

January 2009

Tevet/Shevat 5769

# JANUARY MEETING



Monday, January 5  
Dinner 6:30 - 15 Hove

Toronto City Councillor  
Howard Moscoe at 7:15  
Followed by Meeting



Please RSVP to Albert Ohana  
at [salonpiaff@rogers.com](mailto: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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<http://www.kolechad.ca/>

## At A Glance

January 5	Speaker & Dinner Meeting
January 31	Night at the Races
February 9	Nomination/Dinner Meeting
March 2	Election/Dinner Meeting
April 13	Dinner Meeting

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### Kol Echad Deadlines

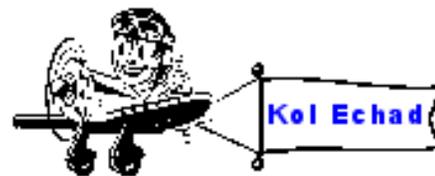
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April Issue	March 6
May Issue	April 13

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# President's Pen



It is hard to believe, but it is not yet winter! It won't be winter until December 21. As Torontonians, we know that it is really only a little chilly right now, but every year we start complaining about the cold weather well before it gets really cold in January and February. We also complain about the driving conditions, as if we have never driven in the snow before and it is dark so early! We leave for work in the dark of morning and we return in the dark of early evening. Where has the daylight gone? When will it come back? Of course, the answer is that after December the daylight begins to increase, though we won't notice the increase for another month. Every year we have to start over and learn about winter in Toronto once again.

So it is fitting that this year Chanukah also begins on December 21. It is interesting that many cultures have a holiday about this time of year to celebrate (unofficially) the return of the sun – the lengthening of daylight time. But that is not why we celebrate Chanukah. We all know the story of Judah Maccabee, the retaking of Jerusalem from the Syrians, the cleansing of the Temple, and the miracle of the flask of oil which lasted for eight days even though there was only enough oil for one day. We celebrate by lighting our own chanukiah, eating doughnuts and *latkes*, playing *dreidel*,

giving Chanukah *gelt*. But is there anything else, any lesson that we can take from Chanukah? Let's think.

If not for the rebellion, if not for Judah Maccabee, would there be a Jewish religion today? Would there be Christianity? Islam? How different would today's life be if the Maccabees had not led a revolt? So there is a message – never give up. Never let our guard down. There are those who would destroy us by destroying Israel. We must be steadfast in our resolve that our traditions and our beliefs are worth keeping and we must challenge those who would deny us.

These past few weeks have been a bit stressful, so I want to thank Ray for chairing the December 1 lodge meeting. It is helpful to know that the meeting was in such capable hands. I also want to thank those who have sent me notes of support. They are appreciated. Finally, I must thank Bonnie and Michael for their help. Bonnie in particular has driven Ruth and me to the hospital and/or home when we had no other way to get there. I cannot say thank you enough.

Remember – the next lodge meeting is on January 5 with guest speaker Howard Moscoe. Invite your friends for 7:15. It should be an interesting meeting.

Happy Chanukah and a happy New Year.

*Irv Pupko*

# Chanukah Parcel Delivery

On Sunday December 14<sup>th</sup> 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 participate. Things went quite smoothly in the morning and everything was done by 10 a.m.

Reporting from the front line, Michael Kates.



# Purim 5769



On **Monday, March 9**, at 8:15 p.m.  
Forestdale Heights will be hosting  
its annual *Megillah* reading  
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If you are coming, please RSVP  
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# Editor's Desk



Who would imagine that you could get inspiration from a fortune cookie? That's exactly what happened to me at our last meeting as I finished my Chinese food and topped it off with a fortune cookie.

*"Prosperity is a way of living and thinking, and not just having money or things."*

Lights went off in my head (no, its not mad cow!) and I thought, "Wow, something so simple should be obvious to everyone."

Sadly though, something that seems like common sense is missing in society in general. That's why the economy is in the shape it is today.

There are just too many people who continue to live beyond their means. While it is great to dream and aspire to better things, I believe that if you try to grab too much too soon, you wind up with nothing. We see this as foreclosures continue to climb throughout the United States. People were buying homes without the necessary financial backing, while others were using their existing homes to reach higher than they should on the brass ring of life. Egging them all on from the sidelines was the banking industry.

As everyone knows, playing a game of dominos is tricky and the longer the game

continues, the riskier it becomes for everyone. All you need is one slip and all the tiles come tumbling down. Basically that is what happened, first to homeowners, then the U.S. banking industry and now the world economy.

Throughout our life together, Lisa and I have always kept an eye on the bottom line; can we afford what we want or is that luxury item necessary?

