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KOL ECHAD



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Editor: Jeff Rosen
Advertising: Harvey Silver
Editing Staff: Bonnie Kates
Lisa Rosen

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

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

At A Glance

January 6	Slate Committee Meeting
January 11	Opening Meeting 2010
February 8	Nomination Meeting
March 8	Election Meeting
April 12	Meeting
May 10	Meeting
May 30	44 th Installation

Kol Echad Deadlines

January 10	February Issue
February 8	March Issue
March 8	April Issue
April 12	May Issue
May 10	June Issue

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President's Pen



This will be the last column written in 2009 (and my first for 2010), so I thought I would take a snapshot of what the Toronto Star thinks is important enough to put on the front page. But first, let us be thankful – we had a

snow-free November. I was quickly reminded of how quickly Torontonians forget how to drive when there is a little snow when my monthly trip downtown to the doctor took two hours instead of the usual 30 minutes. However, my spirits were lifted when I found out that the weather in New Orleans, where the doctors had been for a conference, was colder and wetter and windier than here in Toronto. And now, back to the news.

Story 1: Afghanistan. It is amazing the twists and turns the government tries to convince the Canadian people that everyone is lying except the government. No prisoners were ever handed over to the Afghans to be tortured. All those eye witness reports are just lies meant to embarrass the government. The government even has proof, but those documents are so secret that they cannot be seen, even though Parliament has passed a motion that all documents be released. To quote a former Toronto mayor, when asked “who do you trust?” (Well, maybe that wasn't exactly the

question he was asked) his answer was “NOOO-BODY”

Story 2: HST. So now it appears that the HST won't be so bad after all. Most families will actually make money! Well, let's look a little closer. It's not the HST which will result in these benefits, its other tax changes (which probably could have been made anyway) like improved property tax credits and lower income tax rates. Now these may result in a better tax refund in April, but my hydro, gas, gasoline for the car are paid every month. And if I have a low income I may not even qualify for these tax benefits, but my hydro still will go up. Low income families will be “significantly worse off” according to the Star. Who else will be worse off – seniors!! (that's me), and families which actually earn a decent wage (usually two incomes) (that's me again). But ON AVERAGE, families will only lose \$37 per year. It is amazing the twists and turns ...

Story 3: Copenhagen. The entire world is in Copenhagen to deal with the environmental threats of global warming. Everyone seems to agree there is a problem – except Canada.

Story 4: Tiger. This is the story that will not go away. We, the people, have made such heroes out of our athletes and entertainers that we are surprised and disappointed and angry when they turn out to be human.

Continued on next page

But eventually we forgive. When was the last time you heard anything about A-Rod, Barry Bonds, and former President Clinton (in connection with his sexcapades)? Even Michael Vick, who went to jail for promoting dog fights, is back playing football. Remember Mick and Maggie? P.E.T.? J.F.K.? Leave Tiger alone. Let him work it out. Who did he hurt, besides himself and his family? It's not like he's torturing prisoners, or raising my taxes, or polluting the environment

(well, maybe his sponsors are). All he is guilty of is being stupid and arrogant – oh, and being unbelievably rich and talented because otherwise there would be no story.

So, to all a belated Happy *Chanukah*. May all your snowfalls be little ones (except for the skiers, but keep the snow up north)

Irv Pupko

Chanukah Parcel Delivery



On Sunday December 6th 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 Sundays' event only around 30 bags were left attesting to the fact that B'nai Brith still is very CVS concerned.

Thanks go out to Ivan Bloom, for his continued support of this event and 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 9 a.m.

- Reporting from my office, Michael Kates

Upcoming Speakers

Monday, February 8

Alex Gropper

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 has conceived, organized and taught various courses on Archaeology, Archaeology and the Bronze Age, Archaeology and the Lost Manuscripts, The Bible and Archaeology.

In 1994, he organized and chaired the symposium on Jerusalem in the Ancient World.

In 2006 he conceived and co-organized international symposium on Cyprus, the Sea Peoples and the Eastern Mediterranean, sponsored by the Social Sciences and Humanities Research Council of Canada, Republic of Cyprus, Consulate of Israel, Penn State University and the ROM.

He regularly leads archaeological expeditions to Israel and around the world.



Monday, March 8

Rabbi Yechiel Benayon

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Editor's Desk

Some people are so afraid to die that they never begin to live.

— **Henry Van Dyke**

I decided to start this month's column off – the first of the new year and decade – the day after attending the Hamilton funeral of Lisa's uncle, who passed away in December at age 90, after several battles with cancer. The last one, unfortunately, was the one he simply could not win.

