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Fallsview this
summer

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Jeff Rosen at jelijo@symaptico.ca
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KOL ECHAD



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

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

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Rosalie Moscoe
Irv Pupko
Nate Salter

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

At A Glance

June 15	Meeting
August 19	BBC Blue Jays Game
September 14	Budget Dinner Meeting
October 5	Dinner Meeting
October 18	Toronto Marathon CVS
November 9	Meeting
December 14	Chanukah 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

July 1	Summer Issue
August 15	High Holiday Issue
September 14	October Issue
October 12	November Issue
November 9	December Issue

Kol Echad Yearly Advertising Rates

Full Page	\$200
Half Page	\$100
¼ Page	\$50
Business Card	\$40

10 issues published every year

**Please call Harvey Silver
Business Manager
416-223-0780**

President's Pen: Installation Address



Welcome to the 43rd annual installation of Forestdale Heights Lodge. In particular, I would like to welcome Ruth's sister Liliane and her husband Gary Budd, and especially our newest members: Richard Kotzen, Rhona Leviston, and Ben Griesman. Though new in

the lodge, they have already become involved in lodge activities.

I am pleased to be able to say that some things never change. Forestdale Heights Lodge continues to produce the best newsletter in the GTA, both on-line and hard copy. This is a result of a lot of hard work done by Jeff and Harvey, especially in the areas of production and selling advertising, and by the various column writers Bonnie, Sandy, Elizabeth and Nate.

Forestdale Heights continues to be active in the community with our support of B'nai Brith Canada's *Chanukah* and *Purim* parcel delivery programs, helping those of our community who would be unable to celebrate these holidays otherwise, and through our recognition of the service provided to the general community, particularly on Christmas and New Years Eve, by emergency workers. Our gifts to them, though small, are appreciated. This past year, FHL returned to the Toronto Marathon, helping out at the start line, water station. Jeff, Michael, and I were frozen that November morning, but it was fun to watch these athletes running not only for themselves but also to raise funds, primarily for Princess Margaret Hospital, for which I am most thankful. This year the marathon will be in October so it shouldn't be quite as cold when we return. We also continued to provide tickets to the Reena Foundation for B'nai Brith Night at the Blue Jays so that some of their clients could

get to the game. We hope to do this again this coming August when the Blue Jays play the Red Sox in a game which, for the first time in many years we hope will be meaningful. As a Yankee fan, I will be forced to root for the Jays this one time, but seeing the Jays fighting for a playoff spot is certainly a welcome change.

Two weeks ago, the lodge partnered with Don Mills Lodge to provide a monthly (for us) bingo for the residents of 4300 Bathurst Street and their guests. The turnout was small but very appreciative, and we will be doing this again in a couple of weeks and hopefully on a regular basis starting in September. After instructions from Edi Brickman, Richard and Ben showed great skills as number callers; while Ruth and I ran around checking cards and ensuring that the players heard and covered all their numbers.

The highlight of the year, as always, was the annual *Megillah* reading at 4300 Bathurst Street. Though the crowd is a little smaller it is still very appreciative of our offering them a chance to fulfill the *mitzvah* of the *Megillah*. Many thanks to all who showed up to help, and especially to Carl for making all the arrangements and providing for the refreshments. Special thanks to the Kelmans who led the reading and the dancing afterwards.

For many of us, the Lodge is a chance to get together with old friends and to make new friends on a regular basis through our monthly meetings and our occasional socials. You would think that after the supper that Albert and Harvey provide for us, we would be too full to have the energy to discuss much, but you would be wrong. Though our meetings may appear to be somewhat disorganized it is surprising how much is actually accomplished. Sometimes, but not often enough, we have speakers at these meetings. This year we had two great speakers: Dr. Jay Bacher, who spoke to us about his

Continued on next page

foundation which offers support to families with children having terminal illnesses, and Councilman Howard Moscoe, who provided some interesting insights into the workings of Toronto politics.

Socially, our group got together for the annual trip to Woodbine Racetrack in January, and is anticipating a trip to Niagara Falls in July.

