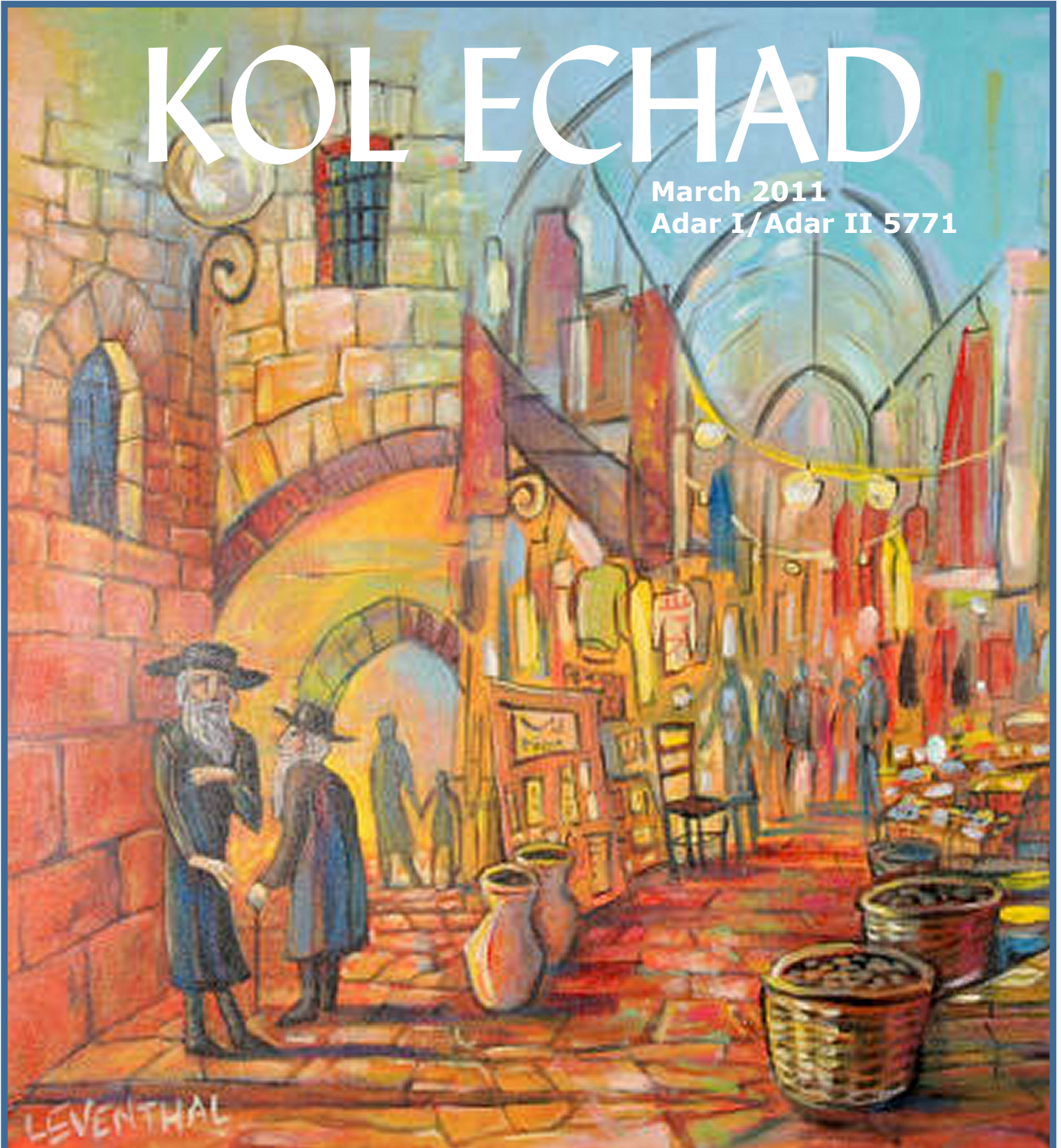


KOLECHAD

March 2011

Adar I/Adar II 5771



FORESTDALE HEIGHTS LODGE, B'NAI BRITH CANADA

DINNER MEETINGS

Effective February 1, the charge for dinner meetings has been revised. The price is \$7.50 per person for members and \$10 per person for non-members and guests.