If there is one thing that defined the life of Len Gooblar, it was that he lived life to the full and enjoyed his over 65 years of marriage to his wife.

This was a man who would start each day by looking outside and proclaiming how wonderful it was. Before I go further, let me explain: this had nothing to do with the weather outside. He simply refused to let external forces determine whether he was going to have a good day. He wanted it to be a beautiful day, and therefore it was. He saw the beauty in everyday life and took pleasure in both the big and the small things around him.

Was his life perfect? Of course not, but then again, do you know anyone who has the perfect world, the perfect life? Some people seemingly do on the outside, but probe further, beneath the surface, and reality comes rushing to the surface.

Like most of us, Len Gooblar had his share of adversity. His brother died at a young age, and many years later, his adult son would be taken before his time by cancer. What does that do to a person, I sometimes wonder? Does it make them bitter or cause them to retreat from life? I'm sure for some, this is the case, but it was not the way of our uncle. He truly believed life was for living.

When you were with him, you got the feeling you were the centre of his world.

When he talked with you, it was always with respect and as an equal. His interest was always genuine. With our uncle, there was none of the "I know better, because I'm older than you" attitude.

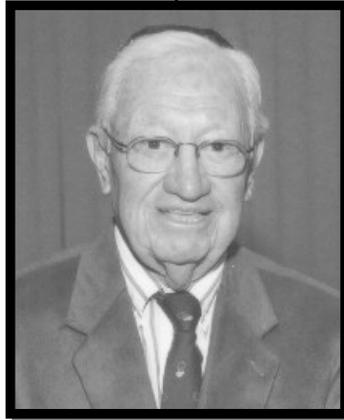
Cantor Ben Silverberg of Shaar Shalom Synagogue had his first posting in Hamilton and recalled Len Gooblar fondly.

"My first month in Hamilton, he took me out for lunch and made me feel very comfortable and welcome. He told me all about the different congregants so I knew who everyone was. He was a gentleman and very classy. I will miss him and am sad to hear about his passing."

As I said earlier, his interest was genuine. Once you met him, you never forgot him.

His interest in people extended not only to adults, but to children as well.

Continued on next page



When Jordana was a child, she had (as many children do) an imaginary club, populated by her friends. Whenever Uncle Len met Jordana, he always playfully asked if he could join her club. When the answer was no (as it always was), he would just smile and kid her about how he could join.

As he approached his senior years, Uncle Len refused to let age slow him down, and he did what he had to do to live life to the fullest. He enjoyed a number of sports well into his later years, including golf, and he swam laps regularly.

Even when dealing with the disease that ultimately claimed him, he refused to let it have its way. He successfully challenged and won a number of rounds with this destroyer of life. But, in the end, the last bout was simply not one he was able to walk away from.

There is a lesson we could all learn from Len Gooblar. Too many people faced with adversity simply sit back, stop taking chances and stop living life to the fullest. Basically, although they are still alive, they simply stop living.

For Uncle Len, this was definitely not the case. He loved the woman who was his true soul-mate, his daughter, two remaining sons and grandchildren (and one great-grandchild), who made his world complete. He took pleasure in everything he did and looked at all the beauty in life. In short, his was a life well lived, right to the final moment.

*And now the end is near
And so I face the final curtain,
My friends, I'll say it clear,
I'll state my case of which I'm certain.
I've lived a life that's full,
I've travelled each and evr'y highway
And more, much more than this,
I did it my way.*

— **Paul Anka**

Rest in peace, Uncle Len, you will be greatly missed by everyone who knew you, but you will never be forgotten.

Shalom

Jeff Rosen

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.



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Random Musing



One of my favourite things about *Chanukah* is the lighting of candles. Over the years, man has come up with many ways to illuminate the world during the night, but I think one of the most beautiful ways remains candlelight. I have a fondness for candles of any sort, and find watching them very peaceful.

When I was a girl, I attended a crafts camp, and remember dipping long strings into hot wax to make tall candles with wicks. Since then, I've seen many variations of candles, moulded into various elaborate scenes and shapes. The act of

candle making reflects the aspirations of humanity, even in the face of darkness. The hope for a bright future represented by the flicker of a single flame signals mankind's ability to face the greatest of challenges. The Maccabees knew such challenges and rose to meet them.

I suspect that when God said, "Let there be light," he was not only speaking about the physical property of light, but also, the illumination of the mind and soul. When one lights candles, the power of the moment is reflected in its beauty.

