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Sunday, January 13, 2008

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Please join us on **January 21**
for our Monthly Dinner Meeting



Dinner 6:30 p.m.
Meeting 7:15 p.m.

Please RSVP to Albert Ohana
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or call 416-494-2636

KOL ECHAD



Kol Echad is the award winning 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 writer and do not reflect the views of either Forestdale Heights Lodge or B'nai Brith Canada.

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

At A Glance

Monday, Jan. 21	Dinner Meeting
Monday, Feb. 18	Nomination Meeting
Monday, March 17	Election Meeting
Monday, April 14	Dinner Meeting
Monday, May 26	Dinner Meeting

Kol Echad Deadlines

February Issue	January 19
March Issue	February 16
April Issue	March 15

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President's Pen



Internet technology has totally changed my life. I review my online bank statements, make transactions and pay bills, all through online portals. I go shopping on the Internet and even pay some of my bills on-line. I track my shipments online. I log on to the website of the telephone company to review my phone bills, pay them and change or request new services with a click of the mouse. I developed my knowledge and broaden my horizon on



new changes taking place in the medical and health care field. I search for specific topics to help me to better understand the world around me. Almost daily I read an Israeli newspaper right from my computer. I make contacts with friends and family online through e-mail or instant messaging services and it still amazes me how we can talk for free with such clearness.

It is wonderful for me to be in regular contact with my children; I crave it and need it for my world to be in sync. Sometimes we open our hearts and write a long e-mail, but other times it is just a few lines, or a few words. Whatever else happens, we connect every morning and the bond between us stays cemented. Technology has changed our lives.

Our oldest son is now living in Boston for the year. Nearly everyday, we meet on-line to have our morning chit chat via MSN instant messenger. He, between his classes, and me, while my students are on their break. It's a wonderful way to catch up and to stay in contact with what is going on in his life. It allows me to share in his day-to-day activities and get my "fix" on how he and my daughter-in-law are doing state-side.

Last week our youngest son was in the Turks and Caicos on vacation. Each morning we connected through e-mail and a few times via instant messenger. He shared the daily reports of Caribbean weather and tossed in his thoughts on the scuba diving conditions for that day. I loved knowing he was just at the other end of my computer and in essence, not really far away at all. More importantly, I knew he was happy and well. I recall when he was on a recent trip to Israel; he opened the drapes in his hotel room and used his computer video camera to scan the old city of Jerusalem. At that moment, I was able to view exactly what he too was seeing. What a thrill that was for me.



Continued on next page

The last two CVS programmes that Forestdale initiated were largely planned via the Internet. Our Salon Day began with one quick phone call to JF&CS, and the rest of our communication was through e-mail. The BBYO Chanukah dance started with an e-mail, followed by a phone call and finalized by a quick visit to the BBYO office. The few remaining details were firmed up via e-mail. In days gone by, it would have been an exchange of many phone calls and hoping that those on the other end of the line were in their office.

I file my columns for Kol Echad through the Internet. The photographs that appear are sent to him through the Internet. Computer and Internet technology has allowed us to talk, chat - even see each other - and to share stories, good news and bad.

It allows us to send instant messages, which are often critical in involving decision making with regards to family, and often of a professional nature. These advances allow us to remain in close contact with each other. The Internet can make the world seem so much smaller and bring us closer together. The Internet has the ability to educate and keep us informed.

Did you know that each month's Kol Echad is created 100% on the computer, transferred to a CD and is sent off to the printer, including the photographs and graphics. No printed copy is made beforehand and the need to cut and paste, as in days gone by, is simply old technology. It is a far cry from the days of the old Gestetner machine that Forestdale Heights used to have, where we hand-cranked the handle to print one single copy at a time. Isn't technology wonderful?

Bonnie Kates

Mushroom Barley Soup

1 onion chopped	2-3 carrots chopped/sliced
2-3 stalks of celery sliced	1 pound of mushrooms
½ cup barley	2 Tbsp. margarine
3 Tbsp. flour	7 cups vegetable stock
½ cup white vinegar	salt & pepper to taste

Melt marg. And put in veggies, including barley and cook about 15 -20 minutes till brown. Add flour to pot and stir 5 minutes. Mix in vegetable broth and allow to simmer for at least 1 hour, until the soup thickens.