AT A GLANCE

March 7	Dinner Meeting
March 8	Bingo
March 19	Megillah Reading
April 4	Dinner Meeting
April 12	Bingo
May 16	Dinner Meeting
May 15	Toronto Marathon
May 15	FHL @Woodbine
June 6	Dinner Meeting

Dinner at 6:30; Meeting at 7:00

YEARLY AD RATES

Full Page	\$200
Half Page	\$100
1/4 Page	\$50
Business Card	\$40

10 issues published every year

If you would like to advertise, please call
Harvey Silver, Business Manager,
(416) 223-0780.

KOSHER FOOD BANK

In the past year, **Forestdale Heights** has become a major supporter of the **Pride of Israel Kosher Food Bank**, which serves between 135 and 145 people per week. Members are requested to bring an item of **non-perishable kosher food** to each lodge meeting. The food items should bear one of the **kosher certifications** (examples shown below). Donations of sealed toiletry items are also welcome. Donations will be collected at each meeting and delivered the following day by Carl Zeliger.



KOL ECHAD

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

Editor: Jeff Rosen
Advertising: Harvey Silver
Editing Staff: Bonnie Kates, Lisa Rosen

PRESIDENT'S PEN

Reaching Out to Fellow Jews



How many of you like to visit a shul or a Jewish centre when you travel to other countries? It's something I always do. Many Jewish friends I speak to do the same thing even though they hardly go

to shul in their own hometown! So why do we visit Jewish centres out of town? I'll tell you an important reason for me.

In January 1964, my parents made plans to fly to Florida for a vacation. A good friend of my father talked my parents out of flying and instead persuaded them to drive to Florida with him. My parents cashed in their tickets and the three of them headed out. Two days later two police officers knocked on my door at home to tell me that my parents were involved in a serious car accident in Virginia. Their car was hit head on by a drunk driver. My parents were in rough shape and their friend was dead. My two brothers and I flew that afternoon to Richmond, Virginia. From there we took a bus to Farmville. We arrived at the miniature hospital surrounded by tobacco fields. It was 3 a.m.

We paced most of the night, as we were not allowed to see our parents until the doctor arrived in the morning. I picked up the phone book (two pages)

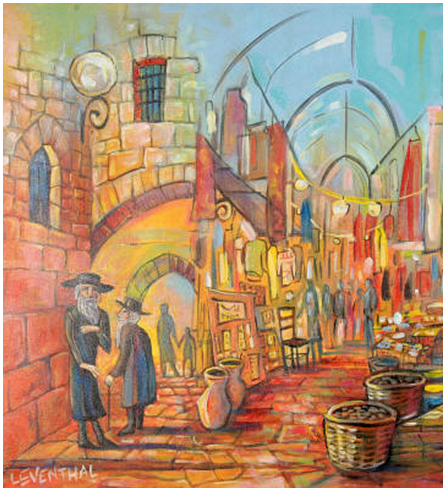
and the last name listed in the book was Weinberg. I called him at 4:30 a.m. When Mr. Weinberg answered the phone I said, "Mr. Weinberg, my name is Ray Moscoe. I'm with my two brothers at the hospital. We are Jewish and we need help." Within a half hour, Mr. Weinberg and his wife arrived at the hospital. I believe *Hasham* sent the Weinbergs to us.

The Weinbergs owned most of the town and lived in a sprawling southern mansion, complete with butlers, maids and a chauffer. The generous couple hired private nurses around the clock for my parents. They brought in kosher food from Richmond to satisfy my mother – all at no cost to our family. My brothers returned home and I stayed with the Weinbergs for two weeks in their home as their guest until we could arrange safe passage home for my parents. Thankfully, my parents survived, and in time healed from the broken bones.

We remained good friends with the Weinbergs for many years and the experience taught me to value our fellow Jews wherever we find them, even in Farmville, Virginia. As a result, when I travel I always check the location of the shul or Jewish centre for if I ever need help, that's where I'd go.

Ray Moscoe

COVER ART



Sculptor, artist, designer, Ian Leventhal has achieved a vast body of work over the past 30 years. His imaginative and often whimsical style uses colour and texture in an exuberant display of fantasy and humour.

