

# KOL ECHAD

June 2006

Forestdale Heights Lodge #2667

Sivan/Tammuz 5766

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Let's get together and celebrate  
**Father's Day**  
with our children and their children



It's been a long time since our kids have come out to a Forestdale Heights function and we want to celebrate Father's Day with our extended family.

**Join us Sunday June 18, at 4300 Bathurst Street  
Breakfast is at 10:00 a.m.**

Lodge members are asked to come at 9:15 so we can have a short meeting and examine our annual budget.

Have the family join you at 10:00 to a fun and leisurely breakfast at the nominal cost of \$5.00 a person.

Grandchildren are free.

*What a way to celebrate Father's Day!*

Please RSVP to Albert 416-494-2636 or e-mail [salonpiaff@rogers.com](mailto:salonpiaff@rogers.com)

*Please Note: Installation 2006 has been postponed  
until September's opening meeting.  
Full details to follow*

# KOL ECHAD



Kol Echad is the award winning official publication of Forestdale Heights Lodge. It is published 10 times a year. We welcome any and all articles or letters from members of the lodge and their families. All material submitted is subject to editing. The editor may consult with members of the bulletin committee regarding content suitability and editorial decisions.

All opinions expressed in Kol Echad are those of the individual writer and do not reflect the views of either Forestdale Heights Lodge or B'nai Brith Canada.

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Sandy Gordon  
Bonnie Kates  
Lisa Rosen

**Website:**  
[http://ca.geocities.com/k\\_echad](http://ca.geocities.com/k_echad)



## What's New

Sunday, June 4	CVS@Reena
Sunday, June 11	AGM, Montreal
Sunday, June 18	Budget Meeting
Sunday, July 16	Casino Niagara
Monday, August 21	Blue Jays Day
Sunday, August 28	CVS BBQ

### Kol Echad Deadlines

Summer Issue	July 23, 2006
September Issue	August 17, 2006
October Issue	September 10, 2006
November Issue	October 10, 2006
December Issue	November 10, 2006

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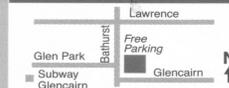
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# Editor's Desk

It is finally happening. After close to a decade, my daughter is taking the big step, saying goodbye to her elementary school years to start high school this coming fall.



Graduation from any school level has to be among the milestones and guideposts in every child's life.

However, in all the excitement, has anyone considered how a parent feels? A few months back, my wife and I went to Jordana's new school for an introductory session, which included advice from guidance counsellors about how it was never too early for the newest members of their collegiate to think about their future.

After it was over, the buzz began among the parents and most of us felt the same way. How could our precious offspring know what they wanted to do with their lives when, as one parent said, "I still don't know what I want to do with mine!"

It made me really think about my life and my choices. Overall, I have to admit that I am generally pleased with how my career choices turned out.

I know not everyone can say they love what they do for a living.

Yet, 22 years after being hired at *The Canadian Jewish News*, I can still honestly say that there is no other place I would rather work

It has been an amazing run, seeing presidents and prime ministers come and go, wars and skirmishes unfold and fade away and watching history continue on an unbroken path.

When I started on the job, the Internet was still a thing of the future and my biggest thrill was getting a new electric typewriter and helping send messages to our

Montreal office on the teletype machine.

Now, typewriters and teletypes have gone the way of the dinosaur and the once heralded fax machine is now considered old technology.

Despite all the positives that technology ushered in, there have been some negatives as well. Where once freelance reporters (not on staff) used to trek down to the office to bring in their photographs and stories, now everything is scanned and e-mailed, resulting in a loss of personal connection with people.

All in the name of improved efficiency, some say.

I really started to think about all the changes I have witnessed just a short while back while sitting in on interviews for our summer intern program.

Most of the candidates were born around the time I started my current job. I realized that everything that I had learned and witnessed over the past two decades was, at best, history to them, and in reality probably of no interest.

With any luck though, one of them will be lucky enough to embark on a rewarding career path and begin charting history from a front row seat in the field of journalism.

