

KOLECHAD

January 2011
Tevet/Shvat 5771



FORESTDALE HEIGHTS LODGE, B'NAI BRITH CANADA

SLATE COMMITTEE MEETING

The annual meeting of Forestdale Heights Lodge's slate committee will meet to select an executive slate for 2011-2012 on Sunday, January 9 at 10 a.m. The meeting will be held at the home of past president Irv Pupko and brunch will be served prior to the meeting. If you are an active past president and will be able to attend, please RSVP to (905) 709-2675 or i.pupko@rogers.com

AT A GLANCE

January 9	Slate Meeting
January 10	Dinner Meeting
February 5	Race Night
February 7	Dinner Meeting
March 7	Dinner Meeting
April 4	Dinner Meeting
May 9	Dinner Meeting
June 6	Dinner Meeting

Dinner at 6:30; Meeting at 7:15

YEARLY AD RATES

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

10 issues published every year

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KOSHER FOOD BANK

At our March meeting it was decided that **Forestdale Heights** will be supporting 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

The Muslims Who Would Save Jews



During Holocaust Education Week, I learned a new word that we should all know and practice. That word is “*BESA*”. In the tiny country of Albania *besa* has been practiced for thousands of years.

Besa saved the lives of 3,186 Jews during WWII in the tiny country of Albania, a predominantly Muslim country (70%). *Besa* means to extend your hospitality and make your home open to your friends, neighbours and all people, especially to those who need help.

Jews who needed protection were brought into Albanian homes, often hidden from the Nazis who occupied Albania. Many of the Jews were given Muslim names and Albanians told their occupiers that their guests were family – aunts, uncles, cousins.

During Holocaust Education Week, Rosalie and I attended a presentation on Albania at Villa Columbo by Vera Held. She was joined by an eminent Albanian historian and the Albanian ambassador to Canada who spoke to a

standing room only crowd of 400 people, about half of them Albanians.

There were fascinating stories of courage, as all these Muslims put their own lives and the lives of their families in danger by saving Jews. Many Albanians spoke about their parents or grandparents who helped Jews. Also, we heard from the grandson of a Jew who had been hidden and saved. Much footage of old film supported their tales.

Unfortunately late in the war, word spread to the neighbouring countries of Yugoslavia and Hungary (where most of the Jewish population had already perished). Many remaining Jewish families in those countries moved to Albania. We were astounded to hear that at the end of the war there were more Jews in Albania than existed before the war.

Before this presentation, we knew little about Albania. To read more about this fabulous story, go to: www.shalomlife.com, *Promoting the Connection Between Albania and Canada*.

The world would be a better place today if we all lived with *besa* in our hearts and lives.



Ray Moscoe

COVER ART



Avrashat Challah: The Jewish calendar follows the lunar year. The renewal of the moon marks the beginning of the month, *Rosh Chodesh*. We are a group of woman who study Torah together, we also try to get together for *Rosh Chodesh* to bake challah or pita and when we are kneading the dough we thank G-d for all what we have. We also ask G-d for blessings or for somebody's recovery when he or she is ill. It is a wonderful time that we share together to pray, bake by doing the mitzvah to separate the dough and then share a meal together whatever we are baking. It is a very spiritual experience.

Flunia Felezer

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CHANUKAH BASKET DELIVERY



Forestdale Heights Lodge was well represented at his year's Chanukah Basket Delivery programme on November 28. Thanks to everyone who participated including Michael Kates, Ivan Bloom, Ira Kuchinsky, Carl Zeliger and Alan Greenberg.

Ray Moscoe

Linda and I participated in our first Chanukah Basket Delivery for B'nai Brith. We are proud to be part of this organization where the members are committed to carrying out such an important mitzvah.

Like most volunteers who enjoy helping in some small way with the old, the ill, the lonely or even the disadvantaged, it was a wonderful feeling to bring awareness of B'nai Brith to them and make a small positive difference in their lives. Most of these people would rather converse with a person than just receive the Chanukah basket and it was nice to take a few minutes to wish them well.

Linda and I wish each Forestdale member and their family happiness, joy, blessings and good health for the New Year.

