

Forestdale  
Heights  
Lodge

# KOL ECHAD

קול אחד

פורסטדייל  
הייטס  
לודג'

May 2008

Nisan/Iyar 5768

## 41<sup>st</sup> Annual Installation of Forestdale Heights Lodge

Sunday May 25, 2008  
Cocktails begin at 5:30 p.m.  
Dinner/Dancing to Follow

Beth Radom Synagogue  
18 Reiner Road  
Toronto, Ontario

**Don't forget to RSVP**  
Please make note the return envelope was incorrect  
It should be returned to  
59 Verwood Ave. Downsview, M3H 2K8

# KOL ECHAD



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

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

**Editor:** Jeff Rosen

**Advertising:** Harvey Silver

**Editing Staff:** Bonnie Kates  
Lisa Rosen

**Contributors:**  
Elizabeth Bloom  
Ivan Bloom  
Bonnie Kates  
Lisa Rosen  
Nate Salter

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

## At A Glance

Monday, June 16

Dinner Meeting

---

### Kol Echad Deadlines

June Issue	May 15
Summer Issue	June 21

---

### Kol Echad Yearly Advertising Rates

Back Cover	\$300
Inside Back Cover	\$300
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**

### Good & Welfare

#### Birthday

Barry Gordon – May 15

Morris Shapransky – May 19

*Wishing the following members  
improvement in their health:*

Bonnie Kates

Nate Salter

Morris Shapransky

# President's Pen



The 2008 summer Olympic Games in Beijing are less than four months away, yet China's brutality in Tibet continues. While I realize China's record on human rights is abominable, I

fail to understand how skipping the opening ceremonies will change that? What about that country's acceptance of the slaughter in Darfur, perpetrated by the Sudanese government because it is the biggest supplier of oil to the Chinese people.

The call for world leaders to boycott the opening ceremonies, have grown louder. So what! What effect will these tactics have on the Chinese government? Boycotting the games in their entirety or just the opening ceremony will do nothing to soften Beijing's treatment of its dissidents. Nor will it suddenly make China a critic of the atrocities taking place in Darfur. For the most part, the Chinese government doesn't care about their own people so why would we think they would have concern for the rights of others?

China doesn't care if Stephen Harper, Angela Merkel or other leaders don't show up for the opening ceremonies. I fail to understand the effect, how being a no show will make the Chinese rethink their human

rights policies. Can someone explain this to me?

Sadly, the real losers will be our athletes who have poured their hearts and souls into preparation for this special event. Hasn't history taught us that prohibiting world-class athletes from competing against each other on an international stage for political reasons is counterproductive? Shouldn't we use this opportunity to share what is good and similar in all humans, regardless of geography or political ideologies?

The games are about brotherhood and competition, courage and performance. If world leaders want to take a moral stand on China's repressive tactics, its treatment of dissidents or its detention of citizens without trial, then be forthright. Hit them in the pocketbook, with boycotts on commerce and trade. Then you might get the Chinese government to sit up and take note.

Let's not use sport as a way to further our individual political ideals. Let's win the battle against oppression and hatred by showing the world we stand together.

*"To become truly great, one has to stand with people, not above them."*

— Charles de Montesquieu quotes (French Politician and Philosopher, 1689-1755)

*Bonnie Kates*



# BBI Annual General Meeting/ BBC Policy Conference

For the first time  
B'nai B'rith International  
and B'nai Brith Canada  
are having a joint meeting

Date: Friday June 27<sup>th</sup> – Sunday June 29<sup>th</sup>  
The Minto Place Hotel, Ottawa, Ontario  
Details to follow



GLATT KOSHER C.O.R.

Fire roasted chicken  
Signature sandwiches  
Salads

Wings and more

905-886-8686  
7241 Bathurst Street

# Editor's Desk



It is all around us, something that we have no control of, yet talk about endlessly. We say, *it waits for no man* and *flies when you are having fun*. We wonder why it moves so slowly at

times, yet races by so swiftly over the years.

Of course, what I am talking about is Time.

It seems everything we do in life is measured by time, using various timepieces for shorter durations and calendars to keep track of longer periods of time.