Elizabeth Bloom

Special thanks to my daughter Diana for her help with this article

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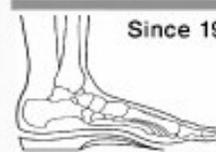
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December Meeting



Senior Vice-President Ray Moscoe and his wife Rosalie lit the candles on the *Chanukiah* at last month's meeting.

Also 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. As a result, it was decided that Forestdale Heights will join this worthy endeavour.

As a result, members are encouraged to bring an item of non-

perishable kosher food to each lodge meeting. Donations of sealed toiletry items are also welcome.

Kosher Food Bank Use Increasing

By DAN VERBIN, ShalomLife

Published: December 2, 2009

The number of people using food banks is higher than ever due to the historic nature of the economic downturn and the Jewish community has not been immune.

The food bank run out of Pride of Israel Synagogue has experienced a notable increase in the number of people using its services since the recession began.

"We're noticing a larger number of people coming to the food bank because of the economy. And they are from the community," said Susan Akler of Pride of Israel Synagogue.

The Pride of Israel food bank, which is strictly kosher, serves between 135 and 145 people per week. People donate strictly kosher food to the program by dropping it off at the synagogue office during business hours or by making cash donations.

While Akler said that she felt the worst of the downturn was over in terms of seeing increasing numbers of community members looking to the food bank for help, she did not see any immediate changes to the current increased need.

"My feeling is that (our number of clients) is not going to level off. It's going to remain as such," she said.

As I See It



As I write this column, it is the Sunday of *Chanukah* week. I have just come home from a delightful *Chanukah* party at my youngest son's home. There were children there enjoying the beautifully wrapped gifts. The excitement of the holiday of *Chanukah* was present all through the house. In the library window, facing the street was the *Chanukiah* set up to for tonight's candle lighting.

I began to reflect, what was *Chanukah* all about? Was it the gifts that the children were opening? Was it the glutton of eating latkes? Was it the family getting together? Or was it the celebration of good over evil and how a great miracle had taken place so many generations ago?

I began to realize that our people, the Jewish people, are no strangers to miracles. A miracle is an extraordinary event, either seen or unseen, which cannot be explained by any known human or natural phenomena and is therefore deemed to be supernatural. Those who believe in the literal meaning of the Bible, accept certain occurrences recorded there, such as the creation, Book of Genesis (*Bereshith*) as a

miracle. Even the great scientist Albert Einstein believed that G-d, had created the world. He did not believe in the great "bang theory" of evolution. There was the victory of the Maccabees, which we take as the central theme for *Chanukah* story, the triumph of light over darkness, in essence good over evil.

Three weeks ago, scientists successfully reprogrammed human skin cells to function as embryonic stem cells. Many believe that this breakthrough will eventually enable stem cell research to bypass the need for the creation and destruction of embryos. The implications of this ground breaking discovery impacts on medical research and sparks renewed hope to dramatically accelerate the race to cure diseases ranging from cancer to Alzheimer's.

This discovery may not been called a miracle by the scientific community, but it is miraculous, nonetheless. This is a miracle working within the parameters of human capacity, along with nature, and the hand of G-d. A discovery that could easily be overlooked, but nonetheless, miraculous. It is a miracle which comes to light in the Jewish month of *Kislev*, the month of *Chanukah*. This is the month of miracles and illumination, a time when G-d puts an end to darkness.



Continued on next page

I think the greatest miracle of all is when we turn obstacles into opportunities when we reconcile what we thought was irreconcilable, when we illuminate darkness with light.

Once again I understand why eight tiny candles remind me that we can make miracles happen and they still do, but man often forgets to see them as miraculous.

Bonnie Kates

Slate Committee Meeting

It is the time of year, that I am charged with the duty of calling a Slate Committee meeting, which is made up of past lodge presidents, who are currently active in the lodge. The date has been set for **Wednesday January 6, 7:30**, at my home, **54 Millbank Court**.

Please RSVP to me and let me know that we can count on you being present. Our lodge's future and its destiny rest in our hands.

Bonnie Kates

Immediate Past President, Forestdale Heights Lodge. katesfamily@sympatico.ca



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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.

You know something *boychicks* and

maidelech of Forestdale, by being a Jew in Canada, we get to celebrate two new years within months of each other. Depending on how you look at it this is a good thing, because the Jewish new year is a time of contemplation, prayer and thought. The secular new year is a whole different *tepple* of *schmaltz* but as one gets older even that has changed.

