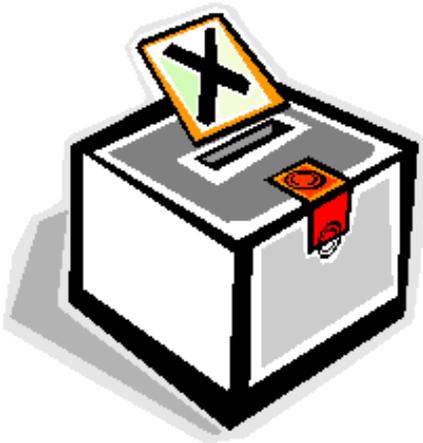


March 2009

Adar/Nisan 5769



# ELECTION MEETING

Monday, March 2  
Dinner 6:30 - 15 Hove

Please join us for dinner followed  
by annual election meeting.  
Come out and take part in our democratic process.

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

# 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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**Advertising:** Harvey Silver  
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Lisa Rosen

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

## At A Glance

March 2 Election/Dinner Meeting  
April 13 Dinner Meeting

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### Kol Echad Deadlines

March Issue	February 8
April Issue	March 6
May Issue	April 13
June Issue	May 10

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# President's Pen



Well – are we tired of winter yet? It is always astonishing that we Torontonians complain every year by the end of January about how harsh the winter is and that we can't wait for spring (which is still two months away!) As soon

as we get the inevitable February “hot spell” (usually three or four days) we act as if the winter is already past and then, when it snows in February and March (and even April some years), we groan in disappointment. Hey – even the groundhog knows about Toronto winters. When was the last time the groundhog predicted a short winter? I don't remember one recently. Granted, we have had some milder winters in the recent past, at least in terms of snowfall, but this is a typical Toronto winter – COLD!!

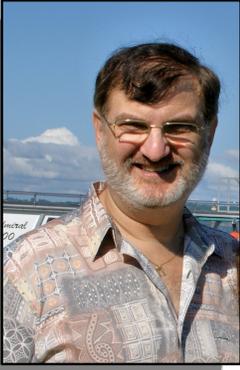
Usually, I would probably be one of the people complaining. I would get up in the morning, hope that the driveway had been plowed or shovel it myself, drive up to CHAT and teach those students who were able to get to school. This year has been different. Since I am not teaching I don't have to get up early – but I do anyway to take Aaron to the subway so he can get to school. Sure he could take the bus, but then I would waste the entire morning in bed. This way I get up and get moving, at least until I get home and have breakfast – then I waste the rest of the morning in bed.

This is where I feel the effects of the weather. Because of the various medications that I take, I am very careful about going out unless I have to. I tend to stay out of crowds where people could be sick to avoid picking something up. In this weather, I tend to be house-bound. There is not much to do every day in the house, so it gets pretty boring, and the incentive to do anything constructive can become: “I can always do it tomorrow.” When the weather improves I can at least get out and go for a walk, but when there is snow and ice I stay in the house. Something to think about for those contemplating retirement – be sure you have something to do with your time. Just “relaxing” and enjoying the freedom of not working wears off after a bit, especially if you don't have children, grandchildren, or travel plans to spend time on.

But there is light at the end of the tunnel. Soon it will be March Madness (I think I have mentioned before that I am a bit of a sports fanatic, especially NCAA football and basketball – and NFL) so I will be spending all my time watching basketball (and baseball when the season starts). It's still just TV but it is better than watching CNN all day. And by the time that is finished it WILL be spring – the grass will start growing, the trees will start budding, the birds will wake me up in the morning and for the next seven months we will, once again, forget about Toronto winters.

*Ivo Pupko*

# Editor's Desk



When was the last time you and your loved ones went out to a restaurant and had a truly fantastic dining experience? One that you remember days later and one that you tell your friends about, urging

them to visit that establishment's premises?

I bet a lot of you are now scratching your heads trying to remember just such an occasion. For some, it is akin to seeing a shooting star, something that happens on such a rare occasion, if ever.

I am not just talking about the quality of the food received when dining out, but the entire experience. I have found that the best tasting food can be tarnished by poor service.

Just such an occurrence happened to my family just a few weeks back when we went to Montana's Cookhouse for dinner.