Born in Toronto in 1951, Leventhal is an honour graduate of Fine Arts from York University. He also studied at the Ontario College of Art, now OCAD, and at Sara Lawrence College in Lacoste, France.

He had had several one-man art exhibitions over the years. However, he is probably best known for his numerous commercial works that adorn and define restaurants, hotels, libraries, malls, schools, cafes, hospitals and banks from Toronto to Jerusalem.

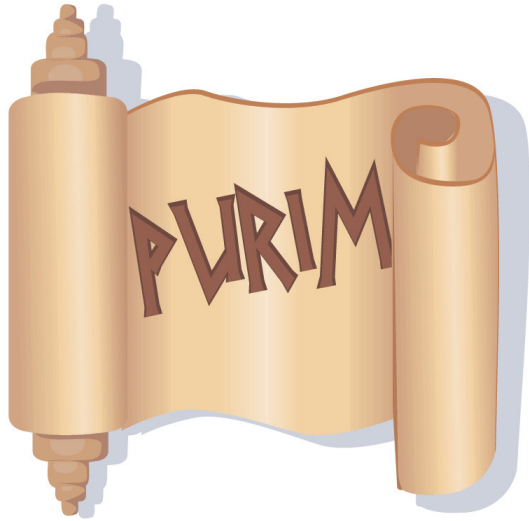
Leventhal's distinctive style has created a major impact on coffee shops across North America with his award winning designs for the Second Cup. Asked to create a new image for a local coffee shop in 1994, Leventhal's murals, sculptures and mosaics quickly transformed the location into a quirky visual landmark. His designs for the company now embrace over 100 of the popular cafes across the country.

However, Leventhal's corporate works do not just include coffee. His joyful paintings and sculptures grace the walls, ceilings and floors of many prestigious buildings, businesses and public institutions.

Over the last few decades, Leventhal has collaborated with the Pickle Barrel chain of restaurants in producing hundreds of sculpture, plaques, mobiles and murals in a range of mediums. Pink elephants carrying Pickle ladies in floppy hats, parades of clowns and camels, Gerkin Juggling Jesters and other improbable creations boldly flaunt themselves to the amusement of all.

In the mid 80s, Leventhal was honoured with a UNICEF award. He was honoured for his contribution to the arts in Canada.

Leventhal's philanthropic nature has allowed many of his colourful and stylish creations to delight and enrich many hospital and schools both in Canada and in Israel. In 1998, Leventhal was the patron artist for the Heart and Stoke Foundation. The same year he created the signature painting to mark the 50th Anniversary of Israel's founding.



On Saturday, March 19,
at 8:30 p.m.
Forestdale Heights
will be hosting
its annual Megillah reading
at 4300 Bathurst Street

If you are coming, please RSVP
Carl Zeliger at
(905) 669-2732
czeliger@wza.ca

BBC PURIM BASKET DELIVERY

Drivers & volunteers needed
Sunday, March 13
Please join us at 15 Hove St. at 8:30 a.m.

Please contact Faith at B'nai Brith Canada
(416) 633-6224 ext 109
fgoldberg@bnaibrith.ca

EDITOR'S DESK



For most people there is absolutely no connection between Yorkdale Shopping Centre and B'nai Brith Canada.

However, back in the late 1960s, the connection became personal and formed a memory that lasts

to this day.

It was at a Chanukah party held by LMOL – my father's lodge – at Yorkdale's Noshery Encore that this memory was indelibly imprinted on my young mind. While the details of the Chanukah party have long vanished, the day was memorable in that I walked away with the door prize.

It was ironic that this non-sports buff was the winner of a book entitled, *Gordie Howe, Number 9*. Forty years later, the dust jacket is torn and frayed and I have yet to read it.

Why do I keep it then you ask? Perhaps it is more of a memento of that treasured day than anything else is.

I started to think about this particular time and place in my life last month after reading about Yorkdale's current expansion plans.

It seems Canada's first covered mall is set to grow again, adding an additional 40 stores or 145,000 square feet.

Continued on next page



I often wonder, how big is too big? Is there a law of diminishing returns, when there can actually be too many stores under one roof?

