

KOLECHAD

March 2012
Adar/Nissan 5772



FORESDALE HEIGHTS LODGE, B'NAI BRITH CANADA

KOL ECHAD

Kol Echad is the official publication of Forestdale Heights Lodge. It is published 10 times a year.

We welcome all articles and letters from members of the lodge.

All material submitted is subject to editing.

The editor may consult with members of the bulletin committee regarding 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

Marc Kates

Irv Pupko

Lisa Rosen

Debbi Silver

PLEASE COME HOME

Installation 2012 has been set for May 6. With that in mind, we are looking for a few of our Lodge trophies/awards. They may be hanging on your wall or forgotten in the basement. If you know the whereabouts of the Al Reider and/or Jeff Rosen memorial awards, please contact Ray Moscoe. No questions will be asked.

COVER ART

This month's cover was created by Elena Flerova. Her works range from insightful portraits to large-scale monoprint paintings and oils. They also include wall murals, screens and other interior decoration for private residences and public buildings. All of them evoke the mystique, essence and sweep of historical and religious events and fables. Over the course of her professional career, Elena has had numerous one-person shows in Europe and North America. Her works have been shown in more than 80 national and international exhibitions and she has won numerous awards and honors. To purchase this artwork, go to <http://goo.gl/ob700>

AT A GLANCE

March 7	Megillah Reading at 4300 Bathurst
March 12	Elections & Dinner Meeting (new date)
March 13	Bingo
April 2	Dinner & Meeting with guest speaker talking on organ donations
May 6	Toronto Marathon
May 6	FHL Installation
June 3	Woodbine

Dinner at 6:30; Meeting at 7:15

Dinner Charge: \$7.50 members; \$10 non-members

YEARLY AD RATES

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

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PRESIDENT'S PEN

Ramblings on Vacation



There seems to be no time during the workweek to think about philosophies of life.

When I go on vacation, I have time to think, to review all that makes me thankful. I know I'm

truly blessed.

Yes, there have been times of trouble, losing parents, other illness in the family, but thankfully, we all came through.

I'm thankful I can go on vacation, when others just dream about it. I'm thankful for my family, my friends, and my affiliation with Forestdale Heights Lodge. I'm thankful I have a nice home to live in, good food to eat and that my family and I live in a free country.

Spending some time in the United States this winter, I'm appalled to hear of the number of young couples who live without health insurance; they can't afford it!

How fortunate we are to have a health system that serves all people in Canada. Yes, it needs revisions; wait times are long for certain surgeries and in emergency rooms.

However, if someone faces a life-threatening problem, he/she is looked after and the only bill received is for the telephone or television in the hospital room.

We think we have a problematic political system, however, when it comes to U.S. politics, "you ain't seen nothin'." It's a slaughter of the candidates on all fronts. Remember,

there are only two parties vying to lead the country. At least with our system of three major political parties, there is some balance.

So it's good to think and to review all the positives in our lives, especially while on vacation. I might start this good habit every day at home.

Ray Moscoe



B'nai Brith Purim Basket Delivery
Sunday March 4 8:30 a.m. 15 Hove Street

GOOD & WELFARE

Birthdays

Michael Pacter
Marc Pollock
David Gorender
Ray Moscoe
Gary Budd

March 9
March 12
March 21
March 22
March 29



Anniversary

Marla & Avery Matlow

March 26

NOTICE

**The unveiling for Bonnie Kates will be held
Sunday, April 29, 2012 at 10:30 a.m.
Bathurst Lawn Cemetery, IOF Court Topaz section**

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EDITOR'S DESK



Dear G-d,
I know it's been a while since we talked, but I really wanted to write to say thank you for the wonderful weather this winter.

I'm sure you get that a lot. But then again, these days it seems everyone takes everything you do for granted.

Well, that's not me this time out. I know that some of your children love to play in the snow and enjoy slip, sliding away on the ice. That's definitely never been my style, preferring instead to stay inside and read a book (no not that book). I mean, the fluffy stuff looks nice when it starts, but after a few hours, getting around is definitely a challenge.