This was not the first time we had visited the restaurant. It actually is one of our favourite places to dine. The menu has a wide selection of items; the food is tasty, prices are reasonable as you could hope for in 2009 and the service usually second to

none. Not to forget, they let you wear a buffalo hat on your birthday.

That one night though the experience was off and even though the food was as good as usual, the service was completely off. I had ordered a hamburger that evening. When you think hamburger, the first thing that usually comes to mind is mustard and relish. I guess it was not on our server's mind. For when my meal arrived, there were still no condiments. I had to flag down another server to get what I required. Of course, I finally got the missing items in the middle of my meal. Then Lisa's meal was prepared wrong, despite very clear instructions and

Jordana's dinner with two side dishes was somehow missing one of them. Like Fox Mulder from the X-Files, I know that it was "somewhere out there."

It was time to pay the bill and even then I was still willing to give our server the benefit of the doubt. It was only when she walked past us to clear the next empty table that my blood

started to boil. Clearly there was no need to make us wait.

Needless to say, we managed to save a few dollars that night and the server went home a few dollars short a gratuity.

**Continued on next page**



Did I complain? Not that night for we were done. But once home I filled out the on-line survey and told them exactly how I felt.

Restaurant staff plays such a key role and their importance is often overlooked.

Compare that to another experience last month when my family visited Bill's Pit Steak House. I'm sure a lot of you remember the place from its old location on Jane. Seems it moved north two years ago and is now in Woodbridge.

The food was just as delicious as before and the new premises are wonderful. Delivery of our food was a bit slow and could have affected our entire evening. However our server kept us informed about what was happening, explaining that the arrival of a large party seated near us was the reason for the delay. His simple

act kept the evening on track and minimized what could have been a less than memorable evening.

When I got home, I went online and sent an e-mail to the restaurant outlining my visit. As well, I mentioned about the important work our lodge does and asked them if they would consider advertising with us.

The result was an evening I will remember with great fondness, good relations with the restaurant and a new advertiser for Kol Echad.

Now that is something I call a truly fantastic dining experience.

*Shalom*

*Jeff Rosen*

## Good & Welfare

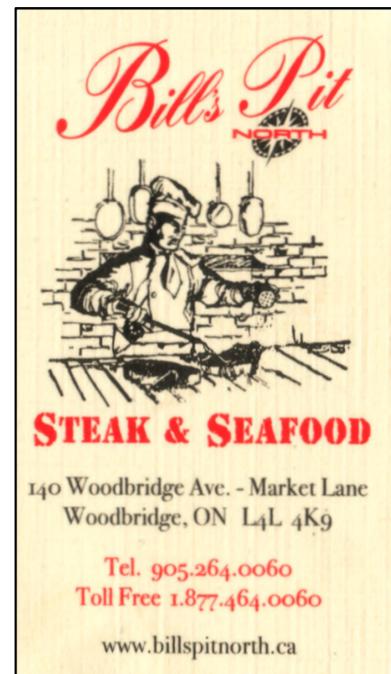
### Birthdays

Michael Pacter	March 9
Marc Pollock	March 12
David Gorender	March 21
Ray Moscoe	March 22

### Anniversary

Marla & Avery Matlow	March 26
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FHL wishes a speedy recovery to Elliott Moldaver



# Purim 5769



On **Monday, March 9**, at 7:45 p.m.  
Forestdale Heights will be hosting  
its annual *Megillah* reading  
at 4300 Bathurst Street.

Volunteers please be there by 7:30.

If you are coming, please RSVP  
to Carl Zeliger at 905-669-2732  
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# As I See It



Welcome to the family my new little cousin. I am excited about your arrival. You were not due to arrive until the week of Pesach, but due to your Mommy's health, and having

been diagnosed with preeclampsia, the doctors decided it was best to take you sooner.

They delivered you by a caesarean-section and you weighed in, nearly at two pounds. You are hooked up to a machine that is monitoring your progress and it seems you are a little fighter and doing well.

Your Daddy and Mommy are in awe how someone so little arrived in such miniature form, looking just perfect.