Good & Welfare

Birthday

Stan Udell

January 30

Anniversary

Andrea & Nate Salter

January 14



Mazel Tov to Ray and Rosalie Moscoe on the birth of their first grandchild, Aliyah, weighing 8 lbs, 10¹/₂ oz.

If you have something special happening in your life that you would like listed in Good & Welfare, send it to jelijo@sympatico.ca. We will make every effort to include it. Birthdays of members only will be listed in this space.



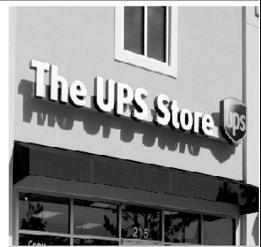
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Editor's Desk



In a lodge the size of Forestdale Heights, many of us wear many different hats. Certainly, I have for the past decade. Of course, most of you know I have been the power behind the lodge's bulletin and website.

For the past three years, I have also served as the chair of the slate committee, a position reserved for the immediate past president. Just to bring our newer members up to speed, this committee is composed of our active past presidents. We meet once a year to discuss the future leadership of the lodge and to make recommendations as to who should lead us for the coming year. Shortly the committee will gather once again to examine the past and plan for the future.

As our current president, Bonnie Kates, is serving her third term, this will make the third time I have chaired such a meeting of our distinguished past presidents.

When our lodge and its members were young, there never was a question of who would be called upon to serve the lodge. Our membership lists were growing as was the potential candidate list.

Now our numbers have declined, our members are older and are not as much in a rush to join the executive.

Three years ago, our lodge came away from an attempted merger with another lodge with a renewed sense of purpose. We

knew that although we were small in numbers we were strong in spirit. We knew where we were going. I had the privilege of leading the lodge during that period with Bonnie as my senior vice-president. In her own years as our lodge's leader, Bonnie has succeeded in attracting new members, and in reinforcing our identity.

Now the time is approaching when she will turn over the reigns to a new leader and executive, one that did not go through the trials and tribulations of the proposed merger.

Hosting the past two slate committee meetings, I heard many reasons from members why they **CAN'T** serve on the executive. At the same time, I have heard excuses why things could not be accomplished.

Unfortunately, I do not accept any of them. I believe if you want to accomplish something, you can and will do it.

Michael Kates demonstrated this back in 2001, when we went into our elections without a presidential candidate. He stepped up to the plate – 13 years after first serving as president – and became the first past president to run for office. His wife, Bonnie, was responsible for another lodge first, when she became the first person to assume the lodge's presidency for a third consecutive term.

Continued on next page

The time for saying no has long passed. If our lodge is to continue thriving, everyone has to work together. If you have never served on the lodge, this is the time to get involved.

Everyone has something to contribute. One never knows until they try.

For those lodge veterans who feel they have done their time and paid their dues on the executive, I say, baloney. For FHL to remain strong, we need your wisdom and experience. I am sure that being on the

executive in 2008 would prove a different experience from that in the past.

Everyone talks about how they want the lodge to move forward. For that to happen, we will need able-bodied men and women who are willing to do their part to help lead the lodge.

Shalom.

Jeff Rosen





Saturday, February 2, 2008

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BBYO Dance

Forestdale Heights Lodge had the pleasure of chaperoning/volunteering at a BBYO Chanukah dance on Saturday, December 8. There was a great turnout from the young teens, about 35 in all. They danced and ate and celebrated the holiday with fun and joy.

Not only did we have prizes and giveaways, to help make the evening memorable, but we helped feed the group with veggie platters, chips & dip, dreidel cookies, and chocolate Chanukah *gelt*.

Our own Avery Matlow was the in-house bartender making Shirley Temples by the dozens. Later in the evening, an ice cream bar was set up with plenty of yummy toppings to choose from where we could all be kids again. It was nice to connect with the younger generation.

The contingent of volunteers consisted of Bonnie and Michael Kates, Ruth and Irv Pupko, Sandy and Barry Gordon, Phyllis and Gerry Bluestein, and Avery and Marla Matlow.

Marla Matlow



Sandy's Scripts



I enjoyed a course I recently took offered by Uptown Chabad entitled *The Land And The Spirit: Why We All Care About Israel*. The following is a very small portion of what I got from it.

It was indeed an eye-opener and not presented in a philosophical deep manner, rather in a way that was comprehensible for all levels of learning. Most societies develop and live on the physical land and they make their own laws for their people. We however, take our laws wherever we go. As a result we already had our laws when we went into Israel and had a reference on how to live our lives.

