"

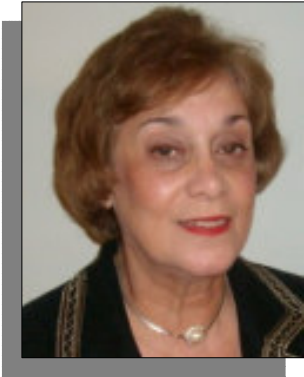
The Jewish mother replies, "I don't like her."

Moshe was sitting at the bar staring at his drink when a large, trouble-making biker steps up next to him, grabs his drink and gulps it down in one swig and menacingly says, "Thanks Jew Boy, whatcha going to do about it?"
Moshe burst into tears.

"Come on, man," the biker says, "I didn't think you'd CRY. I can't stand to see a man crying. What's your problem?"

"This is the worst day of my life," Moshe says "I'm a complete failure. I was late to a meeting and my boss fired me. When I went to the parking lot, I found my car had been stolen and I don't have any insurance. I left my wallet in the cab I took home. I found my wife in bed with the postman and then my dog bit me. So I came to this bar to work up the courage to put an end to it all. I buy a drink; drop a capsule in and sit here watching the poison dissolve; then you show up and drink the whole thing!"
"But enough about me, how's your day going?"

AS I SEE IT



A sense of humour is a sign of good health.

Laughter reduces stress, improves brain function, lowers blood pressure, increases endorphins and just makes us feel so

much better. One doesn't usually think of laughter as therapy, but a chuckle a day can prevent stress building up, enhance physical and mental performances and strengthen the immune system. It also promotes the release of mood-enhancing endorphins and helps oxygen better pump throughout the body.

Laughter is a great thing to have in your life - it makes people feel good and can often make hard situations less stressful. Developing your sense of humour is good for anyone who wants to improve their skills with people in general.

Having a sense of humour is a very admirable trait. People enjoy having friends who make them laugh. People who laugh often are usually upbeat, have a positive attitude and seem to genuinely enjoy their life. Like anything, some people are born naturally gifted at telling good jokes, while others struggle to find the right punch line.

Laughter is the best medicine, especially when you're stressed, angry, sad, lonely or feeling any emotion that leaves you feeling less than positive. Making people laugh is a great way to break the tension, lighten up the mood or even make friends.

The best thing about laughter is that it is contagious and can be spread from person to person. Wouldn't it be so much nicer to catch the laughing bug, knowing that laughter improves our immune system? Maybe we could keep the cold and flu bug away from our loved ones if we believe laughter really is the best medicine.

Think about the last time you laughed hysterically. You'll be surprised at how fast a little laughing can turn to uncontrollable giggles and make everyone around you feel good.

Invite laughter into your life. Encourage your loved ones to laugh more by talking about funny things that happen in their lives. Exchange funny stories until tears come pouring out your eyes. Make laughing a part of everyday. Nothing is so serious in life that you can't find but a moment to bring a smile to someone's face, a giggle to someone's belly or a chuckle to make everyone around you feel great.



Bonnie Kates



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December 27th 2010

Partner Sites:



Forestdale Heights Lodge
c/o Mr. Irving Pupko
338 Mullen Dr.
Thornhill, Ontario
L4J 2P2

RE: Kind Donation to Our program



Dear Members of Forestdale Heights Lodge,

On behalf of Mosaic Interfaith Out of the Cold (MIOTC) I would like to thank you for your kind donation of \$400 to our agency.

As a result of support from community organizations such as you, MIOTC has been able to sustain much needed services to homeless and low income residents in York Region.

Last winter, MIOTC served over 1,700 individuals. Our services include meals, overnight shelter, clothing, on-site health care, addictions and employment counseling.

We will be opening a new shelter in Markham this March which will provide much needed shelter on Thursday nights. In order to open this new location, we are in need of \$5000.00, so your donation is highly appreciated. We will be using your donation for direct service at this new location.



While we continue to see a significant increase each year in the number of people in need of our services, and while poverty in York Region grows at a steady pace, the resources needed to address poverty and homelessness continue to lag behind.

We are therefore, very grateful for your kind donation.

If you have any future questions, you can reach me at 416 948 MOTC (6682) or by email at rsumar@rogers.com.

Sincerely,

Rehana Sumar
Executive Director



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SANDY'S SCRIPT



Okay, being a grandparent seems to be my thing lately. I can't help but marvel how handy a computer can be to do just that.