I remember the original Yorkdale, when the mall was anchored by Eaton's, Simpson's and Dominion. There were two theatres (later three, then six), fountains outside the main department stores, Kresge's, the Noshery, Smitty's Pancake House and a number of other shops and services. There was even a hardware store in the mall. Today, I challenge you to find such a creature in any mall.

I was devastated when the first expansion saw the demise of Cole's Bookstore and was disappointed to see

the end of the Noshery. Ironically, today Indigo, the owner of Cole's, sits approximately in the Noshery's footprint.

The biggest shock was the demise of Eaton's and Simpson's as Sears Canada bought out the former and the latter was taken over by The Bay.

The mall continued to change, grow and evolve, from its original 110 stores to its present 250-store operation. No matter how large this mega-mall gets, my memory will always remain rooted in the old Noshery and one special day.

Shalom

Jeff Rosen

The **B**ottom line

Monday March 7 to hear **Colon Cancer** survivor
Paul Greenberg and his wife **Karen**
share their story of how he beat this deadly disease

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Birthday

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Marc Pollock	March 12
Jack Aronson	March 28
David Gorender	March 21
Ray Moscoe	March 22
Gary Budd	March 29

Anniversary

Avery & Marla Matlow	March 26
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TASTY HAMANTASHEN

4 cups flour
4 eggs
3/4 cup sugar
1 cup margarine, softened
1 tbsp. Orange juice
2 tsps. Baking powder
1 tsp. Vanilla extract
Pinch of salt
1 tsp. Orange rind

FILLINGS

1 pound strawberry or apricot preserves

Preheat oven to 350°

Grease cookie sheets

Place all ingredients in a large mixer bowl and beat together. You may add a drop more juice or flour, depending on consistency of dough. Roll dough into a ball. Divide into four parts.

FUN VARIATION

Put a drop of food coloring into dough, for coloured hamantashen, the kids will love it!

1. Prepare dough of your choice. Divide into four portions.
2. On a floured board roll out each portion to about 1/8-inch thick. Using a round biscuit or cookie cutter cut 3-inch circles.
3. Place 1/2 to 2/3 teaspoon of desired filling in the center of each circle.
4. To shape into triangle, lift up right and left sides, leaving the bottom down and bring both sides to meet at the center above the filling.
5. Bring top flap down to the center to meet the two sides. Pinch edges together.
6. Place on grease cookie sheet 1 inch apart and bake at 350 degree preheated oven for 20 minutes.



EXECUTIVE ELECTIONS

The slate committee met on January 9 and has recommended the following individuals serve on the executive of Forestdale Heights Lodge for 2011-2012. The slate was formally nominated at our February 7 meeting. Elections will take place at our March 7 meeting.

President:	Ray Moscoe
Senior Vice-President:	Ruth Pupko
Vice-Presidents:	Evie Isenberg, Richard Kotzen, Harvey Silver
Treasurer:	Irv Pupko
Chaplain (non-elected):	Irv Pupko
Financial Secretary:	Lisa Rosen
Recording Secretary:	Michael Kates
Trustees:	Elizabeth Bloom, Ivan Bloom, Barry Gordon, Sandy Gordon, Avery Matlow, Marla Matlow

BINGO ON BATHURST

B I N G O				
7	25	44	57	62
15	22	40	50	70
11	30	FREE SPACE	46	74
2	28	37	55	68
10	27	39	59	75

For a bit over a year, Forestdale Heights Lodge has helped with a bingo run for the residents at 4300 Bathurst Street. The Lodge runs the bingo on the second Tuesday of every month (unless this conflicts with a holiday) from October to June. The Lodge members call the numbers and check the cards. More importantly, they help the residents who often don't hear the numbers called or can't see their cards very clearly. It is a short night, running from 7:30 p.m. to 9:00 p.m. and our participation is much appreciated by the residents who show up. We usually need three people to help. Among those who have recently taken part in this programme are Richard Kotzen, Ray Moscoe, Irv Pupko and Barry Gordon. We would like to see other people get involved so that if someone gets sick or is on vacation there is a back-up group to call on. Anyone who is interested can contact me at i.pupko@rogers.com or let me know at a Lodge meeting. **Our next bingo date is March 8.**

AFTERNOON AT THE RACES

Join us for a delightful Sunday afternoon at the Trots

Woodbine racing has all of your entertainment needs covered including gaming slots and the ability to place a bet off track at another world-class racetrack. Woodbine offers gourmet dining ranging from the simple to the sublime. Come join us **Sunday, May 15** for lunch and a fun packed front-row seat to the excitement of an afternoon at the trots. Price is **\$40** a person including parking, admission and a programme. Feel the thrill of the win at Woodbine Racetrack. Dining room will open at 11:30 a.m.