The Woodbine evening is always a great success, thanks to the hard work of Bonnie, and the group keeps getting larger as friends from other lodges and the “outside world” joins us. The trip to Niagara Falls is also a fun time as some of us continue our efforts to keep our taxes down by contributing our hard earned money to the government’s slot machines, while others take advantage of the summer sun (I hope) to stroll along the Falls and enjoy nature at its best.

So, where do we need to improve? First, while we continue to do our CVS programs, we can do more. But to do that, we need ideas, and that involves the members. You need to let the executive, especially me or Harvey, know of any ideas or contacts you have for CVS programs. Perhaps an outreach to Jewish students at GTA universities, through Hillel, who are facing anti-Semitism that has not been seen for 70 years. Perhaps a furthering of our support for Reena or like groups through tickets to a Marlies or a Raptors game. Perhaps additional programs for seniors or for the disabled. We need your ideas.

The same is true for our meetings. Speakers make our meetings both enjoyable and informative, instead of just business, and it would be nice to have three or four every year instead of just two. But again, we need your suggestions about possible speakers and topics, and any contacts you may have.

Finally, there is always the need for fundraising. We have always depended on the sale of Entertainment Books as our main source of funds, and thanks to Stan this has been very successful. Even with increased competition and

lower prices, we were able to raise substantial funds through the efforts of Stan and the other Lodge members. But if we are to increase our CVS involvement, this is not enough. This year, we were fortunate to have two additional sources of funds. Rosalie was kind enough to offer her book for sale to Lodge members at a discount, and then donated the proceeds to the Lodge. Also this year, Bonnie and Jeff designed and produced Lodge Tribute Cards which we have for sale. I encourage members to use these. A hearty thank you to Rosalie, Jeff, and Bonnie for their efforts on behalf of the Lodge. But, and I am beginning to sound like a broken record, we need ideas from you so that we can continue our programs.

I am pleased to have the entire executive back this year, with the addition of Avery to the Trustees. They have been very helpful when needed, especially on those days when I was not able to attend Lodge meetings and someone had to take over – sometimes on short notice. I need to thank Ruth and Aaron for their support and patience in all things Lodge related and otherwise. I know that I am sometimes impatient and stubborn, but they should know that I do hear and I do listen – even if I sometimes ignore. It is usual to give a gift to the spouse of the President, but Ruth is adamant that she doesn’t want anything – and she can be as stubborn as I can – so a donation in her name has been made. Many thanks to Albert and Honey for doing most of the work putting tonight together, especially since Albert, Liliane, and Ruth’s brother Allen is getting married next Sunday and they are busy organizing a *Kiddush* for family and friends for next Saturday. Albert will need a holiday.

Thank you all for coming and enjoy the rest of the evening.

Irv Pupko

Editor's Desk



Another installation has come and gone and our president, Irv Pupko, has entered his second term.

Life continues as normal.

At Kol Echad headquarters though, we have entered a new era.

Shortly before publication of our May bulletin I began a major rethink of our lodge's publication. We had just secured another full page ad and were putting out a first class publication (at least in my opinion).

It was definitely the time to try something new. I pitched the idea of printing four pages in colour to my partner in crime, Harvey Silver, and before you could say Forestdale Heights Lodge, the idea took on a life of its own as Harvey embraced the idea.

The result, as you saw in May and June is the use of colour on select pages. As well, with the introduction of colour, we have switched to a colour photocopier, resulting in cleaner, shaper pages.

Kudos goes to Harvey for embracing and implementing this new approach. Special thanks also go to our new printer, UPS Store, under the direction of Lodge Brother Michael Pacter.

Of course, Michael is not the only advertiser who made this possible. Each and every advertiser is special in my book for supporting and making it possible for Kol Echad to venture into new areas. This especially is true of our full page sponsors. Like the bulletin says, "support our advertisers as they support us".

More than ever now, this is true. I hope that with the introduction of colour advertising, we are able to attract more sponsors and in time expand the use of colour throughout the bulletin.