*Shalom.*

*Jeff Rosen*

# Good & Welfare

## June Birthdays

Harvey Silver – June 6  
Jeff Rosen – June 12  
Harold Cohen – June 23  
Irving Pupko – June 27



## July Birthdays

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

## June Anniversaries

Michael & Bonnie Kates – June 10  
Barry & Sandy Gordon – June 15  
Ray & Rosalie Moscoe – June 21  
Ivan & Elizabeth Bloom – June 27  
Harold & Noreen Cohen – June 27  
Marc & Anna Pollock – June 29  
Sam & Fran Sussman – June 29  
Irving & Ruth Pupko – June 30  
Stan & Carol Udell – June 30



## July Anniversaries

Michael & Carol Pacter – July 2

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.

***Tact is the knack of making a point without making an enemy.***  
-- Howard W. Newton

# President's Pen



I recently had a doctor's appointment. What was suppose to be a "run of the mill, routine appointment" turned into something else. Now, I was sure the symptoms would disappear and the doctor would tell me my symptoms were just one of those things that happen sometimes, but it did not turn out that that way.

They called me back in and told me that I needed a biopsy. It seems something was not quite right and they needed a more detailed look and see. I am pretty good at helping others, but I have been doing a lousy job at helping myself. I am not looking for sympathy, not even sure of myself, that I would ever turn it away.

Now, here is the problem: I know the results of the biopsy are what is important. I was not fearful of the procedure, as it was fairly simple. However, those who love me and are my support network have called two and three times a day, asking if I have had received the result of that biopsy. That has been nerve wracking to me. I know they mean well, I know they are concerned, but their anxiety is playing havoc on my mental state.

Therefore, I talk to myself in my head. I tell myself, there is nothing to

worry about until there is information of that nature. Negative beliefs make the fear and the racing heart worse. If I counter my thoughts with soothing messages, I can stay above the negative thoughts. I can tolerate the anxiety within me, but not the anxiety symptoms of those around me that take hold of my head, in that place where logic doesn't live. I tell myself, I am a trooper. After all, I am a nurse. I know the drill, and the routine.



In the past, I have been the one to reassure my family and friends when they have gone through something so very similar to this, to stay positive and chase the negative thoughts away.

Then I say to my not so brave self, if I do not have a stoic attitude and do not act courageous, who the hell cares? However, the words that come out of my mouth to those who love and surround me are, "I will be fine". At least for this moment in time, I tell myself and I do mean it, until I get the results of that biopsy.

*Bonnie Kates*

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

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# Random Musings



Like any typical Jewish family, we like to maintain the traditions of Shabbat.

We, therefore, drink either red wine or grape juice on Friday nights, as

well as for other religious occasions.

When one of our children was a toddler, he was sitting at his feeding table eating finger foods with gusto. His cereal biscuit had first become mushy, and along with peas and other portions of his meal, had started to congeal along the edges and attachments of the table. Socializing with us as we ate, he lifted his cup in the air and spilled grape juice. The table was now swimming in purple.

I grabbed some paper towels and started to clean up the mess. As I did so, something astonishing was occurring. The grape juice was doing a fabulous job of cleaning away the hardened food. Not only that, it was polishing the chrome edges of the feeding table. I knew something momentous was occurring, but couldn't figure out what its significance could be. I couldn't very well go around the house cleaning everything with purple grape juice.

However, the amazing power of grape juice became a topic of amusement at our home.

It wasn't until several years later that scientists would announce their discovery that certain properties in grape juice, red wine, and red grapes might just do for arteries what it had done for that feeding table. Eureka! Here was the answer. Red wine, grape juice and grapes are good for us as human beings.

At every Jewish function, one of the prayers gives thanks to G-d for creating the fruit of the vine, and then we partake of some wine or grape juice. The Old Testament has many references to vineyards and the drinking of wine. At last, one of our traditions has been revealed to us as beneficial for mankind. There have recently been even more positive medical observations, which are still under investigation.