Allan and Linda Greenberg

ON KOLECHAD.CA



Coming soon to the Lodge's website:

- Newfoundland declares war on the U.S.
- Remembering 9/11: Before & After
- I am Israel - Yerushalayim Version
- Draw a pig; get your personality analyzed
- Parents and Children

EDITOR'S DESK



It's over. For many of us, it took a while to adjust to scribbling those double "O's" at the end of each date. That became a thing of the past as we said goodbye to the first decade of the 21st century when the ball

in Times Square dropped on December 31.

Was it a good 10 years for you? Many of us said goodbye to loved family members and welcomed new generations into our families as the circle of life continued. We've had our share of ups and downs in the Lodge (including surviving a potential merger with another lodge), but as a good friend keeps telling me, "we're still hanging in there."

I'm sure that most will agree that the decade's defining moment came 10 years ago, when 9-11 simply stopped being just the number to call for an emergency. I'm sure everyone remembers where they were and what they were doing on September 11, 2001. It was a day that forever changed the world. No longer was terrorism something that happened on the other

side of world (quite often in our beloved Israel). This was taking place in New York City, less than a day's drive from Toronto. Unfortunately, this madness was not confined to our American neighbour and was followed by other acts of terror in major cities around the globe.

Try as they may, political leaders have been unable to squelch this virus and given its ease of transmission across the globe, will probably be unable to stop it in the years to come. It is here and it is our new reality along with airport pat downs and body scans.

As for Israel, it has soldiered on this past decade, unable to get any real relief. This is largely due to the reality of not having a serious partner in the region to sign a peace deal with.

On the technology front, it has been an amazing decade. Computers continued to revolutionize the way we live and interact with others. Music players continued to shrink (remember when a boom box was the hot ticket?). Cell phones morphed into iPhones which no longer are just phones, but devices that seem to be able to do everything except plan your next meal (that will probably come in the next decade).

HAPPY
NEW YEAR
2011

Continued on next page

The use of the Internet continued to grow connecting the world through sites such as Twitter, You Tube, Google and Facebook. We really are becoming an inter-connected global village.

Being a global village has its downsides as well. As people travel further from their home turf, they often carried harmful germs which easily found new homes in foreign lands. As a result, this decade gave us SARS, the Bird Flu and Swine Flu or, as it was later rebranded, H1N1.

As I mentioned earlier, the Lodge successfully weathered yet another decade. Unfortunately, it was rocked by some turbulence as B'nai Brith Canada attempted to kick out a few of our esteemed Lodge Brothers and Sisters, simply for speaking their mind. In the end, sanity prevailed and our people retained their membership status. Unfortunately other long-time members in BBC were shown the door and asked not to return.

This trend seems to be gaining traction at all levels. Differences of

opinion seem to be less tolerated and are pushed aside in favour of speedy resolutions. It's a shame, for once abandoned, these long cherished democratic norms and traditions are not easily restored.

With the double "O's" now consigned to history books, its time to welcome in our new decade. While my crystal ball is still a bit murky, I sense trouble on the horizon. After all, these are the teen years, and anyone who has raised a teenager knows how much "challenging" these years can be. Whatever happens, I would like to wish everyone good health and long life. May we all be together in 2021 to laugh and cry about this century's second decade.

Shalom

Jeff Rosen

PS. What are your memories of the past decade? Send them to me and we'll publish them next month.

End Notes:

Kol Echad would like to welcome Simcha Wine and Golden Chopsticks to its roster of advertisers. Please support our advertisers, as they support this bulletin and the Lodge.

* * *

A special thank you to Debbi Silver who helped edit this month's bulletin.

* * *

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www.iluniasart.com

Rosalie Moscoe

RHN, RNCP



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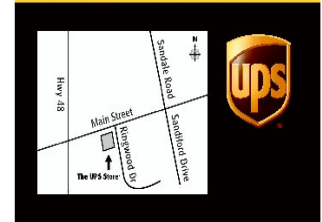
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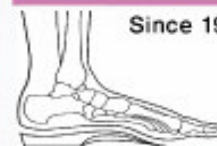
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ALLOCATIONS

At the December meeting allocations were approved to the Mosaic Interfaith Out of the Cold program, the Fred Victor Mission and the Jewish National Fund to help Israel deal with the aftermath of the fire that claimed 42 lives.

