



Est. 1967

KOL ECHAD

Forestdale Heights Lodge #2667

July/August 2005

Sivan/Tammuz/Av 5765

Opening Meeting

Monday September 26, 2005

Dinner 6:30 with meeting to follow at 7:30, 15 Hove

**Come out to meet our new executive, enjoy a great dinner
and take part in the meeting following. Cost \$5/member.**

**For more information or to confirm your attendance, please contact
Albert Ohana (416) 960-1857 or e-mail salonpiaff@rogers.com**

FHL 38TH ANNUAL INSTALLATION

Sunday, September 11 will be the date of our annual installation. This year we will be holding this special event at Beth Radom Synagogue, 18 Reiner Road. Cocktails are at 5:30 p.m. to be followed by dinner & program. Cost is \$30/person or \$60/couple, \$40/person for non-member guests. This is always a great social event, so come on out and have a great time.

Send your cheque and RSVP to Sandy Gordon by September 3:

59 Verwood Avenue, Toronto, Ontario M3H 2K8

Please indicate whether you prefer a chicken or fish dinner.

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.

Editor: Bonnie Kates

Advertising: Harvey Silver

Production: Jeff Rosen
Sandy Gordon
Julie Shuter

Website:

http://ca.geocities.com/k_echad



What's New

Thursday, July 14 – CVS BBQ, 4300 Bathurst St.
Volunteers need 5:30 p.m. For more information, contact Ivan or Elizabeth Bloom, ibloom@justice.gc.ca or call (905) 771-7390.

Tuesday, August 30 – B'nai Brith Blue Jay Night
Toronto vs. Baltimore Orioles

Sunday, September 11 – Installation

Monday, September 26 – Opening Meeting

Sunday, October 30 – Covenant Breakfast, Beth Emeth Synagogue, Guest Speaker: Toronto Star publisher Michael Goldbloom

Sunday, November 6 – Brunch Meeting
4300 Bathurst St.

Monday, December 12 – Dinner Meeting

*Monday meetings are held at 15 Hove. Dinner to start at 6:30 to be followed an hour later with business meeting. You **must** RSVP for all dinner meetings or you will be charged double.*

Kol Echad Deadlines

September Issue - August 10, 2005

October/Rosh Hashanah Issue - September 9, 2005

November Issue - October 14, 2005

December Issue - November 11, 2005

January Issue - December 9, 2005

Thought itself needs words. It runs on them like a long wire. And if it loses the habit of words, little by little it becomes shapeless, somber.

-- Frank A. Clark

As I See It



I believe that summer has finally arrived. The roses are up and the birds are singing. Each morning at 5:30 or so I anticipate watching the sun come up and thankful that I'm here

to see it.

I remember yesterday just like I remember being 20, but I am also referred to as the "sandwich generation". Those of us in our forties, fifties and even older have dreamed of the freedom of the kids leaving home. Rather than relishing our anticipated freedom, we now find ourselves confronted with responsibilities we never considered, parents and other family members in need of assistance, and care. Most of us had visions of social and economic freedom. We thought we would have the time to do the things we had longed to do in our younger years, but now find ourselves "sandwiched" between those we nurtured and those who nurtured us.

Saddled with economic and caretaker responsibilities of our elderly family who are ill, we are betwixed and between. There just doesn't seem to be enough time or energy to enjoy our own lives. We didn't ask for this role, but it is ours. The family dynamics and even the meaning of the word family has evolved and changed over time. The dreams we

had twenty years ago, is not what we thought midlife would be.

The statistics tell us that we will live longer than past generations. With the advances of modern medicine and technology maybe we now have to redefine what middle age is. What will the quality of life be like? I am not so sure that I want my children to be the "sandwiched generation". In fact, I don't want them to be sandwiched at all.

It's not easy watching ourselves become elderly or finding ourselves parenting our parents. As we live well into their 80s and 90s everyone is going to be involved somehow, some way, in elder care. My own springtime has now past and it is so crystal clear to me that I really am the "sandwiched generation". I know that the summer of my life will bring brighter blossoms, because my springtime has been void of colour. I have a coloured pallet of a wedding to plan so maybe I am not sandwiched but just the mayo adding zip to it all.

Bonnie Kates

"The thin and precarious crust of decency is all that separates any civilization, however impressive, from the hell of anarchy or systematic tyranny which lie in wait beneath the surface."

-- Aldous Leonard Huxley (1894-1963)

BBC Blue Jay Night



Toronto vs. Baltimore Orioles



Tuesday, August 30, 2005

7:07 p.m.

Rogers Centre

Our lodge will be offering one ticket per member to see the game. Additional tickets can be purchased for non-members. We will be purchasing tickets to distribute as part of our commitment to **Community Volunteer Service**. If you would like a ticket, please contact Jeff Rosen at 905-771-6120 or jelijo@sympatico.ca



Covenant Breakfast

Michael Goodbloom, the publisher and head of the Toronto Star, will be the featured speaker at the October 30, B'nai Brith Annual Covenant Breakfast to be held once again at Beth Emeth Bais Yehuda Synagogue.