When we were young New Year's Eve involved getting all *farprittzed* and *schmoozed* up and taking your special lady to some fancy restaurant or to a party, getting a little *farshnooshked* and trying to party until dawn's early light. As we have matured (gotten old if the truth be known) we might go to a restaurant and have a really late dinner, or even just go to a friend's house to watch the *michiginah's* in the cold at Nathan Phillips Square or Times Square on the TV. Afterwards, we would clink our glasses of champagne or more likely ginger ale, give everybody a smooch and a hug and then head home to our warm cosy bed to make a shuffy.

Let's face it, by midnight we are totally *bafoofked* because that is long past our regular bedtime.

I asked myself why this is and realize that all those New Year's Eves staying up and worrying until our own kids got home safely kind of took the fun out of the evening. I realized that we had done the same thing to our parents. Life has a funny way of running in circles.

Then there is the whole *mizeah* about going out to restaurants and paying twice the price for a meal served by kids who would rather be going out to party that night. Add to that a digestive tract that for sure reminds you that you shouldn't be eating such a heavy meal so late at night. On top of that there is the pure agony of the champagne hangover come morning when the kids - having had a wild time and staying up way past their bed time, when *boobie* and *zaidy* babysat them so you could party - come bouncing onto the bed at the ungodly hour of 7:00 to wish you a happy new year and you get the picture. Hey, Boobie and Zaidy Salter are booked for New Years and payback time is here again. Don't ya just love it?

So with all this *kvetching* I am glad to see the hind end of '09 as it threw a few curves at me in the journey through life, but at least we are still on this side of the grass.

Continued on next page

I still get to play with my grandkids, share life with my wife, my kids and their families and break bread with my fellow Forestdaleniks. It ain't been all bad.

Once again we have is a brand new year, so make the best of it because you only get to go around once. Live, love, laugh and enjoy every precious movement with those you hold dear. Ignore those external forces that are thrust at us daily

that try to spoil our days with political rhetoric and massive stupidity. Ignore those things that happen daily that do not directly affect our own lives. Dance to the music and roll with the punches and hang on tight because we got another opportunity to make memories for those who share our lives and devote yourself to making sure that those memories that count are happy ones.

Nate Salter

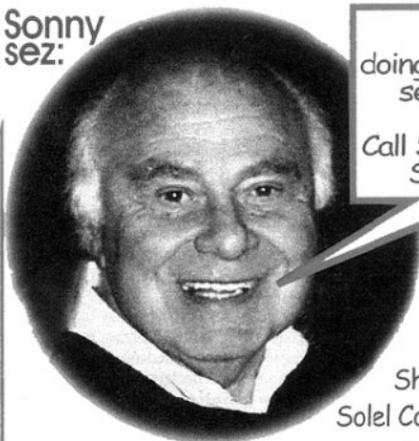


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New Year's Resolutions – Do I have to?



Making plans, setting goals are important. If we set our compass in the direction that we wish to go, we have a better chance of arriving there. So why do so many New Year's

resolutions fail, become good intentions instead of fulfilled plans?

We may be setting our goals too high. "No more chocolate ever again!" Ha! That might last two days. "I resolve to clean off my desk at the end of each day." Another 'no-brainer' for a failure set up.

Perhaps we're just not ready to change. Changing habits doesn't happen overnight. The person who quits smoking 'cold turkey', has been thinking about it for years.

Addiction research talks about The Stages of Change Model that human beings seem to follow. However, your New Year's resolution doesn't necessarily have to be a 'problem' that needs changing. Perhaps it's a choice to enrich your life in some way; more time with family, less time in front of the computer, taking a trip to another continent. The stages of change are:

- **Pre-contemplation:** (You think about something that needs changing.) "Gee, I'm on the computer every night until 1:00 a.m."

- **Contemplation:** (Acknowledging that there is something that's bothering you but not yet ready or sure of wanting to make a change) i.e. "I don't like being on the computer all evening. I'm missing out on other activities."

- **Preparation/Determination** (Getting ready to change) "I'm thinking about shutting the computer down every night after 9:00 p.m."

- **Action/Willpower** (Changing behavior). You turn off the computer every evening at 10:00 p.m.

- **Maintenance** (Maintaining the behavior change). It lasts one month, and

- **Relapse** (Returning to older behaviors and abandoning the new changes). You're on the computer every night until midnight for another month.

- **Transcendence** you're finally able to maintain your change. You've made it to a new way of life. You stick to your goal and turn off the computer at 9:00 p.m. unless there's a crisis at work.

What about you? What changes come to mind for you? Maybe you have something that you're burning to do. Join a choir, a fitness club? Eat more vegetables? Do more community service?