However, even without such devices, most of us can gauge the passage of time just by observing their surroundings. Without knowing the exact date, we know the UJA Walkathon falls around the Victoria Day weekend in May; Holocaust Education Week and Jewish Book Fair takes place after the High Holidays.

In Forestdale Heights we mark the passage of time by our installations. While the timing each year varies between May to September, the arrival signals the start of yet another new year in the lodge. Committees are struck anew and new programs and ideas are discussed. By the time a new installation takes place, everyone is ready for change. Even when the change is symbolic and an executive is

simply being reinstalled, everyone is ready for a fresh start.

The change is more significant when an executive completes their term of office and our president hands over the gavel to a successor.

Over the past decade, we have measured this special moment in two year intervals as it was felt that one year was just not enough time for a president to implement their agenda. No sooner was an executive comfortably installed then plans would have to start again for yet another installation.

This time out, our current president, Bonnie Kates, had more than enough time to “get it right” and implement her agenda over a three year period.

It seems like just yesterday when I stepped down and passed the torch to my then senior vice-president. It was quite the moment for our lodge, installing our first female president. I wonder how many of our members, including the then incoming president, wondered how she would differ from her male counterparts. Bonnie was a true groundbreaker for our lodge. She truly went where no woman had gone before.

Today, I do not think any member would ever think twice if another woman were to declare their intention to seek the lodge's top post.

**Continued on next page**

I know that as a result of our declining membership, contested lodge elections are rare. Yet anyone seeking the presidency of FHL does not get there overnight, but only after rising through the ranks, until their nomination for presidency becomes a foregone conclusion.

Has our current leader been better than her predecessors? The answer of course is both yes and no. She has shown that women are just as capable and fallible as their male counterparts. Like those who came before her, her presidency faced its own unique challenges.

When this corner of Kol Echad upset those in the upper echelons of B'nai Brith, she defended both myself and the bulletin's editorial integrity. When criticized by staff members who did not realize they should be serving the greater good of the lodges, she again stood her ground.

Overall, she has advanced the cause of Forestdale Heights and made the lodge a better place to belong. I truly believe that any dedicated lodge member can serve as president. However, they have to be willing to put the time and effort into the position. Bonnie did both and the lodge

owes her a huge debt, not only for taking on the position, but sticking it out longer than any person has ever done, three consecutive years.

Now, the time has come for Bonnie to pass the torch to a new executive and a new president.

Irv Pupko is no stranger to challenges. He has and continues to face them in his own life. He is someone who has a deep love and commitment to our lodge and I have no doubt he will make an outstanding leader.

In the coming months, Irv will take the job and make it his own. It won't be the way our past presidents ran things or the way Bonnie dealt with situations. It will be Irv's presidency and Irv's executive who will work over the coming months and years to make their mark and leave FHL an even stronger lodge.

At our installation let's give our outgoing executive a round of applause for a job well done and give our undivided support to our new executive.

Both are deserving of nothing less from all of us.

*Shalom*

*Jeff Rosen*

**Don't miss our first meeting under our new executive  
Monday, June 16, @ 15 Hove  
6:30 p.m. Dinner – 7:15 p.m. Meeting  
Please RSVP to Jeff Rosen  
at [jelijo@sympatico.ca](mailto:jelijo@sympatico.ca) or  
call 905-771-6120**

# Random Musings



As the editor of this publication may have already suspected, I am a procrastinator. My motto could probably be “Never do today what can be put off until tomorrow.” Whether it is fear of failure, laziness, or a combination of these influences, I have always seemed to need a deadline looming to motivate me in the completion of tasks.

I can remember one particular coffee-fuelled night at nursing school, typing on my old Smith Corona for an early morning deadline. By 5:00 a.m., I had had so much caffeine that my fingers were shaking from side to side as I tried to aim at each heavy key. The paper was delivered on time, but when I attended a group conference later that morning, I fell asleep in front of the instructor. I am not even sure whether my eyes were open or closed; I awoke to the instructor repeatedly yelling my name as I sat in the discussion group.



I admire those organized individuals who take each task step by step, one day at a time. My husband and daughter are such types, and I watch them in amazement. On the other hand, I do have lots of things swirling around in my head as the burden of my deadline grows near; so in a way, that is how I start to organize and visualize my finished project. The same is true of how I study. It seems that a constant state of panic is essential to my psyche.