RSVP Bonnie Kates at katesfamily@sympatico.ca to reserve your place

SANDY'S SCRIPT



They say that music is good for the soul!

I was a member of a choir at Baycrest that disbanded last year and I have since joined a group called the Choralairs! We meet at Earl Bales Park once a week for rehearsals and have bookings for various senior homes to perform our repertoire.

Our last performance was in early February at a senior's residence. Having performed for many years in this type of venue, I have a feel for the level of reception we receive. Choice of music is important but most of all the enthusiasm of the singers who have the love for music and their ability to share with the audience. Very often, the audience will sing-a-long and that for us is so exciting! Most of all we, the singers, have a blast. We are not performing for a huge audience in a theatre but it doesn't matter because we are doing what we love to do. It's like therapy, you forget what variety of problems we experienced during the day...when

we get together to sing....problems are not in the picture.

There have been studies done about music and the aged. It has been proven that music does benefit everyone. Very soon, I will be participating in the first Music Therapy Research Program at Baycrest and am looking forward to volunteering and finding out all about it. Baycrest has had a Music Therapy Program for many years. A singing group will be established and the research will be based on this group of seniors. Each participant in

the group will be interviewed for information to be used in the research.

Music is an international language that does not change in its presentation but does, within the many cultures in our world. There is much to be learned and so much

more to give. I know it takes me away to faraway places and returns me back safe and sound. You should try it!

Until the next time.

Sandy Gordon



AS I SEE IT



Some men don't pay any attention to their grooming, but more men than ever are making grooming a priority and doing what is called "manscap-

ing." Some do it to retain their youth, some to please their significant others.

Most use soap regularly incorporating skin softeners, lotions, oil and skin creams to their hygiene routine, including moisturizers, sunscreens, colognes and perfumes.

Most men use conditioners in their hair to keep it soft, manageable and reduce flyaway hair. Good grooming also involves shaving and cutting those stray hairs that grow from ears, nostrils and unruly eyebrows. There is nothing nicer to look at than a face with a unibrow – **NOT!** It gives a man's face that hard unpleasant and unapproachable appearance.

How many forget about their hands and feet? Manicures and pedicures are crucial to good hygiene. Nothing is

nastier when you want to cuddle and you are scratched from a toenail that has run-a-muck from your loverboy. It's time to book him a pedicure.

Many men believe that pedicures are strictly a female thing. Nothing could be further from the truth! A pedicure is simply the care of the feet to avoid complications and to make them look their best. Since we all have feet, pedicures are in no way restricted to only females. Getting a men's pedicure can be extremely beneficial.



In fact, my hubby and I enjoy going regularly to have our toes tended to. It is a time we set aside for us that we both love. The look on his face as the warm whirlpool of bubbles and water tickles his tootsies is joyful. When he sits himself down in the relaxing chair, he sets the motor vibrations

to soothe the tension in his neck and his back.

He enjoys the massage from the manicurist on his feet and calves with the luxurious mango extract our particular salon uses.

Continued on next page

He even insists on a coat or two of clear lacquer as a finishing touch.

I enjoy sharing this ritual with my sweetie and when we get home, he never fails to remark, how much he enjoyed the experience. If you guys have never had a professional pedicure done, treat yourself to one. Get a bunch of guys to go together or take your

better half and share the experience. Pedicures are not just for women, it's for all of us. What a nice way to share time with your spouse and to help him keep his feet happy, healthy and comfortable.

Bonnie Kates

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HEALTH IN HARMONY

Balancing The Budget (*But there was this Great Sale!*)



It's a New Year – time to balance the budget. This chore's more difficult for some than others. It takes self-discipline and a brave outlook.

Shopping, for women, is truly in our genes. After all, we've been aware for eons that men are hunters and women are gatherers. I knew it! I'm just fulfilling my destiny. My husband needs a shirt. He goes to the store, buys a shirt and comes home. He's fulfilled the hunt! (I do know some men who like to shop!)