There is one thing that I believe. Sometimes we don't always know why it is important to follow our religious traditions, but there are probably a myriad of hidden reasons that G-d has in mind.

*Elizabeth Bloom*

# *May 1 Lodge Meeting*

For some time now, lodge members have voiced a number of concerns about the administration and direction of B'nai Brith Canada. In response, our Lodge President, Bonnie Kates, extended an invitation to Frank Dimant, executive vice-president of B'nai Brith Canada, to speak to us about our concerns. At the Lodge meeting of May 1, Frank delivered a far reaching address about the major issues that B'nai Brith Canada is tackling.

Frank outlined the state of the Jewish people in Canada and the world. He pointed out that because of the alarming rate of assimilation of the Jewish people in North America; the centre of Jewish civilization has shifted to Israel. Whereas the major existential threat to Jewish life in North America is assimilation, the major existential threat to Jewish life in Israel is Islamic extremism, currently lead by Iran. Sixty years after the Holocaust, that country's president has announced its policy of exterminating the Jews in their homeland. In Canada and around the world, anti-Semitism continues to threaten Jewish communities.

Frank spoke about the efforts of B'nai Brith Canada to advocate on behalf of the Jewish people in Canada, in Israel and the world. He spoke about the job of monitoring and fighting anti-Semitism in Canada. He spoke about the efforts that have been mounted to change Canada's voting record at the United Nations, which recently has met with success. Also, Canada recently took the lead in the world by announcing that it will not fund the Hamas-led government of the Palestinian Authority. He expressed disappointment that these changes in Canada's policies were not widely applauded by the Jewish community. He was openly critical of the other major Jewish advocacy organizations for not being sufficiently forceful in the defence of the Jewish people.

He commented that the other major Jewish advocacy organizations have tried to hurt Brith Canada financially by undermining certain fundraising activities and by pressuring organizations not to place advertisements in the Jewish Tribune.

He was also critical of moves within the Jewish community to link the uniqueness of the Holocaust, for which Canada's Parliament has officially recognized a day of commemoration, with other crimes against humanity.

Concerning the Canadian Jewish community, Frank spoke about the overlooked problem of Jewish poverty and the weakening of the Jewish community.

In response to questions from a Lodge brother, Frank commented that there has been little constructive dialogue between the Jewish and Islamic communities.

In response to another question concerning the decline in lodge membership that once flowed from junior memberships, he challenged the lodge members to bring their own friends and children into the lodges.

In response to the question whether complete financial statements will be tabled at the June 18<sup>th</sup> AGM, he replied only that there will be compliance with the Constitution. In response to a second question concerning reports about the arbitrary rejection of a member in B'nai Brith Canada, he commented that oversight procedures are followed so that membership cannot be arbitrarily rejected; however, he was not able to comment on a specific case. There was a third question about the relationship of B'nai Brith Canada and the Jewish Tribune publication; he viewed that the relationship did not compromise the standing of B'nai Brith Canada.

Finally, Frank commented that he would follow up on the suggestion for communication with lodge presidents in order to elicit the involvement of lodge members when B'nai Brith Canada undertakes a campaign to influence governments.

I personally feel that we individually have the obligation as members not to exclusively rely on our advocacy organizations to do all the work for us, but to support their work by exercising our collective influence as voters. In this respect, I believe that B'nai Brith Canada should encourage the lodges and provide guidance to the members on how to effectively advocate on our own behalf.

I was personally very proud about how our Lodge cordially received Frank. I am pleased that he took the time from his busy schedule to speak to us about his and our concerns. We listened with interest to his address and asked him challenging questions. I was not satisfied that his replies answered all of our concerns. However, I would be interested in the Lodge inviting other leaders of B'nai Brith Canada to speak to us. I think that this kind of dialogue is informative and useful for all of us as B'nai Brith members.