Of course, you're beyond all that, being able to know what's going on without worrying about road traction and dealing with winter-challenged motorists.

Speaking of your last and best creation, I have to wonder about those you left in charge of taking care of your house. Too many seem to be in a hurry to realize what a treasure we have down here.

If we're not engaging in conflicts with our brothers and sisters and claiming a "divine right" to know what

you want from us, we are polluting and destroying the world you left. Would you believe some even want to hasten the process of damaging this fair planet by reducing environmental regulations?

Now, having a child of my own (thank you for that by the way), I know that no matter how much freedom you give them, sooner or later they must be reined in. It's not enough to let them out to play with no rules to guide them.

Then again, maybe you have been trying to send us subtle messages. Could it be that all the unusual weather conditions are your way of saying that it's time to respect the home you gave us before it's too late?

It's funny that with all those people supposedly speaking in your name, not one of them seems to have heard you.

Perhaps it will take something less subtle. I certainly hope not. Then again, who am I to say. It's your home. You got a great location here (third rock from the sun was prime space I heard), so why let your children mess it up?


Eventually you will decide. Maybe I will see it, maybe not. It all depends on how patient you are with your children.

I give you a lot of credit though. I wouldn't tolerate my kid messing up my house on a regular basis.

Shalom

Jeff Rosen

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On **Wednesday, March 7**, at 6:30 p.m.
Forestdale Heights
will be hosting its annual Megillah reading
at 4300 Bathurst Street

If you are coming, please RSVP
to Carl Zeliger at
905-669-2732
or email **czeliger@wza.ca**
(*Volunteers please arrive between 6-6:15 p.m.*)

Woodbine 2012

Sunday, June 3

Cost \$40/person, which includes buffet lunch,
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evieishome@rogers.com or **(905) 770-3100**

EXECUTIVE ELECTIONS

The slate committee met on January 4, and recommended the following individuals serve on the executive of Forestdale Heights Lodge for 2012-2013. The slate was formally nominated at our February 6 meeting. Elections will take place at our March 12 meeting.

- President:** Ray Moscoe
Senior Vice-President: Harvey Silver
Vice-Presidents: George Garten, Evie Isenberg, Richard Kotzen
Treasurer: Charlene Garten
Financial Secretary: Stewart Indig
Recording Secretary: Rhona Leviston
Trustees: Elizabeth Bloom, Ivan Bloom, Barry Gordon, Sandy Gordon, Allan Greenberg, Linda Greenberg, Avery Matlow, Marla Matlow

As immediate past president, Irv Pupko, will serve as chaplain.



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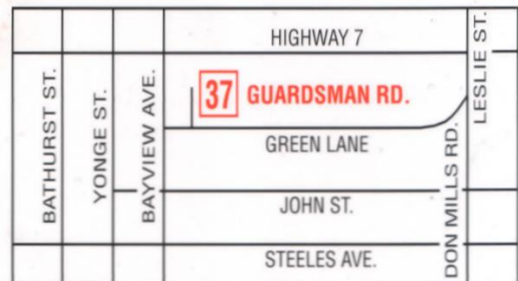
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NOTES FROM NATE

Never letting the truth get in the way of a good story



Azoi, when did my kids manage to grow up so fast, when I wasn't looking? How did little Miss Wetpants of 1971 turn into somebody's mommy. Last time I looked, she was playing Barbies with her little sisters. Yes, my friends, the years have gone screaming by faster and faster and now I look in the mirror in the morning and I wonder why I am shaving some grey haired old guy's kisser. Then I look at my oldest "goldene meydele" who has celebrated her 40th birthday, her sister who just celebrated her 38th and G-d help me, my baby daughter is now 35. Remind me to ask how the missus herself is still claiming to be 39, because given the foregoing ages, something doesn't add up and I am beginning to feel like a dirty old man.