The members also approved the budget for the 2011 calendar year. I would suggest the Lodge spend half of the allocations budget in the first part of the year and the balance in the second part of the year.

Please send all suggestions for allocations to me in writing with a description of the group, a suggested amount, and a mailing contact address. The allocations will be done at the May meeting. The second set of allocations will be considered at the December meeting.

Irv Pupko

DINNER MEETINGS

At our September meeting, the lodge voted to increase the cost of our monthly dinner meetings for members from \$5 to \$8 per person. At the same time, it was approved that guests/non-members will be charged \$10 per person. Price increases will take effect January 1.



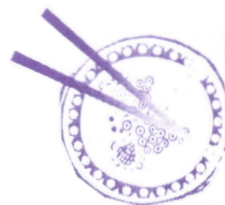
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CHANUKAH PARTY



This year, the fourth Chanukah candle proved to be something very special, as Forestdale Heights Lodge did it “their way”, holding a Chanukah party which proved to be a phenomenal success.

About 35 people attended the shindig which was held in the party room at Ray and Rosalie Moscoe’s home. Most in attendance belonged to the Lodge, but we were joined by welcomed friends and guests.

The party officially kicked off as Ray Moscoe and Gary Budd lit the *chanukiah*. We all enjoyed a delicious meal catered by Tov Li, consisting of a varied selection of falafel, salads, pizza and of course latkes.

During the evening, we enjoyed a great variety of “golden oldies,” courtesy of Lloyd Lindsay who had brought his music system. This allowed members to join in and take part in some karaoke.

Allan Greenberg was the lucky winner of the evening’s door prize, a pair of tickets to see the Toronto Maple Leafs, provided by our president, Ray. There were ample prizes given out during the evening. Among the many lucky winners was Avery Matlow, who managed to pick up a hair brush!

Lloyd played a number of TV clips from days gone by, including a classic from the Tonight Show Starring Johnny Carson and another from the Carol Burnett show with Tim Conway, featuring a now famous dental sketch. To view this clip go to <http://bit.ly/fFojkF>

It was a great party and thanks go to Rosalie Moscoe and her committee, Lisa Rosen, George and Charlene Garten, Barry and Sandy Gordon, Gary and Liliane Budd, Ruth Pupko, Ray Moscoe and Jacquie Lindsay for pulling it together and making it a true Forestdale Heights success.



Jeff Rosen

CHANUKAH PARTY



Photos taken by Allan Greenberg and Jeff Rosen. To see more photos and movies from the party, go to <http://www.kolechad.ca/chanukah>

NIGHT AT THE RACES



FHL's Annual Night at the Races returns

Woodbine Race Track

Saturday, February 5, 2011

Cost is \$45/person

If you are interested in going,
please contact Bonnie Kates at (905) 669-2408 or
katesfamily@sympatico.ca

GOOD & WELFARE

Birthdays

Jacque Lindsay
Liliane Budd
Stan Udell

January 12
January 17
January 30

Anniversary

Nate & Andrea Salter

January 14

Mazel Tov to Ivan and Elizabeth Bloom on the engagement of their daughter

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SANDY'S SCRIPT



Time was flying by and I really didn't know what I wanted to write about this month. Our editor tells me to write about my grandkids. Hey, I'm not the only one in the

Lodge that has grandchildren. The Lodge should establish a Grandchildren's Page in the Kol Echad...would be fun. Then everyone can *shep naches* while all our members learn about FHL's future members!

To bring you up to date, my son here in Toronto has two little girls, the apple of their father's eye. My daughter in Edmonton has twin boys and just recently a little girl.

Time passes and I don't get to see the Edmonton grandchildren as often as I would like.

Each grandchild is so different and if you ever wondered where they

would be in your life, believe me there are places so deep within that just glows with pride. Every time one of them looks at you in a certain way, calls out your name "Hi *Bubbié*" or comes to you for comfort, you *kvel* and give that child your undivided attention.....yes, until the next one needs you and your heart remains open for all those indescribable places you have for these special little *anechlach*.