Before grandparenthood entered my life, my daughter in Edmonton sent me a joke titled "Grandma Lives in the Airport." I never realized how true that would be in my not so distant future.

But now especially, the computer enhances my happiness as a grandparent when we visit the kids via Skype! What a wonderful invention the webcam is. It took a while for me to get used to using it but by now I am an old pro.

Just last night we had family over and what better time to hook up to Edmonton to talk to everyone. And

for my sister, who has not seen my newest granddaughter (other than in photos), to see her like she was next to you! it's the next best thing to being there in person!

Keeping the continuity in tact with my grandkids is so important. When I visit them (in person), it always seems like just yesterday we visited. There is no get acquainted time, just down to reality time and all I hear is "Bubbie my book" or "look Dinosaur Rex"....can you imagine, I might have to look at dinosaurs in museums. It's amazing what they become interested in and like you to know too!

So, yes *Bubbie* lives in the airport, the phone and the computer when she's not visiting in person, and I love it!

Until the next time.

Sandy Gordon



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WINTER DRIVING TIPS

Adjusting to Winter Conditions

Ontario winters are challenging for motorists. Safety is a top priority of the Ministry of Transportation. Every effort is made to make highways safe and to provide efficient winter maintenance service for the public.

Weather conditions can be unpredictable, placing extra demands on your vehicle and your driving skills. Ensure you are well prepared for winter roads and always adjust your driving speed to existing conditions.



Preparing for Driving in Winter

Stay alert, slow down, and stay in control — the three key elements of safe winter driving. Drive according to highway and weather conditions. Keep a safe distance between you and the vehicle in front of you to avoid situations where you may have to brake suddenly on a slippery surface.

Be Prepared — Is Your Vehicle Ready?

Make sure you have **sufficient windshield washer fluid** in the reservoir that is rated a minimum of -40°C temperature range. Keep an extra jug in the vehicle.

Clear snow and ice from all windows, lights, mirrors, and the roof. After starting your vehicle, wait for the fog to clear from the interior of the windows so you will have good visibility all around.

Have your tires checked or replaced before winter begins. Remember to check tire air pressure frequently, as it decreases in cold weather.

While regular or "all-season" tires, including wide and high-performance tires, may be adequate in some areas, they may not be suitable for driving in the snowbelt regions of southern Ontario and throughout the north. If you live and drive in these areas, consider using winter tires. They improve driving safety by providing better traction, braking and handling during frost, snow, slush, and particularly under icy conditions. Installing four winter tires provides greater control and stability. Never mix tires of different tread, size and construction.

HEALTH IN HARMONY

TUNE UP MIND AND BODY



Are you still feeling sluggish from too many sweets, chips, bread, wine or fast food consumed over the holidays? It's never too late to fine tune your brain and body for a great year ahead!

Balance your blood sugar

- Eat whole grain breads, rice or pasta (complex carbohydrates). Don't overdo these. Reduce white bread, white rice or pasta.
- Don't skip meals.
- Reduce tea, coffee, sugary foods, sugary drinks and cigarettes.
- Reduce alcohol.

Essential fats - these keep your brain (and heart) "well oiled".

- Eat fish such as salmon, trout, sardines, herring mackerel or mackerel a couple of times a week.
- For snacks, have seeds such as sunflower, pumpkin and nuts such as raw walnuts, almonds or hazelnuts. Use cold pressed olive oil on salads.
- Stay away as much as possible from fried foods or fast foods.

Phospholipids - helps memory and boosts the brain.

- Eat fish (especially sardines) at least once per week.
- Eat at least three eggs per week; (omega 3 eggs are beneficial).
- Include lecithin (on your cereal or in yogurt) to help memory. Also available in capsule form.

Amino acids - these are the brain's messengers.

- Include protein foods such as meat, dairy, fish, eggs, and tofu which contain amino acids at least once or twice per day.
- Beans, lentils, quinoa, seeds, nuts, whole grains are vegetable sources of proteins that contain amino acids. Include some each day.

Smart nutrients - vitamins and minerals fine tune your mind and body.

- Five to seven servings of fresh fruits and vegetables are necessary each day.
- Include one portion of a dark green vegetable each day.
- Take a multi vitamin/mineral supplement each day.

Rosalie Moscoe

BINGO ON BATHURST

B I N G O				
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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. Among those who have recently taken part in this programme are Richard Kotzen, 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 February 8.**

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