It's not by accident that we are here in the Diaspora. Rabbi Menachem HaMeiri said "*Any location where wisdom and fear of sin reside has the status of Eretz*

Yisrael". So the emphases was making the Diaspora a dwelling place for the Divine and transforming it into a spiritual Eretz Yisrael.

We are all family, maybe not biological but we feel united even though we may be separated but at a certain level we come together. When we pray in Toronto we face east. In other parts of the world people face west, north and south depending where they live to bring Israel closer to them. We feel the same way (no matter where we are) and care about Jewish survival, Israel's security and peace. We live in our own Israel – how much and how holy depends on us.

This course reminded me of who we are, why we are here and what we have to do.

Until the next time.

Sandy Gordon

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Notes from Nate



News and Views from a past president still alive and well in Thornhill and recalling the past.

So let me understand something here. Come January 14 it will be 40 years since a handsome young *Chassen* and a beautiful young *Kallah* stood under the *Chuppah* and said those famous words. As I recall I said I do and she said you had better. Since then there have been a few changes in my life.

In our wildest dreams, who could have envisioned on that snowy day, that 40 years later we would have not only adult children of our own but, thank G-d, beautiful grandchildren to light up our lives.

It is rather interesting that when we view the movies and pictures of our wedding, we see our parents' friends and relatives as really "OLD" people. Now I look at our kids wedding videos and suddenly the two of us, as well as all our friends and family have become the "OLD" people.

There is a story of a young *Chassen* who before he walked under the *Chuppah* was counseled by the rabbi, who told him that he was at the end of his troubles. Five years later he approached the rabbi and said "Rabbi, you lied to me. You told me I was at the end of my troubles. Now I have bills coming out of my Ying Yang, my mother-in-law is constantly *kvetching*, my wife hollers at me and the kids are making me *michiga*."

The rabbi looked him straight in the eye and said, "Did I tell you which end?"

Before you laugh this one off, think of our own lives over the past four decades, of both

the good times and the hard times we have experienced. In some cases the joy of new babies only supplanted the pain felt as a result of the loss of parents and relatives. The adventures we had in the lodge and some of the stories that shall forever remain unprinted have made us what we are today.

Just like a husband and wife, we as members of this lodge have traveled down the road together. Some have stepped forward to lead the lodge and achieved things they would never have accomplished in their individual lives. We have learned the joys of helping others and have been fortunate to give from our hearts. Being part of a lodge, we have also learned more about ourselves. These newfound insights have helped make a difference in the lives of those we met along the way.

Just like a marriage, we have embraced and we have fought. At the end of the day though, we are still together. The thought of doing something different has never entered our minds. After all these years, we are who we are and attempting to change to please other people does not sit well with us. We have accepted who we are and we are content with all that we have done.

As we start another new calendar year, all fresh and shiny and open to so many possibilities, my only wish for all my lodge brothers and sisters is not different from that which I wish for my own family. Please G-d; grant a year of health, peace and contentment and may words of joy be the only sounds you hear.

Nate Salter

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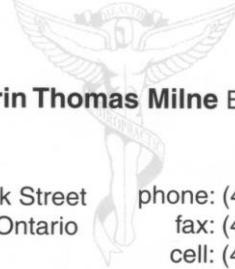
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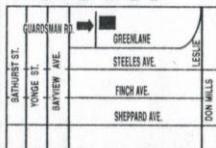
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Dear Bonnie:

On behalf of Jewish Family and Child Service, I want to thank you for the vision and the generous work of the Forestdale Heights Lodge's hosting of Salon Day on November 18th.

The women who benefited from the day were so grateful and happy for the experience. We received thank you notes and emails letting us know what a fantastic experience it was.

It was wonderful of so many Lodge members to attend and help make the day the success that it was.

We look forward to many opportunities in the future to partner and thank you for your interest and support.

All the best,


Richard Cummings, Ph.D.
Executive Director

*Many thanks for
your thoughtful
support!*



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December 11, 2007

Mrs. Bonnie Kates, President,
Forestdale Heights Lodge, BBC

Dear Bonnie,

On behalf of the teens, and myself we want to thank you and your lodge members for helping to make our Chanukah party a great success.

Your donations helped to enhance the mood of the evening. The DJ was great and food was enjoyed by all.