At the moment I have two unfinished novels started, but because I have no deadline, they are not beckoning. In fact, they have very few pages. A short story with a specific deadline was handed in on its due date, with a rewrite and last minute tweaks done the day before. The danger of the deadline was the thrill.

And so, this is my submission to the Kol Echad, but surprisingly, I’ve submitted it a bit early. Perhaps by confessing to this, I’m trying to embarrass myself into making a positive change. My editor and I will know the truth next month.

*Elizabeth Bloom*

# April 14, 2008 Meeting

At our April meeting, lodge members heard from two speakers who talked about the brain and acquired brain injury. The first was an occupational therapist, Beverlee Melamed, the second, a survivor of a motor vehicle accident which left her with cognitive difficulties – our own Lodge Sister Lisa Rosen.

Melamed explained that acquired brain injury or ABI can happen in a second and can be the result of a motor vehicle accident. It is also caused by medical conditions, such as stroke, tumours, encephalitis and meningitis.

She discussed about the physical structure of the brain and how each part controls different aspects of behaviour. She also informed members that June is Brain Injury Month. She said that it is fitting that June was given this designation as more children are outside on their bicycles and more adults are out and about, which often leads to accidents and such injuries.

Melamed said that when such an injury occurs, she always looks at clients' goals and stressed the importance of placing such a person's goals first over what the rest of the family desires.

She said that when the brain is suddenly injured, neurons are shredded within the brain and effectively die. At one time, she said, it was thought they could not regenerate. Now, she said, they know that regeneration does occur which provides hope for those who have suffered a brain injury.

Melamed said that such injuries affect short-term memory and in most cases, cause exhaustion in the person involved. This is because it takes a lot of energy to process information as the brain slows down.



She also discussed pain management and said that distraction is an effective method of dealing with the problem. Equally important, was to think “outside the box” when dealing with those who have suffered a brain injury. She reiterated the importance of placing their needs first as support is even more important than love.

In introducing Lisa to address the lodge, Melamed called her a hero, not a victim, a person who sees her cup as half full.

**At left, Elizabeth Bloom, left, and Bonnie Kates at lodge meeting.**

# April 14, 2008 Meeting



Approximately two months ago my husband Jeff approached me about having someone from the Brain Injury Society of Toronto come to a lodge meeting as our guest speaker. Jeff has been personally involved in dealing with me, his wife, as I have a brain injury as the result of a motor vehicle accident in August 1995.

The accident changed my life and that of my family forever. At the time our daughter Jordana was 3 years old. I was taken to Sunnybrook Hospital in a comatose state for a month. Later on I went to Queen Elizabeth Hospital and was there until the spring of 1996.

On Monday, April 14, I was given the opportunity to talk to my lodge about what has happened to me, along with Beverlee Melamed, an occupational therapist who specializes in dealing with patients and families who have acquired brain injuries.

This was my first time to ever speak publicly about what I had experienced. Beverlee gave me the encouragement and confidence to share with my lodge brothers and sisters. It was an amazing experience to share it and it helped me realize how much I have accomplished since my accident.

I know that I am still making progress, even if it is slow, but I am moving ahead. I have been very lucky to have such a compassionate and wonderful family who have helped me deal with my injury. Given the opportunity to talk openly about my brain injury made me feel wonderful and I hope the lodge members learned a little bit about me, and about brain injuries.

*Lisa Rosen*

# Notes from Nate

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



**NU, DO I FIGHT  
WITH MY WIFE, I  
SHOULD FIGHT  
WITH MY  
BROTHER-IN-LAW  
BETTER...**

Hello again my fellow Foresdaleniks, and what did you find new and exciting under the snow that has covered everything for the past months.

You know at the Salter residence, after putting up with each other for over 40 years, my darling wife and I realize that while it has been a long time, it has also been a good time. No we aren't the same mushy love birds we were back in the sixties, but you know something, like every *teppel* eventually finds its lid, we have each other.

We both realize that after so many years we know each other's *michigas* and of course each others pleasures. To spend that many years together, raise three children and share the *naches* of grandchildren we have become a part of each other. Sometimes we have in-depth discussions, usually at the top of our lungs, but at the end of the day, we are still under the same roof, sharing what life offers us and in a word, we are comfortable with who we are today.