They are bursting with love, pride and joy each time they look at you. Even a seasoned nurse like me, who has seen numerous premies before, is still in awe at the miracle of someone so little.

We have not had a new baby in the family in such a long time. As your second cousin, I will closely be watching your progress, as you get bigger and stronger. I will be your very own personal

cheerleading squad as you reach each expected milestone in your development. I will rejoice when you no longer need those tubes and you will be home with the family.

It seems over the last few years, we have been in the hospital for many health concerns that have plagued our family. But coming to the hospital this time, to see you, our newborn baby, was really something special, and simply astonishing. What I do know is, you have brought such



a positive spin into the family dynamics and this is wonderful. Your arrival has given the family a cause to look forward to the future. You have given us a reason to celebrate the miracle of your life and for adding another branch to our family tree. Welcome little one.

*Bonnie Kates*

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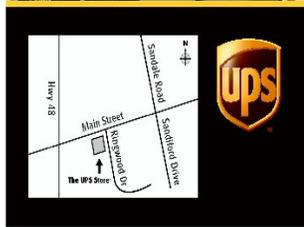
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# Nominations 2009-10

*The following individuals have been nominated to serve on the executive of Forestdale Heights Lodge for 2009-2010. Elections will take place at our March 2 meeting*

President:	Irv Pupko
Senior Vice-President:	Ray Moscoe
Vice-Presidents:	Ivan Bloom, Harvey Silver, Carl Zeliger
Treasurer:	Nate Salter
Financial Secretary:	Lisa Rosen
Recording Secretary:	Ruth Pupko
Trustees:	Elizabeth Bloom, Harold Cohen, Noreen Cohen, Barry Gordon, Sandy Gordon

## Membership Update

### **ATTENTION ALL MEMBERS:**

Forestdale Heights is currently in the process of updating its membership records. We would appreciate it if you could take a few minutes, go online and answer a few questions.

Please go to <http://www.kolechad.ca/membership.html>

Thanks for your help.

# They're at the Post!

On Saturday, January 31, approximately 40 people, including members and spouses from Forestdale Heights, Don Mills, Leonard Mayzel and Upper Canada lodges, as well as friends and family members came out for a fabulous social program at Woodbine Racetrack.

The entertaining evening took place in the elegant Woodbine Club dining room, where we gathered to enjoy the buffet dinner. For those who requested it in advance, their meal was prepared separately by the very accommodating chefs at Woodbine.

After much *fressing* and socializing, the Standardbred or Trot races began. While a few of us took a pass at the gambling, most of us put down a few *shekels* each race. Some of us won a few coins back, most of us lost, but everyone had a great time overall. Before it was over, some even headed downstairs to the casino to cap off the evening, before calling it a night.

Among those FHL members and spouses who came out for the wonderful evening were, Irv & Ruth Pupko, Michael and Bonnie Kates, Avery & Marla Matlow, Jeff & Lisa Rosen, Carl & Debbie Zeliger, Ray & Rosalie Moscoe and Richard Kotzen and Rhona Leviston.

To see more photos of this event, go to [www.kolechad.ca](http://www.kolechad.ca)





# February Meeting



# Sandy's Script



About a year and a half ago, I wrote about a tenant we had in our backyard. They were a member of the Raccoon Dynasty and we housed them for a little while and

then proceeded to have them evicted.

Recently, I have been hearing noises on our roof and suspect that some of their relatives (with children) came to visit. They didn't call first or anything, they just took up residence. I saw the back-end of what I suspect is the mother...but I'm not sure it is a raccoon because I just got a glimpse of the back of the animal as it moved across my lawn – I have to add that it was a huge sucker. All I could see was a ball of blackish fur! Is it a bear!!!!

Home alone and fearful to go outside because I might be mauled or something, I proceeded out my back door which has a covered walkway to the driveway, to see if I could see or hear anything. I took a broomstick with me and began making noises on the back of the house towards

the area they were occupying. I didn't see anything, as the roof is too high but I could hear whimpering coming from the corner of my house. So, I am pretty sure it is baby raccoons I am hearing. If they are bear cubs, the mommy must be hibernating somewhere in our neighborhood.