We look forward to working with you and your lodge on future projects.

Sincerely,


Missy Korn,
Program Director.



Forestdale Heights Lodge
wants to gratefully thank

Albert Ohana and the staff of

Salon Piaff

Phillip Kyriacou, Claire Avilies Guerera

Lidia Brkic, Russel Johnson

For your selfless contribution
in providing
Community Volunteer Service
and making the world
a better place

Bonnie Kates, President

November 18, 2007

Random Musings



I have always been intrigued by the meanings of names. One of my favourite activities is looking through books of names, their variations

and derivatives. Researching the background and various interpretations of each name is somewhat similar to etymology, which I learned years ago in Latin class, a way of pulling apart a word to decipher its meaning. But while etymology was interesting, it was not half as fascinating as the study of names.

A name is a very powerful thing. A person's sense of self-worth is often tied up with how he, or others, perceives his name. Often he or she is pre-judged on the basis of his or her name. A person has to live up to the greatness of a name, or the hope intrinsic to the meaning of a name. Sometimes a person is saddled with a difficult name. Some names give us a clue as to the age of a person, the era of his birth. Nicknames are also important, because they reflect what one's closest friends or family think of a person.

For Jews in particular, picking names has special implications. Not only does a Jewish child often have a name in the language of his or her country, but there

is the addition of a Hebrew name, one that, for Ashkenazi Jews, corresponds to that of a deceased relative. This act of honouring or remembering a loved one in the existence of a new life emphasizes just how important Judaism views the act of choosing a name.

I like to think of the Hebrew name as an extra chance to feel special. It gives us a choice of different identities. We can picture ourselves with different personas, so to speak. Extra names can have the effect of allowing us to make changes in our lives when we are dissatisfied, visualize ourselves in a different light. Perhaps we need not define ourselves as we usually do, but as we might become. Thus, we and our children can feel fewer limitations, more potential. Sometimes, when reflective, we can feel our special connection to the past. We can inquire about the person for whom we were named. If our names have a Biblical background we can explore that aspect.

"What's in a name?" the question is sometimes posed. "So very much," is my reply. Treat yourself and look up the meanings of your names and those of your family members, both English and Hebrew. You might trigger a very rewarding exploration.

Elizabeth Bloom

Clearing Snow and Ice



Clearing snow and ice from driveways and sidewalks is hard work. To prevent injuries, follow these safety tips.

- Dress warmly, paying special attention to feet, hands, nose, and ears.
- Avoid shovelling snow if you are out of shape. If you have a history of heart trouble, do not shovel snow unless your doctor says it's okay.
- Do light warm-up exercises before shovelling and take frequent breaks.
- If possible, push snow in front of you. If you have to lift it, pick up small amounts and lift with your legs, not your back. Do not toss snow over your shoulder or to the side.
- Don't drink alcohol before or while shovelling snow. Never smoke while shovelling.
- Use rock salt or de-icing compounds to remove ice from steps, walkways, and sidewalks. Sand placed on walkways may also help prevent slipping.
- If you use a snow blower (also called a snow thrower), follow these safety guidelines:
 - Read the owner's manual before starting your snow blower. Make sure you understand all the recommended safety steps.
 - Make sure all people and pets are out of the way before you begin.
 - Do not put your hand in the snow blower to remove impacted snow or debris. Turn the machine off and wait a few seconds. Then use a stick or broom handle to remove the material.
 - Do not leave the snow blower unattended when it is running.
 - Fill up with fuel before you start, when the engine is cool.



Forestdale Funnies

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On another Septic Tank Truck:
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At a Proctologist's door:
"To expedite your visit please back in."

On a Plumber's truck:
"We repair what your husband fixed."

At a Tire Shop in Milwaukee:
"Invite us to your next blowout."

On an Electrician's truck:
"Let us remove your shorts."

On a Maternity Room door:
"Push. Push. Push."

At an Optometrist's Office:
*"If you don't see what you're looking for,
you've come to the right place."*

On a Taxidermist's window:
"We really know our stuff."

On a Fence:
*"Salesmen welcome! Dog food is
expensive!"*

At a Car Dealership:
*"The best way to get back on your feet -
miss a car payment."*

Outside a Muffler Shop:
*"No appointment necessary. We hear you
coming."*

In a Veterinarian's waiting room:
"Be back in 5 minutes. Sit! Stay!"

At the Electric Company:
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