Our lodge is also very much like our marriage. Today we are still together through some very trying times with our parent organization, B'nai Brith Canada. There are many among us who are very unhappy with the policies and the actions of the leadership, and even more concerned that the very act of questioning the leadership can result in expulsion. Somewhere along the line, the B'nai Brith that we all joined has changed in both its philosophy and its method of dealing with its members. Nobody said we had to like what the leaders are doing as long as it does not affect the lodge directly.

So what do we as a group of 40 remaining members do at this point? First of all we have to know that we are who we are and we are comfortable with being together with our group of members. We have in spite of the difficulties and misapprehensions at BBC, still managed to have our monthly meetings, where we eat drink and laugh. We still have our programs and we still have our CVS such as the just completed *Megillah* reading. So then we have to ask, what is the problem?

**Continued on next page**

I don't know about the rest of you, but I am sick to death of the expletive deleted politics that has been going on at levels above that of our lodge. In reality, all this hyperbole and hot air, should not and must not effect how we go about doing our thing as Forestdale Heights Lodge.

I firmly believe that our best course of action at this point in time, is to proceed with being members of Forestdale Heights Lodge. We should join at our installation and break bread among friends. We should continue to do that

which has built the history of our lodge and complete our CVS programs, enjoy our monthly dinner meetings and yes, consider ourselves proud Foresdaleniks.

What goes on at the political level may be wrong and may be bothersome, but at the end of the day, we must survive as a lodge and take great pleasure from the fact that we have a strong Lodge leadership, who works with our members to keep all of us together doing that which we have done so well for over four decades.

*Nate Salter*

**JW**  
*pasta & grill*

Great Italian Food  
Casual Fine Dining  
Fair Prices  
Carry Out Available

Download and present this coupon for a.....

**Choice of  
One Free Appetizer**  
With purchase of \$40 or more on food item (before tax)  
Valid 5pm to 10pm daily. For dine-in-only  
not to be combined with any offer, One coupon per table only

1118 Finch Avenue West, Unit 2  
North York, Ontario, M3J 3J4  
Tel: 416-667-9889 Fax: 416-667-8118  
E-mail: [dwpastaandgrill@bellnet.ca](mailto:dwpastaandgrill@bellnet.ca)  
[www.dwpastangrill.ca](http://www.dwpastangrill.ca)

Map labels: Keele St., Chesswood Dr., Ainess St., Champagne Dr., Dufferin St., Finch Ave. West



**Lee (Lisa) Silver, CTC**  
Travel Consultant

<http://leesilver.belairagent.ca>  
[lee.silver@belairtravel.com](mailto:lee.silver@belairtravel.com)

Tel: (416) 675-2500 Ext. 3209  
Toll Free: 1-888-723-5247  
Fax: (416) 675-3411

150 Ferrand Drive, 6th floor,  
Toronto, ON M3C 3E5



part of group



## N.H.SALTER Enterprises Inc.

Special Interest Automotive Appraisals

### N.H. (Nate) SALTER

President

3 Tamarack Drive  
Thornhill, Ontario, Canada  
L3T 4W2

Phone: (905) 881- 6700

Fax: (905) 881 - 7772

E-mail: [salterenterprises@sympatico.ca](mailto:salterenterprises@sympatico.ca)

Contact: VITO



### MAPLE AUTO BODY

1393569 Ontario Limited

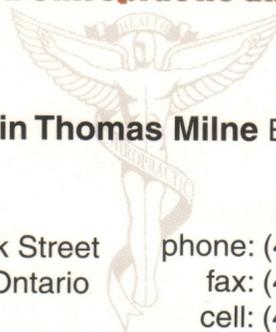
Collision - Spray Painting

Repairs to All Makes - **First Class Workmanship**

49 Costa Rd. & Hwy. #7  
Concord, Ontario L4K 1M9

Tel: 905-669-2066  
Fax: 905-669-2055

## Grantbrook Chiropractic and Massage



**Dr. Darrin Thomas Milne B.Sc., D.C.**

7 Grantbrook Street  
North York, Ontario  
M2R 2E6

phone: (416) 221-1655  
fax: (416) 221-3291  
cell: (416) 818-9240

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

BARRISTER, SOLICITOR AND NOTARY

SUITE 510  
245 FAIRVIEW MALL DRIVE  
TORONTO, ONTARIO  
CANADA M2J 4T1

TELEPHONE: (416) 496-2600  
FAX: (416) 496-1708



## Centre for Natural Healing

**Dr. Andrea Goldberger**

(D.H.M, D.A.C, C.A.H.P, C.H.H.P, C.S.T,C.R.T, R.S.H.P, D.O. mp)