We have been plagued for a number of years with wasp nests, raccoons and squirrels. The wasp nests get removed on a regular basis, the squirrels were evicted from inside our soffit along the side of the house a couple of years ago and the raccoons were kicked out of their last residence in our backyard last year.

What is it they like about our property? I don't hear any of my neighbours having this problem. I believe these pests may think we are too kind and won't do anything about interfering with their daily life.

If anyone has any suggestions how we can get rid of these problems forever, we would appreciate your input.

Until the next time.

*Sandy Gordon*



## Purim Parcel Delivery

Packing will be taking place at 15 Hove on Friday, March 6<sup>th</sup> at 10 a.m.

Distribution of these packages will occur from 15 Hove on Sunday, March 8<sup>th</sup> beginning at 8:30 a.m.

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# Random Musings



In a democratic society, whether one likes it or not, the way the government funds many programs is through its system of taxation. During an economic downturn

such as what we've seen triggered in the U.S., we do want to have programs for support and recovery funded.

When, however, I hear that some of the nominees for cabinet in the U.S. have serious tax issues, I worry whether the

constitutional idea of all men being created equal, is really the standard of practice.

As a dual citizen, I take a real interest in what happens in both the U.S. and Canada, and am deeply concerned that the system treats people fairly. People in positions of leadership in the U.S. should be very cognizant of the responsibilities they bear to the public.

If the average citizen is to respect the system of taxation for the good of society as a whole, he must believe that this applies to all employed members of that society.



*Elizabeth Bloom*

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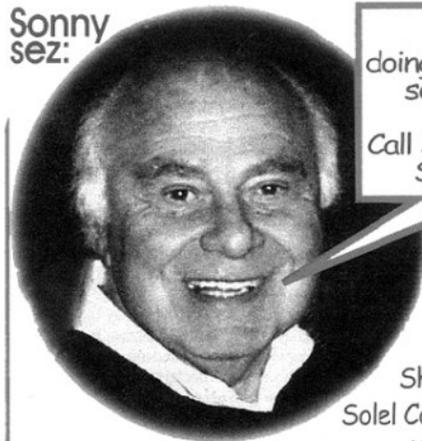
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# Notes from Nate



*News and views of Forestdale Heights Lodge from a past president who is still alive and kvetching in Thornhill.*

*Nu can I give anybody a deal on some used snow. I at one time*

this winter, told people I was up to my *tuches* in snow, but *mechob tsooris*, because I ain't tall enough no more to keep saying that.

This past weekend was a bit of a zoo at Chez Salter, because for the first time all four grandkids, assorted mommies and daddies, the odd brother-in-law, a few *mishpoche* and the mother-in-law and the brother-in-law's better half all joined us to celebrate our Justin's 5th birthday. Since this would be the first time the Montreal part of the family met the new granddaughter Kate, we decided to hold the unofficial birthday party as well here in Toronto. It is hard to believe that 5 years have elapsed since Justin surprised us by coming into this world 2 1/2 months early. What a thrill to see him as the beautiful, intelligent and curious little man he has become.

It literally blows my mind that days ago, he was sitting where I am right now and using, with amazing skill, this very laptop. Heck when I was that age we were still working on tying my shoes and getting them on the proper feet. Of course he is extra special, because it was his arrival that first let me call myself a *Zaidy*. Better than that, every morning I get up in the same bed as a *Boobie*, who still claims that she is still only 39.



Now I ain't the sharpest knife in the drawer, but being as how we just celebrated our 41st year of wedded bliss, and our oldest is over 37, something don't seem to add up. As I have said before, this is the best part of life and any of my friends in the Lodge who have grandchildren

of their own, know how true that is.

Speaking of the lodge, and you know I was going to, the slate committee recently met and have made the decision to carry on carrying on, utilizing those whose dedication and experience as well as leadership has allowed us to add another year to our legend.

**Continued on next page**

The funny thing is that among our members, there are many who have chosen not to step forward and become leaders of the future. I don't want to sound all teary eyed, but none of us are getting younger. There are many age and health challenges facing many of us right now and will be more widespread over the coming years. Our lodge survives today, because the "old guard" have carried on year after year.

Those on the executive have been around the horn more than once and have given of themselves over and over to keep the ship on course.