*Stan Zelig*

***A very large amount of human suffering and frustration is caused by the fact that many men and women are not content to be the sort of beings that God has made them, but try to persuade themselves that they are really beings of some different kind.***

-- Eric Mascall

# Fun & Games

Please join us for what promises  
to be a fun and enjoyable CVS program

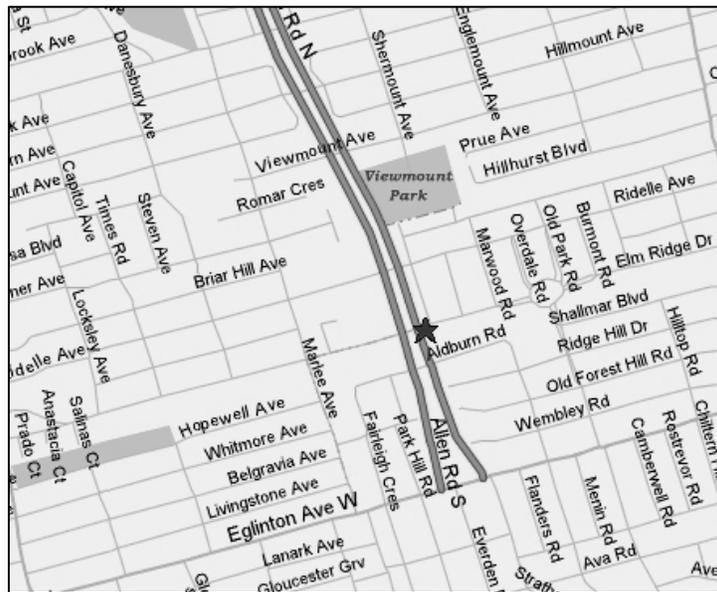
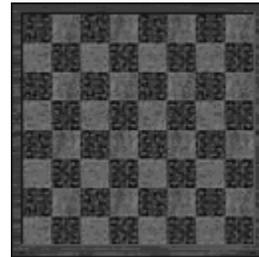


Sunday, June 4, 2006  
10 a.m.-12 p.m.

Reena residence, 165 Elm Ridge Drive

Members of Forestdale Heights Lodge will have the opportunity to sit down with residents at the Reena home, chat and play board games.

If you will be able to attend this program, please RSVP Ivan Bloom at (905) 771-7390 or e-mail: [ibloom5633@rogers.com](mailto:ibloom5633@rogers.com)



# *Sandy's Scripts*



I recently attended two seminars, the first about *Communication in Leadership for Women* and the other about *Giving and Receiving Feedback in the Workplace*.

One of the things that really impressed me was the following statement:

“When you get up in the morning, start the day by determining what your outcome for the day will be – no outcome, no results hence no productivity”.

The course on Leadership was an all day event. It was so well facilitated that when it was time to leave I didn't feel that the day was over. The facilitator totally involved the participants in group activities as well as in her presentation.

Communication was the word of the day! Did you know that you shouldn't say the words “but, never, can't” or “because”, when having a discussion with a supervisor. It indicates weakness and looking for excuses. There is so much more than just the sound of one's voice when communicating. Body language, tone of voice and expressions play a huge part in what is being said and how it is received.

The Feedback course was extremely informative. It was primarily based on performance issues and how to deal with them in the workplace. When giving feedback to an employee one should not forget that the employee has rights. The supervisor has the obligation to be honest and conduct the session in a respectful manner. The meeting should take place with the location and time that is agreeable to both parties to give the employee an opportunity to prepare for the meeting.

The two seminars had a lot of the same content on communication and various word groups and statements were the same in both courses. Some of those words were: “stay focused, breathe, respect, trust, honesty, confidence, self esteem, knowledge and empathy” just to name just a few.

Remember stay focused and plan your “outcome” for each day!

Here is another tip - if you are gossiping about anyone, chances are they are gossiping about you!

*Until the next time.*

*Sandy Gordon*

# 1967

# FHL @ 40

# 2007

In June 1967, B'nai Brith Lodge #2667 was granted its charter to begin operating as **Forestdale Heights Lodge**.

In June 2007, **Forestdale Heights Lodge** will celebrate its 40th anniversary. To mark the occasion, Kol Echad will take a look at life from the past 40 years, exploring two years every month.

