

Forestdale  
Heights  
Lodge

**KOL ECHAD**  
קול אחד

פורסטדייל  
הייטס  
לודג'

May 2009

Iyar/Sivan 5769

Join the celebration for the  
43<sup>rd</sup> Annual Installation of  
**Forestdale Heights Lodge**

Sunday May 31, 2009  
Cocktails begin at 5:30 p.m.  
Dinner to Follow

4300 Bathurst Street  
Toronto, Ontario

Members: \$60 per couple

Further details to follow

# 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  
**Editing Staff:** Bonnie Kates  
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Irv Pupko  
Nate Salter

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

## At A Glance

May 11 Dinner Meeting  
May 31 Installation  
August 19 BBC Blue Jays Game

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### Kol Echad Deadlines

June Issue May 10  
July-August June 24

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### Kol Echad Yearly Advertising Rates

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10 issues published every year



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# President's Pen



My brain has gone on strike!! (Some of you might say that there is no noticeable difference, but humour me.) After the *Seders* and *Shabbat*, with all the late night eating and (too much?) wine, all

my body wants to do is recover. But then I open my e-mail on Sunday and there is the reminder from the taskmaster that articles for Kol Echad are due on Tuesday.

Unfortunately, my brain is still on holiday. So, what is there to write about?

I could talk about the weather and how nice it has been lately, but that would probably jinx everything and we would get a late April storm. I could talk about the start of the baseball season since everyone knows that I am a serious sports addict, but baseball is not my favourite sport. In fact, I don't really like baseball but, growing up in the Bronx, I am a hard core Yankee fan (and if not them then Let's Go Blue Jays). In a way I am like many Toronto Maple Leaf fans that are fanatics about the team, but are not really hockey fans. I will watch football and basketball just to see a good game without any real preference for a particular team (but I did want Michigan

State to win March Madness), but baseball without the Yankees has no interest to me.

I could complain about the economy, but that would accomplish nothing. Anyone who shopped at Sobeys the last week would question whether there was anything wrong with the economy anyway.

I could talk about retirement. Since I haven't been teaching since November I have had to deal with too much time and not enough to do, but now that the weather



is improving I do get out more. I have rediscovered the library because I read so much that I can't afford to buy everything I want. Unfortunately, much of what I am interested in isn't in the library. I have, officially, retired as of the end of June,

so I will need to find things to do. I know there is a lot out there, but my health puts some restrictions on my options.

I could talk about the lodge and what I had hoped for this year and what I hope for next year, but that is for the next Lodge meeting and installation. So I think I will do what I usually do when I am done for the day on the computer – push the button that says “hibernate” and ....zzzzz.

*Irv Pupko*

# Editor's Desk



With spring in full gear and April giving way to May, I am about to approach yet another milestone in my involvement with this great lodge. One word comes to mind: *Chai*, for it was 18 years ago that I joined the lodge and almost immediately

began my involvement with the lodge's internal communications apparatus. At the time it was simply called the Bulletin, later Horizon and eventually we decided to rename the publication and Kol Echad was born.

Beyond getting a little older (and hopefully wiser), so much has changed in these past 18 years. Back then I was the only one churning out this monthly publication and was soon joined by my colleague Nate Salter who would give me a hand written (hand written!!) version of Notes from Nate. That would make him the longest serving contributor to this publication. His material would quite often drive my computer into conniptions as I would input his *Yinglish* prose. I'm sure my constant nagging is responsible for some of his hair loss.

There was no e-mail back then (or at least I didn't have it) so everything had to be written out and handed to me so that I could input it into the computer. I remember some past presidents giving me

their columns written on the back of napkins. Of course, submissions in general were few and far between and I literally had to beg members to contribute to what was essentially their bulletin.

So much has changed over the years. From that one columnist, we now have a diverse stable of writers who bring their own unique styles and interests to these pages every month. Kudos goes to Sandy Gordon, Elizabeth Bloom, Nate Salter, Bonnie Kates and Rosalie Moscoe. Of course, we can't forget about our current president, Irv Pupko, who has maintained a tradition going back years of writing a president's column.

While the people are essential to this publication's success, technological advances have helped us bring out a better bulletin. We went from letter size to our current format and later Harvey Silver started bringing in advertising, which continues to help support our efforts. Eventually, the website arrived, adding to the overall workload.