Mostly its women who love to meander, to multi-task, to gather. "What else do I need?" we ask ourselves. Although no one has ever studied the effects of the word SALE on a woman – whether she needs it or not, she must have it! The word "sale" means one can reap the reward of filling one's basket with "more." The pleasure of snagging that desired item at a steal probably releases a serotonin rush in the brain. Suddenly, you're finding the best wild fruit in the forest. Start picking!

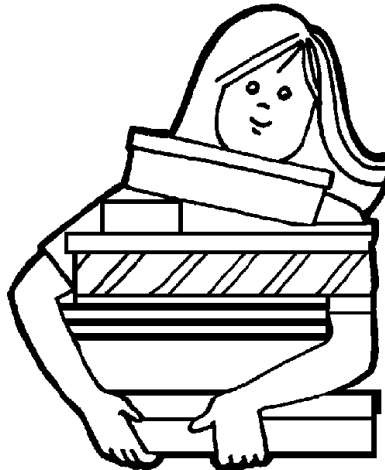
When I was in the shopping mall after the holidays, I couldn't help but notice the sign on the window of a dress shop. It said, 70% off! The scene at first reminded me of a feeding frenzy at the aquarium. But truly, it was more like a professional football game. I was in a heads down competition. You think football players play hard by tackling and running? You haven't seen anything as competitive as women out for a sale. "That won't fit *you*"... "Where did you get that?" ... "I never saw it!" One woman tried to grab a dress out of my hands; she claimed she had seen it first. We were both tugging on the same item! But I was the one who held onto the ball and ran down the field, my feet barely touching the ground. Touchdown!

I came out victorious with my spoils – two sweaters and a dress. You have to be quick.

So How Can You Shop AND Balance the Budget?

Girls, (we're all girls until we're 94), the best way to tame the shopping beast within, is to stay away from the malls unless you need something.

Continued on next page



Don't go with the plan to merely window shop if you're intent on keeping out of debt. However, boring it may sound, you can always buy something small, such as a new pair of socks, underwear or a lipstick. Getting something new is what truly drives women to shop anyway. We feel renewed. If you can savour those one or two small items, it may fulfill the biological need to gather (i.e. the craving to shop.)

If those small items are ON SALE, well then, you've scored!



Rosalie Moscoe



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December 2, 2010

Ray Moscoe
10 Tichester Rd
Toronto, ON
M5P 3M4

Dear Ray;

On behalf of B'nai Brith Canada, Jewish Family & Child Service and Circle of Care, please accept our thanks and appreciation for participating in the Chanukah Basket Delivery program on Sunday, November 28, 2010. Seeing the appreciation reflected on the faces of recipients, certainly reinforces a very valuable and important part of our Community Volunteer Services.

Please accept our sincere thanks and appreciation. This program is a true example of "People Helping People". We greatly rely on our volunteers for the great success of this program.

We are aware that from time to time, the addresses are incorrect or a recipient is not at home. This is in spite of receiving a phone call from the agency. We're aware that this can be frustrating, but we are always working on perfecting the system.

Thanks again,

Sincerely,

B'NAI BRITH CANADA

F. Goldberg
Faith Goldberg
Program Co-ordinator



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 Fax: 905.639.4998

OTTAWA, ON
 301 Moodie Dr.
 Suite 304

Tel: 613.828.7887
 Fax: 613.828.2729

MONTRÉAL, QC
 1155 boul. René Lévesque O
 Bureau 2500

Tel: 514.866.2493
 Fax: 514.875.8967

POINTE-CLAIRE, QC
 6600 Trans-Canada Hwy
 Suite 500

Tel: 514.426.0121
 Fax: 514.426.1790

VANCOUVER, BC
 1200 West 73rd Avenue
 Suite 1100

Tel: 604.707.9018
 Fax: 604.707.9021

CALGARY, AB
 396 - 11th Ave SW
 Suite 950

Tel: 403.538.4788
 Fax: 403.538.4789

RALEIGH, NC
 4020 WestChase Blvd.
 Suite 140

Tel: 919.832.8900
 Fax: 919.832.8905