YEAR	1981	1982
<b>PRESIDENT</b>	Frank Wilson 1981-1982	Zev Scherer 1982-1983
<b>MUSIC</b>	1."The Tide is High" ... Blondie 2."Celebration" ... Kool and the Gang 3."9 to 5" ... Dolly Parton 4."I Love a Rainy Night" ... Eddie Rabbit 5."Keep on Loving You" ... REO Speedwagon	1."I Can't Go for That" ... Daryl Hall and John Oates 2."Centerfold" ... J. Geils Band 3."I Love Rock n' Roll" ... Joan Jett and the Blackhearts 4."Chariots of Fire" ... Vangelis 5."Ebony and Ivory" ... Paul McCartney and Stevie Wonder
<b>POPULAR MOVIES</b>	1. Any Which Way You Can 2. Arthur 3. Bustin' Loose 4. Cannonball Run 5. Cheech and Cong's Nice Dream	1. Absence of Malice 2. Annie 3. The Best Little Whorehouse in Texas 4. Chariots of Fire 5. Conan the Barbarian
<b>POPULAR TV SHOWS</b>	1. Dallas 2. 60 Minutes 3. The Jeffersons 4. Three's Company 5. Alice	1. 60 Minutes 2. Dallas 3. M*A*S*H 4. Magnum, P.I. 5. Dynasty
<b>SPORTS</b>	<b>Stanley Cup:</b> New York Islanders vs. Minnesota Northstars Series: 4-1 <b>Super Bowl:</b> Oakland Raiders vs. Philadelphia Eagles Score: 27-10 <b>World Series:</b> Los Angeles Dodgers vs. New York Yankees Series: 4-2	<b>Stanley Cup:</b> New York Islanders vs. Vancouver Canucks Series: 4-0 <b>Super Bowl:</b> San Francisco 49ers vs. Cincinnati Bengals Score: 26-21 <b>World Series:</b> St. Louis Cardinals vs. Milwaukee Brewers series: 4-3



**Sunday, July 16**



Please join us for our second annual trip to one of Niagara's most popular attractions. We will meet at Highway 7 and Valleymede (just east of Bayview) at 9:15 a.m. The bus will return at 5:30.

The cost is \$25/person and each person will receive a \$20 redeemable voucher with a Player's Card.

**For more information or to confirm your attendance, please contact Sandy Gordon (416) 631-8261 or email [sygordon@sympatico.ca](mailto:sygordon@sympatico.ca)**

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# CVS BBQ at 4300 Bathurst St.



Reserve the date

**Monday, August 28, 2006**

As has been our tradition in past years, we will hold our annual CVS BBQ for residents of the B'nai Brith Seniors Residence.

Volunteers needed at 5:30 p.m. to help

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# Forestdale Funnies



A couple goes on vacation to a fishing resort in northern Minnesota. The husband likes to fish at the crack of dawn. The wife likes to read.

One morning, the husband returns after several hours of fishing and decides to take a nap. Although not familiar with the lake, the wife decides to take the boat out. She motors out a short distance, anchors, and continues to read her book.

Along comes a game warden in his boat. He pulls up alongside the woman and says, "Good morning Ma'am. What are you doing?"

"Reading a book," she replies, (*thinking, "Isn't that obvious?"*)

"You're in a restricted fishing area," he informs her.

"I'm sorry officer, but I'm not fishing, I'm reading."

"Yes, but you have all the equipment. For all I know you could start at any moment.. I'll have to take you in and write you up."

"If you do that, I'll have to charge you with sexual assault," says the woman.

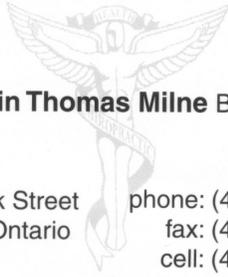
"But I haven't even touched you," says the game warden.

"That's true, but you have all the equipment. For all I know you could start at any moment."

"Have a nice day ma'am," and he left.

MORAL: Never argue with a woman who reads. It's likely she can also think!

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