In reality, for decades I was so busy building a business, slaying the proverbial dragon and working on the road for endless hours, that I left the parenting to my wife, who took on the challenge and developed three articulate, intelligent and beautiful girls. We were so fortunate in that the girls took full opportunity of their paid for university educations, worked hard

in school and built their own careers once they hit the real world.

It has been one hell of a trip so far and through our grandkids we are getting to see it all again. I truly believe that grandchildren are G-d's reward for not killing your children no matter how much they need and deserve it at that moment in time. There is nothing more fulfilling than watching your little ones do unto their parents, that which their parents did unto you.

You know something really funny; the same scenario is playing out in members' homes all across the GTA. Now that many of us have the nachus of grandchildren, because we no longer have to work so hard, we get to watch them grow up and we can savour every second. I sometimes cry to myself when I realize that due to my age and afflictions that I may not be around to see them grow up and marry. However, I promise you that all five of my angels will remember that they had a Booby and Zaidy who loved them.

Finally your *Pincus Punim* moment:

Man blames fate for all other accidents, but takes full credit for a hole in one.

Nate Salter

FORESTDALE FUNNIES

Florida Court Sets Atheist Holy Day!



In Florida, an atheist created a case against Easter and Passover holy days. He hired an attorney to bring a discrimination case against Christians and Jews and observances of their holy days. The argument was that it was unfair that atheists had no such recognized days.

The case was brought before a judge. After listening to the passionate presentation by the lawyer, the judge banged his gavel declaring, "Case dismissed!"

The lawyer immediately stood objecting to the ruling saying, "Your Honour, How can you possibly dismiss this case? The Christians have Christmas, Easter and others. The Jews have Passover, Yom Kippur and Chanukah, yet my client and all other atheists have no such holidays..."

The judge leaned forward in his chair saying, "But you do. Your client, counsel, is woefully ignorant."

The lawyer said, "Your Honour, we are unaware of any special observance or holiday for atheists."

The judge said, "The calendar says April 1st is April Fool's Day. Psalm 14:1 states, 'The fool says in his heart, there is no G-d.' Thus, it is the opinion of this court, that, if your client says there is no G-d, then he is a fool. Therefore, April 1st is his day.

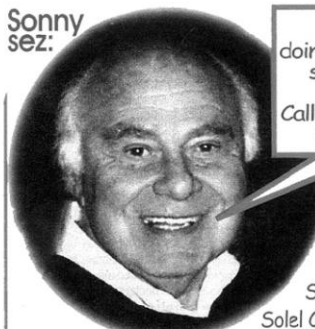
Court is adjourned..."

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PURIM TREATS

Cookie Hamantaschen (Dairy)

2 eggs
1/2 cup sugar
1 stick unsalted margarine
2 3/4 cups flour
1/4 tsp. salt
1 tsp. baking powder
1 tsp. vanilla
juice of 1/2 orange or 1/2 cup
sour cream



Preheat oven to 350 degrees. In a mixing bowl, cream eggs, sugar and margarine. Add flour, salt, and baking powder. Stir in vanilla and orange juice or sour cream. Place dough in refrigerator for 20 minutes.

Roll out dough on a floured board. Cut 1/4-inch circles. Place 1 tsp. of your favorite filling in center. Pinch dough to make triangles. Place on a cookie sheet and bake 20-30 minutes.

Poppy Seed Cookies (Dairy)

1 1/3 cups sugar
4 eggs
1/2 cup unsalted margarine
1/2 cup vegetable oil
4 cups flour
4 tsp. baking powder
1/2 tsp. salt
1/2 cup poppy seeds
2 tsp. vanilla
1/8 tsp. cinnamon



Preheat oven to 375 degrees. In a bowl, cream sugar, eggs, margarine and oil. Add flour, baking powder and salt. Add poppy seeds, vanilla and cinnamon. Add more flour to make dough easy to form into balls. Form balls by hand and place on greased cookie sheets. Flatten with your hand to desired thickness. Bake for 8-10 minutes.