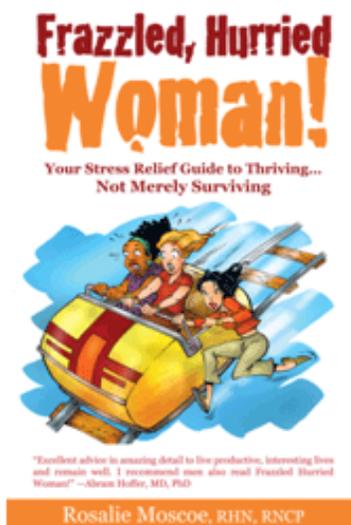
While we all have an interest in keeping the lodge alive and viable, as we enter a new executive year it is time for those who have been sitting on the sidelines to give back a little to the lodge. The future of this lodge and indeed the survival into the

future depends on people of good will, who will take the time and effort to perform the leadership tasks needed to keep the organization functioning.

Now is the time to volunteer for a committee to be an active partner in the operation of our lodge. I look forward to seeing some new faces on the committees in the next few months. I still maintain that your dues are an economical admission ticket to the greatest lodge in the GTA, so why not get your money's worth and partake. It won't make you rich or famous, but at the end of the day you will have a feeling of satisfaction and accomplishment that will last you a lifetime.

*Nate Salter*

## Fundraising



The lodge is now selling Rosalie Moscoe's book, *Frazzled, Hurried Woman!* as a lodge fundraiser. Cost is only \$10 with all funds going to the lodge. Don't pass up on this great opportunity. To get your copy, contact Stan Horowitz, at 905-475-2222 or his cell at 416-995-7826 or by emailing him at [shorowitz@kblp.ca](mailto:shorowitz@kblp.ca)

# Health in Harmony



## Healthy Eating for Sugar Addicts

Do you suffer from body tiredness, moodiness, and headaches? Are you overweight and don't know why? Do you feel great after eating

sugar then your mood plunges an hour later? Do you get "the shakes" or a late afternoon low? It's time for a healthy eating schedule.

Blood sugar ups and downs affect your moods, your concentration and your general health. Hypoglycemia, diabetes, increased risk of cardiovascular disease and reduced immunity can be some of the outcomes. Take the quiz, and discover tips to a healthier, mind and body.

### Quiz: Are You A Sugar Addict?

Count one point for every **Yes** scored.

1. Each day you vow not to eat sugar, but you do anyway.
2. You have a private stash of candy, chocolate or cookies.
3. At parties, you gravitate toward cakes or ice cream.
4. You can't live without bagels, croissants, hamburger buns.
5. Your breakfast is often a muffin or donut and coffee.
6. You add sugar to your coffee or tea.

7. Your breakfast is often a bowl of sugary type cereal and milk. (Read the label.)
8. Soda pop is consumed each day.
9. You feel euphoric after eating candy, but your mood plunges soon after.
10. (Bonus question!) You can live without sex, but can't live without chocolate!

### Scoring:

- 1 -3 Yeses- Sugar is becoming a habit. Cut down before it's an addiction.
- 4 - 7 You need sugar to get through a day. Try substituting it for fruit as snacks.
- 8- 10 You are A Sugar Addict heading for sick days. Reduce sugar now.

### Healthy Nutrients to the Rescue!

Eat less sugar to increase your body's strength and health, making it harder for illnesses to attack your system. Read labels and keep sugary foods (dressings, ketchup) out of your shopping cart. Look for natural brands. Increase exercise. It will decrease your appetite, burn calories.

Eat a small amount of protein at meals to help break sugar cravings. Eat complex carbohydrates (fruits, vegetables and whole grains) instead of white flour products and candy bars. Add some fat to meals; olive oil, nuts or avocado to further help blood sugar regulation. Follow through without being too hard on yourself if you slip - once and a while.

*Rosalie Moscoe*

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You are invited to the  
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Average Price:

Lunch: \$8-16

(per person, excluding beverages)

Dinner: \$10-18

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Take Out: Yes

Live Entertainment: No

Liquor License: Yes

Reservations: Recommended

Patio: Yes

Dress Code: Casual/Smart Casual

Wheelchair Access: Yes

Designated Smoking Room: No