This is a job I recommend highly for all those qualified for this type of work. You don't need experience because you already have it. The pay is good and you can work your own hours. The employer is easy on you and lets you do your own thing, because they are glad to have the help! Best of all the rewards for the grandparents are immeasurable.

Until the next time.

Sandy Gordon



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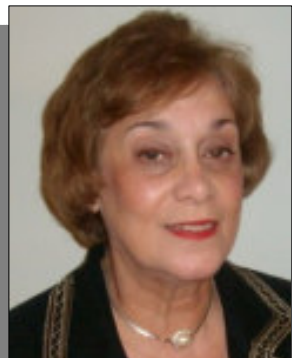


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AS I SEE IT



We live in a time crunched world where life is lived on the run. We pull out of our driveways in the pre-dawn darkness of winter to navigate our way to work. Many are munching in the car on breakfast to eat on the run. We listen to traffic reports and the morning news between cell phone calls from our friends, our family and even our dentist. It is a frenzied start to a frenzied day, weary from long hours at the work place. When the work day is over, the same drivers re-enter the stream of traffic for a slow return to the suburbs. We find our way home in the darkness past memorized billboards that measure their movement and neon signs that light the way. We are locked in gridlock and we lose our patience in the long haul. Our weekends are filled with so many errands, spending time with the family, rushing off to see that favourite aunt or grandma. We want to drop in on the grandkids, maybe even taken in their ballet class, baseball, and swimming lessons. We try to cram so much in on the weekend, that by the

time Monday rolls around we are exhausted.

It seems we are trapped in a rat race, not just earning money, but also of meeting family, social and business obligations. We rush off to endless appointments and duties that we “just have get done”. This problem is especially acute for those who want to do what is right and we find we are trying to be everything to everyone in our lives. It seems we are increasingly depressed and exhausted and everyone you speak to is complaining they are just tired. We know deep down that something isn’t working. There must be a better way.



Most of us recognize the Ten Commandments as fundamental to human conduct and life. But somewhere along the way we reduced the Ten Commandments to nine. We eliminated to “Remember the Sabbath day to keep it holy.” Less than 40 years ago businesses were closed on Shabbat, visa vie Saturday for the Jews and Sunday for all others, but that has all changed. Today our calendars are filled up to a 24/7 frenzy. Shops are open seven days a week, and somehow we feel that we need to be a part of it.

Continued on next page

It has been said, in essence, man was not made for the Sabbath, but that the Sabbath was made for man. It seems the pace of our busy lives has allowed us to erase Shabbat from the calendar.

What has suffered is we don't have the time to really relax, take it all in and recharge our batteries for the coming week ahead. How did we get so caught up in our lives and we just don't have time to stop and smell the roses?

Shabbos requires time for rest, silence, solitude and worship, but it is

more than a day of rest. It is way of life that is filled with awe and delight. Maybe it is time that we rethink how we have allowed the Ten Commandments to become nine, what price have we paid to not see the wisdom in G-d's creation to allow ourselves to rest on the seventh day.

May 2011 bring each us healing, unconditional love and peace to everyone, world wide.

Bonnie Kates

Alternate Uses for Your Freezer

Eliminate unpopped popcorn

Don't you just hate the kernels of popcorn that are left at the bottom of the bowl? Eliminate the popcorn duds by keeping your unpopped supply in the freezer.

Extend candle life

Place candles in the freezer for at least two hours before burning. They will last longer.

Unstick photos

Picture this: Water spills on a batch of photographs, causing them to stick together. If you pull them apart, your pictures will be ruined. Don't be so hasty. Stick them in the freezer for about 20 minutes. Then use a butter knife to gingerly separate the photos. If they don't come free, place them back in the freezer. This works for envelopes and stamps too.

Clean a pot

Your favourite pot has been left on the stove too long, and now you've got a burned-on mess to clean up. Place the pot in the freezer for a couple of hours. When the burned food becomes frozen, it will be easier to remove.