Continued on next page

Re-learn Hebrew? Visit a new place in the world? Take dancing or cooking classes? Attend more cultural events? Turn off the computer? Each of us is learning and growing throughout life. When we stop getting excited about trying something new we can get into a rut. Life can become monotonous.

So here's to an exciting life for the coming year. Take the plunge; set your goals – make them lofty, but not too high that you can't keep the promise to yourself.

And know that any change takes time – perhaps up to two years; you likely will backslide. However, it is possible to start over at any time and keep the direction of your goal in sight until you arrive at 'transcendence'.

Happy New Year and good luck with your resolutions. I plan to quit my habit of eating chocolate on a daily basis. I resolve to eat it only twice a week. I will start next month.

Rosalie Moscoe

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Forestdale Funnies

New Year's Dinner

As in many homes on New Year's Day, my wife and I faced the annual conflict of which was more important - the football games on television, or the dinner itself. To keep peace, I ate dinner with the rest of the family, and even lingered for some pleasant after-dinner conversation before retiring to the family room to turn on the game.

Several minutes later, my wife came downstairs and graciously even bought a cold drink for me. She smiled, kissed me on the cheek and asked what the score was. I told her it was the end of the third quarter and that the score was still nothing to nothing.

"See?" she said, continuing to smile, "You didn't miss a thing."

A HAPPY
NEW YEAR

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On New Year's Eve, Daniel was in no shape to drive, so he sensibly left his van in the car park and walked home. As he was wobbling along, he was stopped by a policeman.

'What are you doing out here at four o'clock in the morning?' asked the police officer.

'I'm on my way to a lecture,' answered Roger.

'And who on earth, in their right mind, is going to give a lecture at this time on New Year's Eve?' enquired the constable sarcastically.

'My wife,' slurred Daniel grimly.

Good & Welfare



Birthday

Stan Udell

January 30

Anniversary

Nate & Andrea Salter

January 14

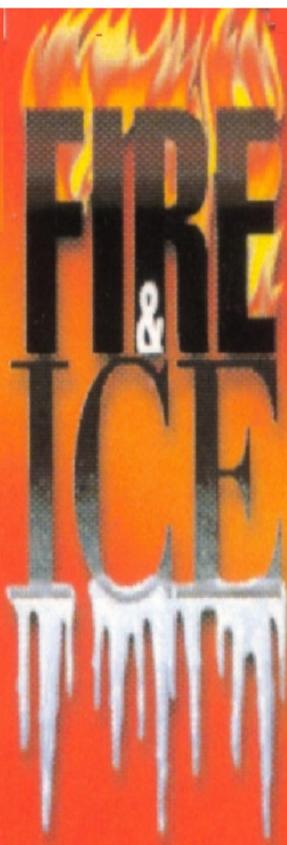
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Santorini is perfect for a company function, rehearsal dinner, family reunion or whatever your personal vision might be!! Our staff is experienced in corporate and private events from 15 to 150 people. The staff and management at Santorini are dedicated to making your event a memorable success. Begin each meal with complimentary relish tray served with stone-oven fresh baked bread. Then select from our affordable menu, featuring fresh seafood and certified Angus beef. The chefs daily specials and feature menu, are a gastronomical delight.



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- Birthday • Anniversary •
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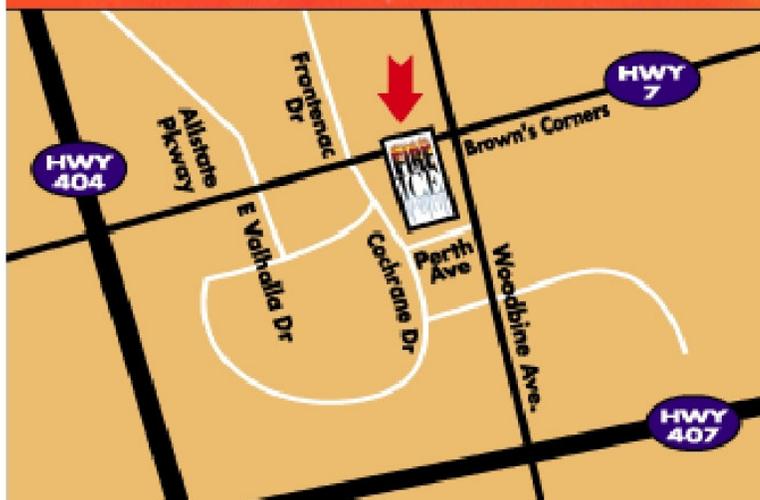
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Payment Method: Master Card, Visa, AmEx, Cash, Debit

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