Like in years gone past, Kol Echad is about to take a well deserved break for the summer months. We expect to return this summer in an abbreviated form but this is our last full issue for a few months.

Watch for us in September when we publish our annual *Rosh Hashanah* Greetings Issue. If you have not yet booked your greeting, it is not too late to do so. Send your greeting to jelijo@sympatico.ca and we can settle up on the financial end come September.

Once again, thanks to everyone on Team Kol Echad.

See everyone in September.

Shalom

Jeff Rosen

BBQ RULES



We are about to enter the BBQ season. Therefore it is important to refresh your memory on the etiquette of this sublime outdoor cooking activity. When a man volunteers to do the BBQ the following chain of events are put into motion:

Routine...

- (1) The woman buys the food.
- (2) The woman makes the salad, prepares the vegetables, and makes dessert.

(3) The woman prepares the meat for cooking, places it on a tray along with the necessary cooking utensils and sauces, and takes it to the man who is lounging beside the grill - beer in hand.

(4) The woman remains outside the compulsory three meter exclusion zone where the exuberance of testosterone and other manly bonding activities can take place without the interference of the woman.

Here comes the important part:

(5) **THE MAN PLACES THE MEAT ON THE GRILL.**

More routine...

(6) The woman goes inside to organize the plates and cutlery.

(7) The woman comes out to tell the man that the meat is looking great. He thanks her and asks if she will bring another glass of wine while he flips the meat

Important again:

(8) **THE MAN TAKES THE MEAT OFF THE GRILL AND HANDS IT TO THE WOMAN.**

More routine...

(9) The woman prepares the plates, salad, bread, utensils, napkins, sauces, and bring them to the table.

(10) After eating, the woman clears the table and does the dishes.

And most important of all:

(11) Everyone **PRAISES** the **MAN** and **THANKS HIM** for his cooking efforts.

(12) The man asks the woman how she enjoyed 'her night off ', and, upon seeing her annoyed reaction, concludes that there's just no pleasing some women.



As I See It



It seems days run into weeks and with the blink of an eye it is deadline for the next Kol Echad column. Jeff hounds me to write my column.

The *hucking* begins about 2½ weeks before

it goes to press. He says, “If you aren’t going to do a column tell me and then I won’t reserve a place for you, on the mock up”. It’s a dance that he does with me each and every month. I say to him, “I don’t know what to write about”. Jeff throws out a few topics and I nix them all. I’m not being cooperative with him. None of the topics he has suggested have my attention. The he says write, “Write about your new grandson”.

I respond back, “I don’t want to write about him. Nate writes about his grandchildren, Sandy writes about her grandchild, I don’t want to bore our readers with more talk about grandchildren.

I remind him that many of our readers have not had the blessing of grandchildren, and yet other readers don’t have children.

I don’t think anyone wants to know that he is soooo cute. No one really cares that he is blonde haired, blue eyed and just adorable. No one wants to hear that he slept five hours last night, or that he is already growing out of his sleepers and he has put on a little over two pounds in a month. Did you know at 2 ½ week of age he was capable of rolling over from back

to front? I can’t imagine that our members are interested to learn that he will be shortly attending a music programme with his parents, special for babies under six months old. Or, that there is talk that he will be travelling to California this summer to visit many of his great-aunts and uncles who live there. I could just eat up this little sweetie. He

is just something special but I am sure this is, of no interest to our readers”.

Did I miss deadline for this month’s Kol Echad? I am still trying to come up with topic to write about. Keep in mind I don’t think it’s right that I do a column about the newest love of my life, Seth Lazer Kates. I will pass on doing a column this month, and save our readers a gushing grandmother’s account of her first grandchild.