55 Beaumont Place

Thornhill, ON L4J 4W9

Acupuncturist  
Homeopath  
Osteopath

Phone (905) 889-4462

[www.centrefornaturalhealing.ca](http://www.centrefornaturalhealing.ca)

[agoldberger@rogers.com](mailto:agoldberger@rogers.com)

TED BERMAN

## TED THE HANDYMAN

Plumbing · Electrical · Etc.

(416) 494-4344

17 Rollingwood Drive  
Toronto, Ontario M2H 2M4  
Email: [ted.berman@gmail.com](mailto:ted.berman@gmail.com)



**SENSITECH**  
CANADA EAST INC.

**Sean M. Eisenbaum**

Account Executive

325 Weston Road, Unit 4A • Toronto, Ontario M6N 4Z9  
Tel: 416-604-0818 • Fax: 416-760-7861 • Cell: 416-414-7305  
[www.sensitechcanada.com](http://www.sensitechcanada.com) • Email: [seisenbaum@sensitechcanada.com](mailto:seisenbaum@sensitechcanada.com)

# Purim Basket Delivery

On March 16 of this year my son and I delivered Purim baskets for B'nai Brith. For many years on Chanukah and Purim members of my family and I have joined many other lodge members in performing this *mitzvah*.

I first became aware of Forestdale Heights Lodge while delivering these baskets. Harvey Silver and I spoke at that time, and he told me that his lodge engaged in many such volunteer works. I was convinced; this lodge was for me. That decision was one which has brought me much satisfaction. I have met many fine new friends and have been able to serve my community.

Delivering the baskets has also taught my children that there are many people in need in the Jewish community. They are very grateful for the small act of kindness of having some Chanukah or Purim goodies given to them.

There is also a lesson for people of all ages. Misfortune can befall us all; therefore, we must try help others, not only because doing so is right, but also because we want others to be able to lend a helping hand to us and those close to us, should the need arise.

Let us always be willing to give and provide a simple act of kindness by delivering Chanukah and Purim baskets.

*Jean Bloom*

You might not be able to do everything at once, but you can do everything in one place.

- Digital Printing
- Copying
- Document Finishing
- Mailbox Rentals
- Courier Services
- Packaging Supplies and Services
- Computer and Cellular Repairs

Michael Pacter  
The UPS Store  
5 - 18 Ringwood Dr.  
Stouffville, ON L4A 0N2  
Tel.: 905 642-5700  
Fax: 905 642-6700  
Web: [www.theupsstore.ca/383](http://www.theupsstore.ca/383)  
E-mail: [store383@theupsstore.ca](mailto:store383@theupsstore.ca)



The UPS Store®



MATANA JUDAICA

248 Steeles Ave. West  
Unit #6  
Thornhill, Ont., L4J 1A1  
Tel: (905) 731-6543



1450 Clark Ave. West, Units 2-8a  
Thornhill, Ontario, L4J 7R5

Tel: 905-763-ViBE (8423) Fax: 905-763-7212  
Email: info@ViBEstudio.ca

**Ken Gutman**  
President

116D Viceroy Road  
Unit 9  
Concord, Ontario L4K 2M4  
Tel. 905 669 7620  
Toll free. 1 866 246 0806  
Mobile. 416 346 1952  
Fax. 905 669 5574