PRIDE ISRAEL

November 10, 2010

Forestdale Heights Lodge,
B'nai Brith Canada,

Dear Friends:

Once again, on behalf of the Pride of Israel Synagogue, I would like to express my thanks and appreciation to you and your lodge brothers and sisters for the very generous cash donation for our Kosher Food Bank. This donation will help greatly in helping to feed the needy in the community.

Again, please accept our thanks on behalf of our many food bank clients.

Yours truly,



Danny Brass,
Co-chairman,
Kosher Food Bank.



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DECEMBER MEETING

The meeting room at 15 Hove was filled to capacity as the Lodge held its final meeting of 2010 on December 5. After the *chanukiah* was lit, President Ray Moscoe thanked all those who helped make the Lodge's Chanukah party a huge success. Ray also pointed out that Forestdale Heights had more member representation and participation in the BBC Chanukah Basket Delivery programme than any other lodge. Good work FHL members, once again proving that we really are a CVS lodge!

The Lodge welcomed member Jack Aronson and prospective new member, Evie Isenberg. The next meeting will take place on January 10.



Jeff Rosen



DECEMBER MEETING



HEALTH IN HARMONY

BALANCE: What Is It? How can I get It?



When I think of balance, I think of the scales of justice. But sometimes, those scales are not even. Too much may be weighted on one side and then there's this desire to put something on the other scale to even things off. I suppose that's what life is like. We do too much, work too long and too hard and we feel out of balance. There's this desire to put something on the scale marked - "Time For Me" side. But we need to be aware enough to know when we're at that point. Do you know when you're working too hard, putting in too many hours? If you think you do know, what are you doing to resolve it?

Many of us love to be busy, productive. There's a "rush" that comes with working under the wire, dashing from place to place, appointments packed one against another, sitting at computers until midnight and then starting the whole process over again the next morning. I

know that routine. I've been there and it is addicting. But according to Ron Burke, of York University, workaholism is a major problem of our society. It is responsible for the break up of marriages, and causes physical and mental problems. The casualties are our health, our families, our friendships and enjoyment of life. Yet, while many of us know this - we still can't seem to stop, or feel that we can't in order to keep up. Perhaps we just don't know *how* to stop.



Focus on Your Breathing

Focusing on your breathing stops the mind from racing and brings calmness. For about a minute, notice the air coming into your lungs and going out. Try not to think of anything else except your breathing. Give yourself permission to just be, to do nothing, just for a moment. Try to do this a few times a day - just focus on your breathing. If you like, you can take a slightly deeper and slower breath to enhance the exercise.

Continued on next page

According to Herbert Benson in his book “The Relaxation Response”, deep breathing practiced daily can reduce stress, insomnia, headaches and cholesterol.

Slow Down

One simple way of getting off the merry-go-round is to slow down, or practice mindfulness. It’s the opposite of mindlessness, which is going about our daily life with our mind always residing in the future or the past, but seldom in the present.

When we focus on the present moment, it helps us slow down and feel more in control, instead of letting events control us. When we dampen our feelings and pretend we are machines doing a job, we lose enjoyment of life and can feel overwhelmed.

Mindfulness, discussed in the book *Wherever You Go There You Are*, by Jon Kabat-Zinn, entails making a

concentrated effort to really notice what’s around you and allowing those things to have an impact on you. When you’re driving home, can you notice a spectacular sunset or register within yourself its beauty? If you see a laughing child, or a brightly painted room, do you just glaze over? Try to really *see* it and *feel* it. Savour the delicious taste of an apple or a piece of chocolate! It’s the little things that count in life and we need to make the most of them. We don’t land big contracts or win awards every day, but we still can make our days (our life) special.

I challenge you to try these simple techniques each day, of focusing more on the moments. It will help you feel calm and regain that elusive balance. See if deep breathing or mindfulness can make a difference for you in your life. Let me know if it does. I wish you peace, balance and contentment.

Rosalie Mescoe



BINGO ON BATHURST

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2	28	37	55	68
10	27	39	59	75

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 Carl Zeliger, Richard Kotzen, Ruth Pupko, 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 January 11.

Irv Pupko

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