Bonnie Kates

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Good & Welfare

Birthdays

Harvey Silver
Jeff Rosen
Harold Cohen
Irv Pupko

June 6
June 12
June 23
June 27



Anniversaries

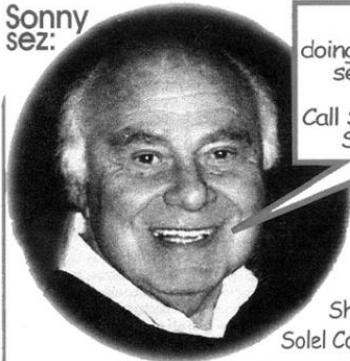
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June 8
June 10
June 15
June 21
June 27
June 27
June 29
June 30
June 30



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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.

Nu, so somebody tell me why the April showers are still falling in May? I guess I shouldn't *kvetch* so much because at least rain you don't have to shovel. Then again, now we start a new phase, which involves feeding the grass the best gourmet fertilizer money can buy, so that the gardener can come and cut it all down. No, we're not *michigas*.

When the missus says, make it nice outside with the grass and shrubs and flowers, the guy at the garden centre gives me a big smile, because he knows that the money in my wallet is soon going to be in his cash register. After 33 years of this maybe the lawn should know by now how to take care of itself, but no it needs to be fed and pampered. I should only get such treatment around here. Oh well, it looks nice and the missus is happy. I found out that in any marriage, there is the person who is right and then there is the husband. *Oy Gevalt!!!*

As you know, your Rotund Reporter is a Chrysler nut, and it is with both shock and awe that I have been observing the

decline and fall of a great company who I have supported with my purchases over 50 years. From the looks of things, not only my antique cars but my daily drivers are going to be orphans. *Si mi nish git!!!* In my opinion their demise started with the so called merger with Daimler and has continued to decline from that point on, but from here on all bets are off about where things are going. To tell you the truth, it is a fascinating process to watch, but just a little hard on the old portfolio. By the way I still haven't figured out why they call the guy who invests my money a broker.

In an interesting parallel suggested to me by our intrepid editor, a couple of years back, we were considering a similar merger of sorts with Don Mills Lodge. Personally, I thank G-d that this did not happen, because like the Chrysler merger, we would have been the weaker sister, and we would have disappeared as the entity we are. Again, good sense and an appreciation of who we really were triumphed. When we realized what we would have had to give up, the decision was made to follow our own destiny.

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Our lodge, now in our 44th year of operation, is not as big or dynamic as it was back in the day, but today what we

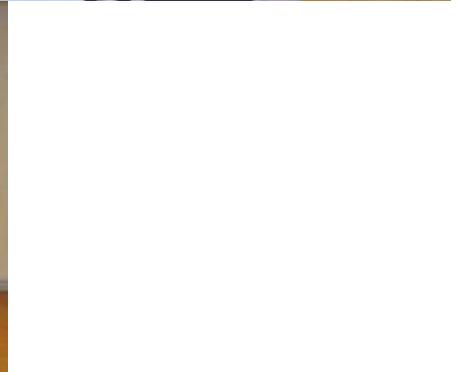


FHL 43rd Installation





FHL 43rd Installation



For more installation
photos,
please go to
www.kolechad.ca/





B'nai Brith Blue Jay Baseball

Wednesday, August 19

Blue Jays vs. Boston Red Sox
Rogers Stadium 7:07 p.m.

We will be getting 200 Level Seats
Cost is \$15/ticket

If you are interested in joining fellow lodge members
at the game, please RSVP to

Irv Pupko

905-709-2675 or i.pupko@rogers.com

Rosh Hashanah 5770



Kol Echad is currently planning our annual Rosh Hashanah Greetings issue.

We will be offering greeting ads in two sizes (seen below). Prices are \$5 for smaller ads and \$10 for the double size.

The greetings will appear in the September issue.

Orders and payments will be accepted at our June meeting as well by e-mail or mail mail during the summer. Final deadline is July 31.



Once you have decided on your greeting, please send

wording to Jeff Rosen at jelija@sympatico.ca. Payment can be made at a lodge meeting or sent to 150 Harris Way, Thornhill, L3T 5A8.