Email. ken@dynamiteparties.com  
www.dynamiteparties.com

PARTY AND NOVELTY SUPPLIES

Wayne Lam

# O-MEI

*Specializing in Cantonese, Seafood,  
Szechuan & Peking Cuisine*

248 Steeles Ave. West, Thornhill, Ont.  
(Between Bathurst & Yonge) Tel: (905) 889-8282

# DUFF'S

FAMOUS WINGS

1604 Bayview Avenue, Toronto, Ontario M4G 3B7  
Tel: (416) 544-0100

www.autodoc.ca – www.autodoc.ca – www.autodoc.ca

www.autodoc.ca

## AUTO

### Expert Auto Service

- Brakes • Tune-ups • Fuel Injection
- Exhaust • Oil Changes
- Computerized Alignments
- Electronic Diagnostic • Shocks
- Security, Keyless Entry & Remote Start Systems

www.autodoc.ca

**QUALITY WORKMANSHIP GUARANTEED!**

# 905-764-8771

**PAY NO TAX AND SAVE 15%**

www.autodoc.ca

## AUTO DOC

**WITH OUR**  
**V.I.P.**  
**DISCOUNT CARD**

Ontario Motor Vehicle Inspection Station

\*Equal Tax www.autodoc.ca

**37 GUARDSMAN RD. THORNHILL**

www.autodoc.ca

www.autodoc.ca – www.autodoc.ca – www.autodoc.ca

## LLOYD LINDSAY CA CMC

**Chartered Accountant**  
*taxes, accounting, auditing, consulting,  
presentations, seminars, bookkeeping*

1166 Carlo Court  
Mississauga, ON  
L4W 3N6 Tel: (905) 629-8498

**Web:** www.lloydlindsay.com  
**E-mail:** info@lloydlindsay.com

## WINDSOR INSURANCE GROUP

**Steve Midanik**  
Member  
*Independent Financial Brokers of Canada*

1136 Centre Street, Suite 208  
Thornhill, Ontario L4J 3M8

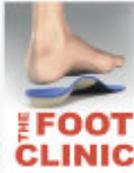
Bus: (905) 731-5382  
Fax: (905) 731-7830  
Cell: (416) 580-1836

# *From our April Meeting*



**When Your FEET Hurt  
Nothing Else Matters!**

**Family Footcare & Sports Injuries**



**THE FOOT CLINIC**

**JOBSTN**  
Compression  
Stockings  
**Dr. Costello**  
Orthopedic  
Footwear

- Custom Made Foot Orthotics (Plaster Casting)
- Corns & Calluses • Warts • Arch Pain
- Heel Pain • Plantar Fasciitis
- Athlete's Foot (Fungus) • Foot Pain
- Ingrown, Thick or Problem Toenails
- Difficulty Cutting Toenails • Knee Pain
- Evening/Weekend Appointments



Since 1987

**THE FOOT CLINIC**  
**David Baker, D.Ch.**  
**& Associates**  
Chiropodists / Foot Specialists  
**No Referral Required**

4915 Bathurst Street Suite 224 (at Finch)



**(416) 638-FEET (3338)**

**www.WeTreatSoreFEET.com**

**Rosalie Moscoe**

RNCP, Consultant, Seminar Leader



health in  
harmony

- \* Nutrition and Stress  
Teleseminars
- Small Group Coaching Series  
(3 sessions each)

Topics:

- \* The Food & Mood Connection  
- For Jump-out-of-Bed Energy!
- \* The Hurried Person  
Transformed!
- Ways to Scrape Yourself Off  
the Floor and Feel Human Again

Also available: One to One In Person, Nutritional  
Consulting

For more information and course dates call:  
416 653-0077  
or e-mail [rosalie@healthinharmony.com](mailto:rosalie@healthinharmony.com)

Check [www.healthinharmony.com](http://www.healthinharmony.com)  
for Rosalie's qualifications

**The  
Friendly  
Greek**



*Gregory Stefanidis  
Manager*

*7315 Yonge Street  
Thornhill, Ont. L3T 2B2  
905-707-8579 Fax: 905-707-9647*

**CENTRE STREET DELI**



CATERING FOR ALL OCCASIONS  
"PARTY SANDWICHES OUR SPECIALTY"

**905-731-8037**

7 AM - 8 PM

1136 CENTRE STREET  
THORNHILL, ONTARIO L4J 3M8

[WWW.CENTRESTREETDELI.COM](http://WWW.CENTRESTREETDELI.COM)