Still much later, Sandy Gordon convinced us that digital was the way of the future. As a result, instead of printing off the bulletin and submitting it to Harvey for printing, it is now created in one file, uploaded to a CD and he then makes a run to the printer.

**Continued on next page**

Most of you probably think the word “run” is a literal figure of speech. However, when it comes to Harvey, he actually runs. Quite often, he can have the bulletin in the mail within 12-24 hours after I drop off the CD at his house, usually before 7 a.m.

All it requires is letting him know beforehand how big the bulletin will be and when he can expect to receive it, so that he can have the envelopes ready.

Before that happens though, so much goes on behind the scenes, starting from the days shortly after you receive one bulletin, when I let everyone involved know about the next deadline. The existing bulletin is stripped of old content within my computer and as new columns start rolling in, they are formatted and placed on a page. As the days progress, interesting material, jokes, lodge reports and photos are added. This continues until D-Day (deadline day) arrives. I then sit back and rearrange the electronic pages so that the bulletin looks the best it can.

An electronic PDF is then created. One copy is printed off for my wife to edit. The second version is e-mailed to Bonnie Kates. At this point, we sit down at our computers, turn on our MSN Messengers and begin a dialogue over an audio connection, going over every word, looking for ways to tweak and improve the overall content and correct mistakes.

Finally after we are both satisfied with the final product and my wife gives it her okay, a final version is created, loaded on to the disk and away we go to the Silver household.

Sounds tiring just reading this all, I bet. At times it really is exhausting, but overall it's been a labour of love, something that I not only enjoy but hope to continue for years to come. (There are days though when I wish I could chuck this entire thing into the trash heap)

*Shalom*

*Jeff Rosen*

## Jewish man at Starbucks

A Jewish man was sitting in Starbucks reading an Arab newspaper. A friend of his, who happened to be in the same store, noticed this strange phenomenon.

Very upset, he approached him and said: 'Moishe, have you lost your mind? Why are you reading an Arab newspaper?'

Moishe replied, 'I used to read the Jewish newspapers, but what did I find? Jews being persecuted, Israel being attacked, Jews disappearing through assimilation and intermarriage, Jews living in poverty. And so I switched to the Arab newspaper.'

Now what do I find? Jews own all the banks, Jews control the media, Jews are all rich and powerful, Jews rule the world.

The news is so much better!'

# As I See It



It is still *Pesach* at the writing of this column. The sun is shining and as I look out my back patio door. I can see new rhubarb shoots poking their head through the damp

moist soil. I can even see that the forsythia bush has some buds beginning to form.

The calendar says its spring and the electronic temperature gage, outside my kitchen window, is reading 4C. In spite of the cold temperatures, I know that spring is at my doorstep, as my allergies have begun to make me aware of what is in store for me as the spring turns to summer.

Canadian cities have grown increasingly polluted and crowded, and the air has become more difficult for those of us who have airborne allergies. Many people moved to the suburbs to avoid the hurried life of the city, the dirt and grime looking for cleaner air.

Wanting to have an oasis in the suburbia, many planted gardens. Some hired landscapers who planted backyard retreats with trees and flowers of all kinds. Many put in vegetable gardens and took great pride in their produce they grew with their own hands.

Moving to the burbs gave us what we wanted in terms of bigger homes, peace and beauty, but the air wasn't quite up to snuff. Although it didn't carry the stench of garbage, and industrial manufacturing, it did carry something else that none us wanted; lots of pollen. Those cultivated oasis beyond the walls of our home, making hay fever an ever-growing affliction.

Last year most cities and municipalities put a moratorium on the use of pesticides to kill ragweed, dandelions and other pollen pesky plants that are not a welcome addition to our garden. Hence, making allergies on the rise. Today, millions of Canadians suffer from allergies — more than double the number that did in the 1970s — and most of them have hay fever, according to the Canadian Society of Allergy, Asthma & Immunology. The problem



isn't just the ever-increasing quantities of pollen.

Allergies and asthma are linked to many other well-known causes like nuts, mold, latex, dust mites, and smoke, plus various lesser-known ones.

I recently read that cockroach droppings are a primary reason for the increasing incidence of allergy and asthma among America's inner-city poor.

**Continued on next page**

Some scientists suspect antibacterial cleansers have not only increased the problem of antibiotic resistance but also made the immune system overly sensitive to allergens. Research is now emerging that treating children with antibiotics eradicates bacteria that protect us from some allergies and asthma.