*Best wishes
for a Happy & Healthy
New Year*



*Best wishes
for a Happy & Healthy
New Year*



*Best wishes for health, happiness
and prosperity to all
Shanah Tovah*

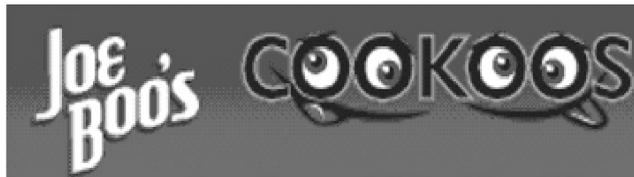




Forestdale Heights Lodge 2008-2009

FHL 2008-2009

This year's lodge scrapbook is now on sale at Blurb.com. It contains photos from monthly meetings and lodge events, as well as President's Pen columns and lodge reports. It can be purchased in soft or hard cover versions. If you wish to purchase a copy please go to <http://tinyurl.com/d8vkzt>



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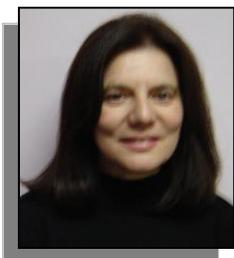
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Random Musings



Last month I decided to indulge in the purchase of a portable disc player with earphones, along with a talking book. As it turns out, these small gifts to myself have

been a blessing.

Things have been getting extremely hectic at work. In addition to a frenetic pace, I have been inundated with many requests to fill in for other staff. These factors, along with the necessity to fulfill my other commitments, have left precious few peaceful moments to relax. Sometimes, when I must refuse extra work, the actual refusal has taken on a life of its own, full of complex emotions, not the least of which is guilt.

Thus, when I have tried to sneak in a few spare moments to read, I have found it difficult to fully engage. However, suddenly I have found a pleasant relief from the stress. Whenever I have a few moments to spare, I put on my earphones and listen to the book I purchased. The portable nature of the disc player allows me to move around, yet quickly enter another world. Even while I'm dusting

furniture, the narrator continues on with his tale, as I listen intently.

The only drawback I have found to this method of "reading" is that, if I am merely resting while listening to my book, I often awake after a refreshing nap, the soothing voice having lulled me to sleep. I often have to go back two or three chapters to find out where the narrator and I parted ways. However, never have I felt so relaxed as to have fallen asleep while someone is reading to me. I remember being read to as a child by my mother, and I now wonder whether I often fell asleep during story time. I'll have to ask her. I know many parents use this method to help their children fall asleep more easily. We did this often with our children.

Anyway, I must need the extra sleep, or else I wouldn't fall asleep while listening to something I so clearly enjoy. My advice to others is this. If you are looking for a way to escape the stress of the day, perhaps this will be a worthwhile endeavour for you, as well.



Elizabeth Bloom

Recession Updates

1. Ali Baba and the forty thieves are now Ali Baba and the thirty thieves. Ten were laid off!!

2. Batman and Robin are now Batman and Pedro. Batman fired Robin and hired Pedro because Pedro was willing to work twice the hours at the same rate



3. Iron man now "air-pooling" with Superman to save fuel costs.

4. Women finally marrying for love, and not money

5. Q: With the current market turmoil, what's the easiest way to make a small fortune?
A: Start off with a large one.

6. The credit crunch is getting bad isn't it? I mean, I let my brother borrow \$10 a couple of weeks back, it turns out I'm now Americas third biggest lender.

7. Q: Why have Dubai real estate agents stopped looking out of the window in the morning?

A: Because otherwise they'd have nothing to do in the afternoon.

8. Q: What's the difference between an American and a Zimbabwean?

A: In a few weeks, nothing.

9. Dow Jones is re-branded as "Down Jones".

10. Quote from a Wall Street banker:

"This is worse than divorce. I've lost half of my assets and I still have my wife...!!!

Sandy's Scripts



Life without the “circle of life” as we know it, would be like a simple existence in an insignificant mundane world. We must appreciate every minute of our good fortune; our family, spirituality, material things; and all that makes us as individuals.

We will be celebrating a life-cycle event in our family. In the middle of June my great-niece will celebrate her *bat mitzvah*. Being the first great-grandchild, she will begin her journey in Judaism as a young adult.