Rosh Hashanah Greetings

If you are interested in placing a Rosh Hashanah Greeting in the Kol Echad, please let us know. Cost remains \$5 for a business card size greeting. Please send info to jelijo@sympatico.ca. Money will be collected at an upcoming meeting.

A Note From Your President

A tale of two Annual General Meetings (AGMs) is not some new summer thriller playing at your local theatre. It is about two recent annual general meetings I attended for two Jewish organizations, the first being B'nai Brith Canada and the second being my own synagogue.

I would love to say that I came away from the first renewed and invigorated for the future but that was not the case. Unfortunately, I left the BBC meeting discouraged.

I have always believed AGMs were a place to review the year and plan. What members got were putdowns when legitimate questions were raised.

Incomplete financial statements were presented that would not pass muster in many other organizations. Members were told that if they wanted to see the complete financial documents, they could set up an appointment to see them in B'nai Brith's office. Even then, they would not be allowed to take them home for closer examination.

At my synagogue's AGM, the actions of the board of governors were ratified by the membership and committee reports, including a complete set of financial statements were presented. Members were even allowed to take the documents home.

Now I realize that all organizations function under different rules and guidelines. Even so, I found the



differences between the two meetings quite puzzling.

Also at the BBC AGM, I learned that BBC rejected an application for membership in another lodge, with no reason given. The candidate who was rejected was Dr. Lawrence Hart, a past president of B'nai Brith Canada. Dr. Hart is also the immediate past president of Maccabi Canada.

I find it hard to fathom that a Jewish organization would reject the membership of Dr. Hart, who is a leader in the Jewish community. I found it disturbing that a committed Jew would be rejected as a lodge member. Once we open the door to deciding what type of Jew is acceptable to our organization, it weakens our entire structure.

One of the things that has always made B'nai Brith so great is that its combined membership has always been stronger than its collective parts. No matter whether you were Orthodox, Conservative, Reform or belonged to another segment of the community there was always a place for you in B'nai Brith. If we are to begin deciding on who is an "acceptable Jew," then our entire organization will become far less effective.

Shalom.

Jeff Rosen

KOL ECHAD

Is On the Move

With advances in technology, Forestdale Heights Lodge has been able to deliver **Kol Echad** both in print and on the Internet for a number of years.

Kol Echad is now available to download as a PDF document in colour from our Website.

We would like to know if any of our members would prefer to receive the print bulletin as a download from our Website rather than through the mail.

If you would prefer this option, please send Jeff an email at jeliyo@sympatico.ca. If you want to keep receiving the mailing, there is nothing to respond to or no forms to fill in. It is that easy. It is all part of making **Kol Echad** the best bulletin it can be.



Thank you
Team Kol Echad

"You shall judge a man by his foes as well as by his friends."

-- Joseph Conrad (1857-1924)
Polish-born British novelist

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

BARRISTER, SOICITOR AND NOTARY

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Sandy's Scripts



I must tell you about something very special that took place on June 15. Not only was it our wedding anniversary, but also a special fundraising event for Baycrest called the Baycrest Boardwalk. Along with the Baycrest community and staff, young couples joined in pushing their strollers. There was also a great showing of Baycrest staff. These great people formed teams and helped to raise funds. Some of the residents accompanied us for the complete walk.

This event was a huge success. It was a 2K (ish) walk like no other! It started from the Apotex Centre with a stopover at the Reuben Cipin Healthy Living Community (2 Neptune). Once there the cheering residents of the facility greeted us. A down-home Kiddish-like nosh was served consisting of herring and schnapps and of course Tam Tams.

The finale part of the walk was to the finish line at the Terraces of Baycrest where

cheering residents from the Terrace joined in for a barbecue. Awards were given out to all people who raised over \$1,800! Actually, there were many who brought in substantially more than that. All in all, the event was a terrific financial success.

You might wonder, "What is so special"? There was quite an intergenerational mix who participated in the event. You could feel the cohesiveness of the crowd. We enjoyed the company of the residents and the participants but most importantly, you could see in the faces of the people who are served by Baycrest, they enjoyed and appreciated the entire event. That's what it is all about, enriching the lives of the elderly. I know we did just that with the Baycrest Boardwalk.

Until the next time.

Sandy Gordon

Gardening Tips

Home gardening continues to grow in popularity. One of every three families does some type of home gardening, according to conservative estimates, with a majority of gardens located in urban areas. Home gardeners can produce tasty, nutritious vegetables wonderful flowers, and sweet fruit. To be a successful gardener requires following a few basic rules and making practical decisions. For information on gardening successfully, visit this website: <http://www.cyber-north.com/gardening/index.html>

Annual General Meeting

We did it again! At this year's Annual General Meeting of B'nai Brith Canada, celebrating the organization's 130th anniversary, Forestdale Heights Lodge walked away with nine honors.