I remember when we were buying a house 17 years ago. We both knew we wanted a house and with a fixed amount of money (and a child on the way) we were hesitant to buy beyond our means. Lucky for us, when we found our townhouse, it was love at first sight. Our search

was over. However, I know we would have willingly remained in our apartment rather than get a home we couldn't afford.

I wish more people thought this way. Instead they max out their credit cards and borrow to get whatever fancies them at the time. The result is that stock markets flounder and employment lines grow.

I believe that fortune cookie to be truly wise. After 50 years on the fourth rock from the sun, I have a great job and a family I treasure each and every day. I am truly prosperous.

*Shalom*

*Jeff Rosen*

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# Good & Welfare

## Birthday

Stan Udell

January 30

## Anniversary

Nate & Andrea Salter

January 21



*Mazel Tov* to Nate & Andrea Salter on the birth of their fourth grandchild, and FIRST granddaughter, Kate, daughter of Sheri and Dave.

FHL wishes a speedy recover to Elliott Moldaver.

*If you have something special happening in your life that you would like listed in Good & Welfare, send it to [jelijo@sympatico.ca](mailto:jelijo@sympatico.ca). We will make every effort to include it. Birthdays of members only will be listed in this space. If we have missed a special occasion in your life, please let us know so that we can update our records.*

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# RACE NIGHT



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Saturday, January 31, 2009

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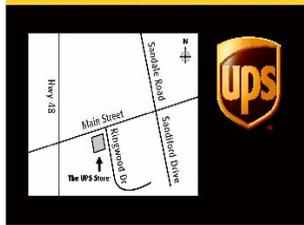
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# Random Musings



As we head into the new secular year, I am aware that in Canada, especially where the winter can seem endlessly long, anything that can make

the season brighter is welcome. Although Chanukah is the Festival of Lights, it is usually less flamboyant than the festivities surrounding Christmas.

When our children were young, although the two holidays historically are based upon different religious narratives, I always felt the pressure to make sure that my children enjoyed Chanukah with presents and special treats. Far from being a commercial capitulation, the end result actually made them more generous and caring. We tried to emphasize charitable deeds and donations at this time as well. It is sometimes a tightrope we walk trying to achieve a



balance between the Judeo and Christian roots of our society, while preserving our Jewish identity and customs.

I have always enjoyed the lights and decorations at Christmas time, and in a country which could be otherwise very dreary during some frigid months. I find them a cheerful respite from the depths of winter. I would, in fact, like to see more Chanukah lights and decorations around town, although I know that Chanukah's celebration does not have a long timeline beyond the eight days and nights.

The message of goodwill towards men that spurs acts of kindness and generosity at this season is, in fact, part of our own teachings. I think that anything that teaches right from wrong, and encourages generosity and kindness should be part of educating our children. The result is a better human being, one with *rachmanos*, and that is a very Jewish ideal to strive for.

*Elizabeth Bloom*

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# As I See It



In 2000, Ontario introduced the first ever, universal programme for influenza shots, free to all residents of the province. Flu season in Ontario runs from October to April, but influenza seems to most often peak around February across Canada.

Too frequently you hear from people that they get the flu after getting the injection. Hence they believe the actual vaccine is what made them sick. It takes about two weeks for the body to develop immunity following the injection. If someone shows signs of the flu before this two-week time period that it takes for the body to develop these antigens, they didn't get sick from the flu vaccine. But most likely came in contact with the flu virus through someone else.

On average up to 25 per cent of the Canadian population may be infected. It's much more serious than a cold. It's a highly contagious, viral infection that invades your nose, throat and lungs. Draining symptoms can last up to 10 days and in many cases, weaknesses and fatigue can last for weeks afterwards. Nausea, vomiting and diarrhea symptoms are rare in adults and are usually caused by another virus that may mimic the flu.

The flu virus is spread through droplets, coughed or sneezed, into the air by someone who has influenza. You can get the flu if you breathe in these droplets through your nose,

mouth, or if they land directly on your eyes. If you shake hands with someone who has the virus on their hands from sneezing, etc., or touch an infected surface such as a doorknob, countertop, telephone, and then touch your nose, mouth or eyes, you can get the flu.

Germ prevention is a constant job that never ends as long as we live. A germ is also called a microbe, or a pathogen. It is an organism that likes to live in the human body and has the potential to grow into bacteria, a virus, or fungus, among other diseases.