It's unfortunate that my mother did not see her great granddaughter who was born a month before she passed away. She will be there too just as I know she was there when my granddaughter and grandsons were born. I know, because it is through us that our loved ones live on.

I am so looking forward to my daughter and family, my brother and family and my cousin all coming from out of town to Toronto for this special occasion. It will be a great *simcha* the start of many more to come!

Simchas are our way of life.....we should all celebrate together and only have *simchas* and good times for years to come.

Until next time.

Sandy Gordon

Stock up on our very own lodge tribute cards. Know that your contribution to buy them goes back to Forestdale Heights Lodge, to assist us in continuing our CVS programmes.

These attractive all occasion cards are packaged in bulk at 3 for \$10.00

For your convenience cards can be purchased by contacting

Bonnie Kates at 905 669-2408

to have your card immediately send out with your own unique greeting directly sent to the recipient including postage for \$5.00

Health in Harmony



Too Busy To Cook? (Or is it just too much trouble?)

Busy people seem to have forgotten the fun, pleasure and health benefits of the “home cooked” meal. The following

are suggestions to help you make smart, healthy, simple, fast meals.

Purchase and use a grill, such as a Foreman or Hamilton Beach for easy healthy cooking of meat, fish, chicken or vegetables. Use spices, olive oil, tamari (pure soy sauce) or get some recipes from the Foodnetwork.

Use frozen vegetables in bags – always ready. Cook up in five minutes. Broccoli, peas and carrots, mixed vegetables are sure anti-oxidant winners. A sweet or Yukon Gold potato, a healthy starch, can be ready in under five minutes using your microwave. Dress vegetables with a little butter or olive oil.

Bags of fresh spinach, lettuces, serve as a good base for a salad (great antioxidants). Toss in some crumbled goat cheese (optional) dried cranberries, raw or toasted pecans. Add slices of English cucumber, slices of peppers, red onions. Use an organic prepared dressing, or olive oil and vinegar and salt and pepper.

Cook whole grain pasta; add pesto or any natural or organic sauce of your choice. Add cooked chicken or fish made on your foreman grill. Serve with a salad as above.

Is it Healthy? Read the labels on the packages of foods at home. If you cannot understand the ingredients, don’t use them! Rid your pantry of products with sugar, junk food and chemicals. These toxins are harming people’s health. Buy more natural products instead.

Items to keep on hand: A bag of brown rice, potatoes – sweet and Yukon gold, fresh and frozen vegetables, fresh fruits; apples, pears, bananas, berries, along with cold pressed olive oil, avocados, plain yogurt, cans of tuna, salmon, chicken parts, whole grain products. Stock your home with healthy, natural food choices and see your weight normalize, digestion improve, skin become clear and your energy increase.

Eating In Restaurants: If so, choose heart healthy choices – those with less fat, sugar, or salt than other selections. At buffets, fill your plate with lots of green vegetables at buffets (or don’t go to them). Keep clear of the deep fried, high starch fare and large glasses of soda if you care about your heart, your weight and blood sugar regulation.



Rosalie Moscoe

SANTORINI



SPRING & SUMMER PROMOTION

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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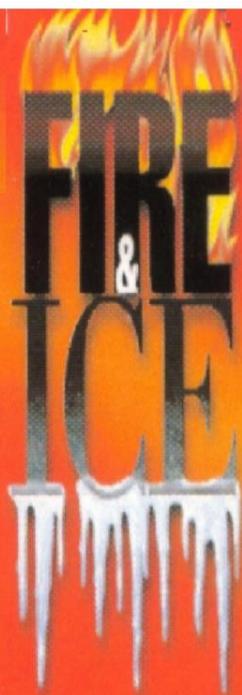
15 people or more, Monday through Thursday only.
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For more information ask to speak with management.

Thank you!

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(per person, excluding beverages)

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Catering: No

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Reservations: Recommended

Patio: Yes

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Wheelchair Access: Yes

Designated Smoking Room: No