Six members of our lodge were honored with Volunteer Recognition Awards, including Michael Kates, Sheldon Luftspring, Albert Ohana, Harvey Silver, Carl Zeliger and Stan Zeliger. A copy of the award has been reproduced with the names of all winners listed. Our members were among the 130 to receive such awards.

FHL Senior VP Bonnie Kates, in her capacity as editor of Kol Echad, accepted Second Place Award for Lodge Bulletins and FHL President Jeff Rosen, who is the lodge's Webmaster, accepted Second Place Award for Web Sites. First place this year went to LMOL for their new Web Site.

Jeff Rosen accepted the award from Pearl Gladman for Most Unique One Time Community Volunteer Service Program. This was presented for the lodge's CVS program for providing personal hygiene products to Transitional and Supportive Housing Service of York Region.

At the meeting a resolution was presented to bring BBC's constitution in line with that of B'nai Brith International. Lou Ronson led efforts to have the motion defeated explaining that both constitutions were complex and without knowing all the details on what delegates were voting on, it should not be passed. BBC executive director Frank Dimant stressed the importance of passing it.

A limited set of Financial Reports for 2002, 2003 and 2004 were presented. Delegates were told that those interested could see the complete financial statements by calling BBC National Office and setting up a mutually convenient time to see the statements.

Marc Mittleman, president of Upper Canada Lodge, made a motion to have the financial statements tabled, as they were not given to delegates 30 days prior to the AGM. When David Matas from B'nai Brith told delegates that such notice was not necessary, Mittleman read from BBC's Constitution to back up his point. In the end, Mittleman's motion was approved and the financial statements were tabled.

Frank Dimant spoke at the meeting stressing that it was important for B'nai Brith to deal with new situations as they arise and that the organization had to be innovative to respond to the challenges of anti-Semitism today. He talked about how B'nai Brith is the poorest funded Jewish organization and how the organization must adapt to the future.

Those assembled were addressed by B'nai Brith President Harold Davis, Liberal MPP Monte Kwinter and Consul General Ya'acov Brosh, who stressed the importance of all Jews supporting the government of Israel in its difficult decisions.

FHL Senior Vice-President Bonnie Kates took part in the necrology Remembrance Ceremony honoring B'nai Brith Canada members who passed away this past year.



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Good & Welfare

July Birthdays

Jack Britstone – July 4
Bonnie Kates – July 24
Lisa Rosen – July 30

August Birthdays

Stan Zeliger – August 19

July Anniversaries

Michael & Carol Pacter – July 2

August Anniversaries

Stan & Janet Zeliger – August 16
Jack & Bonnie Britstone – August 23
Morris & Ann Shapransky – August 28

Oops, we omitted listing Ray and Rosalie Moscoe's anniversary, June 21. May they have many more happy years together.

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.

Allocations

An allocations meeting will be held every three months at our monthly lodge meeting. Members interested in obtaining an allocation for a charitable organization are requested to submit a request to the allocations chair at honest.nate@sympatico.ca.

A request should include the name of the charitable organization, purpose of the allocation and amount requested. All requests will be discussed and voted on at the meeting. The next allocations meeting will be held **Monday, September 26.**

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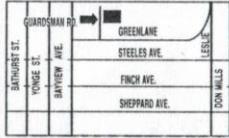
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Tips to Staying Healthy in the Summer

Staying healthy during the summer requires more than just eating the right foods. Below is a partial list of things to do that will help you stay cool and healthy during the hot winter months

1. Drink plenty of water. It is very important to drink water. Your body needs water to prevent dehydration during warm summer days. Take special care to make sure infants and toddlers drink enough water. They can become dehydrated much more easily than adults.
2. If you have asthma or other respiratory problems, keep a careful watch on the daily air quality reports. Also, don't forget to take your inhaler or other medication with you when you go out.
3. Take a rest or nap. Don't push yourself beyond your physical limits.
4. Wear Sunscreen. Sunburn is painful and unhealthy. Use a sunscreen that is right for your skin.
5. Stay Cool. Wear light, loose fitting clothing to help you stay cooler.
6. Wear Sunglasses. Sunglasses protect your eyes from the sun's UV rays.
7. Maintain your energy level by limiting your intake of fat and sugar; focus on carbohydrates, fruits and vegetables.
8. Before leaving for vacation pack a few items (calamine lotion, baking soda) that will help with itchy or painful insect bites.
9. If you have allergies and plan to be traveling/vacationing, find out which plants will be pollinating in your vacation spot
10. Know your body. If you are feeling ill, see a doctor. An average of 400 people die each year in Canada due to extreme heat.

Contact: VITO



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