We can't pass laws requiring people to stay home when they are sick so they don't become carriers of the influenza virus. However we need to be diligent in how we can protect ourselves from this illness. Using those hand sanitizers helps, but they also create a problem to some extent. All of us have pathogens on our bodies. Many of them are necessary to keep us healthy; it is when a foreign microbe like the flu virus enters our body that is when we get sick. The use of hand sanitizers destroys many of the foreign pathogens, but it also reduces the microbes that call our body home and are needed to keep us healthy.

When we reduce our resident pathogens by using those sanitizers, we leave ourselves open to more invasions of other foreign microbes and our body has a more difficult time trying to destroy them.

**Continued on next page**

The best way to get rid of the disease producing germs is simply washing our hands with warm water and soap frequently. Sneezing is a leading way to pass germs onto others. It is recommended that if you sneeze, to do so in a tissue or other disposable substance. When there are no tissues available, you should turn and sneeze into the crook of your arm.

Lowering the temperature of your home by five degrees and keeping humidity at 50% will also help maintain a steady germ-free environment. Viruses thrive in the heat.

By keeping the temperature down, it will keep viruses at bay. Also heat tends to dry

the inside of your nose, making you more prone to allow germs to gain entry here.

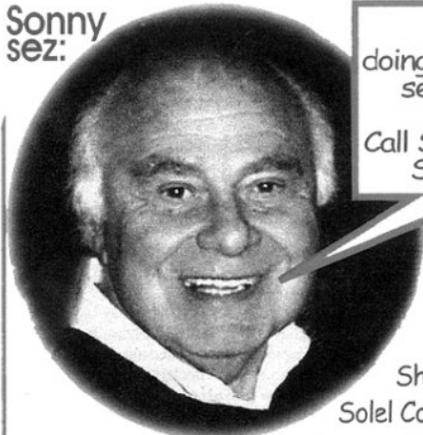
Change your toothbrush and towels regularly, especially if someone just recovered from a cold, to help keep everyone healthy. By following these simple steps you can decrease your chance of getting sick. Your odds will improve that you'll escape unscathed during the cold and flu season.

If all else fails, get into bed with a good book, some chicken soup and stay home.

May the glow and warmth of your Menorah fill your heart and home with joy. Happy Chanukah.

*Bonnie Kates*

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# Sandy's Script



It escapes me why all stores will be charging for plastic bags. Up until now there has been a couple of stores charging which was okay but a vote was taken that in the near future, there will be a charge for plastic bags in all stores in

Toronto.

1. You will have people who will buy as they always have if they shopped at a supermarket that was charging for bags;

2. You will have people who will continue to hunt for boxes all over the store creating more garbage and recycling problems around their homes;

3. You will have people who will continue to come to the store on a daily basis and say no thanks to all choices and take the cart to their car and put the items on the back seat like I have on occasion.

They say that this ruling does not only apply to food stores.

Think about this....you're in the Superstore and your cart is filled with a lot of goodies like foodstuff, kitchenware, women's apparel (let your imagination go wild) and anything else you can picture going up and down the aisles. That's how I shop. I can tell you where things are by going up and down and across all the carefully planned divisions of the store in my

mind. If I know a store that well it's because I keep giving them my business. Why do I, as a consumer have to buy my bags?

I'll tell you something, the checkouts could become very interesting. Picture this: A little old lady who has just bought a girdle will be asked - would you like a bag for that? She could reply "no dear, I'll wear it home"! And proceeds to put it on.

At the prices we pay today, they should bend over backwards to at least extend bare-bone service. I personally do not think that scrimping on the usage of plastic bags is going to alleviate as much of the landfill problem as they think.

It seems that people in Toronto take recycling very seriously. I am glad that we have the options of separating our garbage at home to be put to good use by recycling and the system makes handling our garbage so much cleaner. Our city's garbage disposal system is high tech and working well. We are doing well as residents so why the deal about bags?

Rather than continue to use plastic, whatever happened to the grocery store brown paper bags? You know the ones that had 1 lb, 2 lb, 5 lb, 10 lb & 20 lb written on them....sounds good to me, how about you? I know it ages me, but let's get back to the basics.

Wishing everyone a very happy, healthy and fun filled Chanukah!

Until the next time.



*Sandy Gordon*

# December Meeting



# Notes from Nate



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

*Kenninah Horra!* You close the eyes and before you know what happens it

is *shoyne* Chanukah again and another year is just about in the books. What a thrilling, *kishka* wrenching year it has been. From physical *tsooris* and meeting more doctors than you can shake a stick at; the year is coming to an end with a great big Santa Claus bag full of *naches* that overshadows all what has gone on before

Your Rotund Reporter is sitting here at the old computer a little bleary eyed, having just returned from our first visit to Miss Kate Taylor Stephens who has finally decided to make her arrival and become a part of our family.