Rosalie Moscoe
RHN, RNCP



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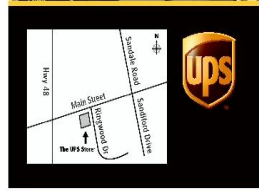
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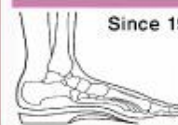
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AS I SEE IT



I am a proud fifth generation Canadian who calls Toronto home. Growing up in this metropolis, I have incredible access to arts and culture, sports, entertainment, shopping and international

cuisine.

I know that I take it for granted that I live in a safe, multicultural city. It's only when I leave Toronto that I truly appreciate what I have. I am guilty of comparing Toronto to other cities around the world I have visited. Toronto does not have the history of Jerusalem, the natural beauty of Vancouver, San Francisco or Sydney, Australia. It lacks the historic architecture of London or Paris, and the exciting pulse of New York.

Toronto always bills itself as a "world class city." Does a world-class city truly need to promote itself as one? Do they do that in Amsterdam, Buenos Aires, Tokyo and Rome? Will the 2015 Pan Am games slated for Toronto take us down that path?

Toronto lacks vision. We are guilty of erasing our history and not thinking far enough into the future. Our subway system is inadequate for our population, and easy public transportation to Pearson

International Airport should be a given. Redevelopment of the waterfront has been "committed" to death, and progress has stalled. I am a proud Torontonian, but let's move forward.

We need big dreamers and collaboration at City Hall. To our politicians I say, "Get on with it." Celebrate what we have and let that be our beacon to the world. The official Tourism Toronto website states, "Explore Toronto - A true city of the world, Toronto offers many experiences you won't find anywhere else on the planet. Whether it's a museum dedicated to shoes or a walk on the edge, come explore Toronto, Mississauga and Brampton!"

Is that it? In my mission statement to the world, I probably would not mention a museum dedicated to shoes.

Toronto is a fantastic city that makes it easy to live Jewishly. Quite often visitors from out of town have commented on the tremendous resources we have. However, along our Jewish thoroughfare of Bathurst Street, I am ashamed of the dilapidated buildings, lack of greenery and the ugly black advertising boards - visual pollution as far as I am concerned.

Where are all the visionaries? Toronto needs you, desperately. Take pride in ourselves and be confident, proud Torontonians. World-class status can wait. In the meantime, let's build an even better city.

Marc Kates

HEALTH IN HARMONY



Love Your Heart: Let Me Count the Ways

At an average heart rate of 72 beats per minute, your heart can beat 2.6 billion times in an average lifespan!

Yet we seldom think

about our hearts – our life-giving organ. You can look after your heart – in many ways.

Get Moving!

According to the Heart and Stroke Foundation, to improve the health of your heart, you need to exercise 150 minutes per week – whether you walk, cycle, climb stairs, swim, vacuum – anything to get moving and burn calories. Walking is easily accessible. Thirty minutes per day, five days a week is a good plan, however, even 10 or 15 minute increments a couple of times a day is also adequate. A brisk walk at lunch hour and after dinner is a good start.

Reduce Stress

Drs. Friedman and Roseman, cardiologists in the 50s, documented that those with Type A type personality as being associated with increased heart risk. Type As are always in a hurry and mostly will try to stuff more into less time. They often create deadlines that don't exist and display

aggressive and hostile behaviour over something that many others would pass over. They move, walk and eat quickly and are often impatient. Perhaps you know someone like this; maybe it's you.

Unmanaged stress can cause high blood pressure, higher cholesterol levels, and coronary heart disease.

You Can Gain Control

- Take note of things that cause you stress.
- Accept the fact that you can't change certain situations.
- Find some time each day to relax; take some deep breaths to get calm.
- Notice when you have negative thinking; give yourself credit for a job well done.
- Take charge of your schedule and prioritize your tasks each day.
- Practice healthy habits: exercise, get enough sleep, and drop the junk food: chips, chocolate bars, donuts, white flour products, and aspartame. Eat fish twice a week and/or take a daily fish oil supplement; get a physical check-up.

There is no time like the present to care for and love your heart...And the beat goes on.

Rosalie Moscoe



Purim Sameach!

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