What a thrill and what a pleasure it was to hold her in my arms for the first time, realizing that now the circle of life has been completed. After more years than I am allowed to put in writing, the bouncing baby girl that Andrea and I brought home for the first time has now felt that miracle of life happen to her as she holds her daughter Kate in her arms.

There are no words to put to the feeling of inner contentment and the *naches* that comes from being a *Zaidy* who is holding a grandchild in his arms. G-d has blessed me with the luxury of seeing now four little ones arrive healthy and well Please G-od with a little bit of

luck we might be around to see them grow up just a little bit in the coming years. My own parents never had this opportunity, but our kids for all of their their lives had a *Bubbe* and for too short a time a *Zaidy* to love and to love them back. It is a sacred trust that allows our hearts to find a place for each and every child that our children gift us with. There is nothing on this earth that is more important or more valuable than the love of our grandchildren, and they in turn repay that love a thousand times over every time they hold their arms out for their *Bubbe* and *Zaidy* to give them a hug. Regardless of what else is going on in the world, the crash of the markets, the political effluent fed to us by the politicians, the terrorist attacks in lands far from ours and all the other things that vexate our lives, the joy of our children and grandchildren overshadows all else.

If one concentrates on the peace of mind that they give us, and we take all our energy to give them back our love, then all these other things don't really matter.

Let your Rotund Reporter take this opportunity to wish all my brothers and sisters in Forestdale Heights Lodge a Chanukah filled with, peace of mind, health and contentment. May all of you know and share the joy and the *naches* that I feel today, and may your days be filled with happiness and wonder during the holiday season and in the days to come.

*Nate Salter*

# Forestdale Funnies

Opening his front door, the Rabbi found himself face to face with the local priest. "Rabbi, may I have a few words with you?" asked the priest.

"Of course, Father," replied the Rabbi somewhat nervously.

"Rabbi," began the priest, "It must be evident to you that in this town we are plagued by thieves. Scarcely a day passes without one of my flock coming to me bemoaning the fact that his house has been broken into. On the other hand, I have noticed that thieves do not bother you Jews nearly as much."

"Father, you are correct."

"Yes, but why is that?" inquired the priest.

"Look at this little box here on the side of my doorpost," said the Rabbi. "It's called a mezuzah. We Jews believe that when we put a mezuzah on the entrances to our houses, the Holy One, may His Name be blessed, protects both us and our property."

"In that case", replied the priest, "I must have one!"

Not wishing to be the cause of an incipient pogrom, the Rabbi reluctantly handed over a mezuzah to the priest.

Some two weeks later the Rabbi was awakened by the sound of someone pounding violently on his door. Dressing himself hastily, he made his way down the stairs.

"Who's there?" the Rabbi asked tremulously.

"Open the door! Open the door!" screamed a voice on the other side.

Leaving the door on the latch, the Rabbi cracked the door wide enough to see the priest standing in front of him, his eyes wild with great distraught.

"What happened?" asked the terrified Rabbi. "Were you not protected from robbers?"

"I was! But these people were worse than robbers!" screamed the priest.

"Who?" asked the rabbi.

"Fundraisers!"



# Health in Harmony



## Calm Computer Depression with Stress Relief Techniques

Another computer crash? Technology stress has scored again! Deadlines are approaching and critical files are lost.

As a society, we are dependant on computer technology and when we need it most, it often sabotages us. Computer crashes cause us anger, stress; cholesterol levels rise! We can get shaky, feel tense or



sick to our stomach. Stress is responsible for 80% of all doctors' visits.

Many people react emotionally to machines that have no sense of concern or let alone remorse for what they've done to us by stopping cold. To encourage anxiety relief, firstly, it's best to alter your perception of events and attitudes so that you can remain calm in an increasingly technological society.

## Three Rescue Remedies for Computer Stress

1) Take a few deep breaths and think to yourself: "Tomorrow the sun will rise again. This too will pass." These positive thinking techniques help both mental and physical well-being.

2) Either fix the problem yourself or call a technician who can. In the meantime, to help you relax, either go for a short walk around the block, get a cup of soothing green tea or do shoulder rolls! Once you're calm, you'll be more able to form an action plan to

resolve consequences of the crash. Negative attitudes (screaming at technicians)



only alienate those who can help you.

3) Be prepared! Make sure you have excellent backup systems. If freezes or crashes do happen again, practice these simple stress relief tips to save your sanity!

*Rosalie Moscoe*

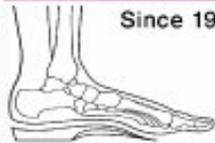
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# Winter

And it's winter before we know it....

You know, time has a way of moving quickly and catching you unaware of the passing years. It seems just yesterday that I was young, just married and embarking on my new life with my mate. And yet in a way, it seems like eons ago, and I wonder where all the years went. I know that I lived them all...

And I have glimpses of how it was back then and of all my hopes and dreams... But, here it is the winter of my life and it catches me by surprise... How did I get here so fast? Where did the years go and where did my babies go? And where did my youth go?

I remember well. Seeing older people through the years and thinking that those older people were years away from me and that winter was so far off that I could not fathom it or imagine fully what it would be like... But, here it is...my friends are retired and really getting gray...they move slower and I see an older person now. Lots are in better shape than me... But, I see the great change... Not like the ones that I remember who were young and vibrant... But, like me, their age is beginning to show and we are now those older folks that we used to see and never thought we'd be.

Each day now, I find that just getting a shower is a harder target for the day! And taking a nap is not a treat anymore...it's more of a need! Because if I don't on my own free will...I just fall asleep where I sit!

And so, now into this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done, but never did!!

But, at least I know, that though the winter has come, and I'm not sure how long it will last...this I know, that when it's over...its over....Yes, I have regrets. There are things I wish I hadn't done, things I should have done, but indeed, there are many things I'm happy to have done. It's all in a lifetime....

So, if you're not in your winter yet...let me remind you, that it will be here faster than you think. So, whatever you would like to accomplish in your life please do it quickly! Don't put things off too long!! Be in God's will and walk with him and he will bless.

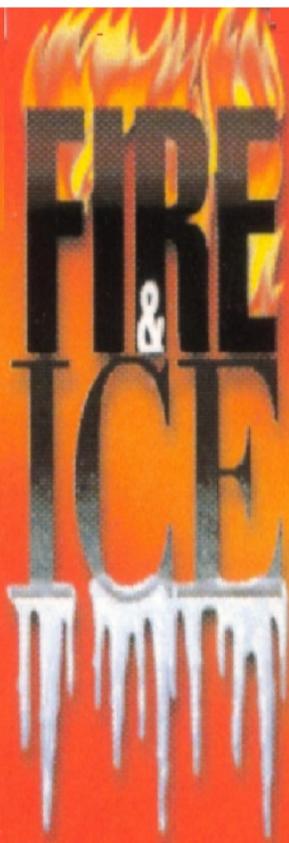
Life goes by quickly. So, do what you can today, as you can never be sure whether this is your winter or not!

You have no promise that you will see all the seasons of your life...so, live for good and God today and say all the things that you want your loved ones to remember...and hope that they appreciate and love you for all the things that you have done for them in all the years past!!

"Life is a gift to you from God. The way you live your life is your gift to those who come after. Make it a fantastic one."

LIVE IT WELL!!----

ENJOY TODAY!!!!-----DO SOMETHING for others and still have FUN!!!----BE HAPPY!!!-  
---BE THANKFUL!!!!!!



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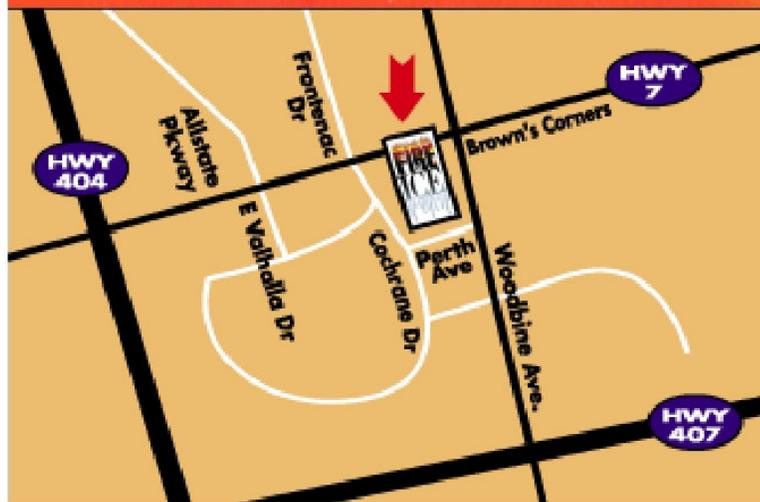
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Take Out: Yes

Live Entertainment: No

Liquor License: Yes

Reservations: Recommended

Patio: Yes

Dress Code: Casual/Smart Casual

Wheelchair Access: Yes

Designated Smoking Room: No