As I look out my back patio, I begin to imagine what plants I will put out there

this summer. I think about cultivating those flowers that are colourful, beautiful and fragrant. I ponder what veggies we will be enjoying on our dinner plate this summer. I am also thinking about what new products have hit the marketplace that will help me get through another spring and summer with minimal discomfort of a runny nose, raspy throat and itchy eyes.

Happy spring everyone.

*Bonnie Kates*



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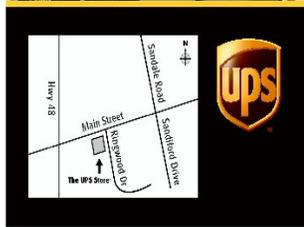
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(416)

# April Meeting



# Notes from Nate



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

*Oy My Kishkas!!!!!!  
Is matzah poisoning really fatal?????*

Yes my fellow Forestdaleniks, once again we have survived the *Seders*, drunk the Manischewitz, eaten the bitter herbs and then feasted with the family till the pants won't button and you know what, I enjoyed every moment of it.

Now, you may ask, did I start this with a complaint if I so enjoyed the celebration. The answer is not as complicated as the answer to the four questions. When one no longer enjoys the benefit of good health, and one is aware that one's time on this planet is indeed limited, then the wise choice in life is to savour every moment and every memory as the days go by. I have spoken before of how the family *Seder* tradition has passed from our parents' home to our home and now the home of our children. What joy it is to share this holiday with our extended family and how much more fun is it now that the little ones have become a part of the

evening. How delicious are the flavours of the Passover foods that we seldom if ever eat the rest of the year. For all the years I was growing up, I never knew anything but sweet Manischewitz wine.

While my children enjoy finer wines when they dine, it is a feeling of tradition, when once again I taste the flavour of my youth. Surprisingly, my children as well do not shy away from the old traditional wines, sampling the finer kosher varieties and returning to old faithful.

Now don't get me wrong. In 66 years my poor *kishkas* still revolt when faced with an onslaught of *matzah*. Trust me in all these years *matzah* has not improved in flavour or texture. I could be a real sceptic and ask who wrote down the recipe for this stuff eons ago, since nobody kept

records, but I often wonder if one or more ingredients, including flavour might have been lost in the translation. My mother *alef a sholom*, used to make *matzah* balls for the chicken soup. They went down with a THUD and left with a CLANK *Gevalt*.

So *shoyne* it is once again spring, and as usual, *Pesach* and Easter fall at the same time. I have to tell you a story of back in 1966.

**Continued on next page**



As you know I was involved with stockcar racing and the season opened on Good Friday at the CNE. There is no place on G-d's earth colder on Good Friday than the CNE and as usual, *Pesach* fell a couple of days before. Being young and observant, I would not have a coffee or a hot chocolate at the speedway, and I would freeze my *tuches* off.

The last season, however, rightly or wrongly, the late Lennie Brown, the only other Jewish boy involved with racing showed me that Canadian Club was parve. According to Lennie that made it kosher

for *Pesach*. Let us just say that last year of racing at the CNE in 1966 there were two of us who were not cold. I don't know if he was telling me the truth, but boy it sure worked for me back then.

Anyways, my fellow Forestdaleniks, enjoy this most beautiful time of the year, a time when Mother Nature is renewing the beauty with buds and flowers, and G-d grant all of you the joy, the peace and the good health to enjoy it

*Nate Salter*



## B'nai Brith Blue Jay Baseball

Wednesday, August 19

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

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](mailto:i.pupko@rogers.com)

# May Meeting

Monday, May 11  
Dinner 6:30 - 15 Hove

Please join us for dinner followed by meeting

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March 17, 2009

Mr. Irv Pupko  
President, Forestdale Heights Lodge

Dear Irv:

Please express our sincere thanks to your entire lodge and in particular to Carl Zeliger for arranging the annual reading of the megillah at 4300 Bathurst Street.

I know that our residents extremely enjoyed both Rabbi Kelman's comments and participation. I was told that Rabbi Jay Kelman's son read the megillah beautifully and the refreshments that followed were delicious.

I know I say this every year. It is because of Forestdale Height Lodge that the residents can perform the mitzvah of hearing the megillah read. On behalf of the residents and B'nai Brith Canada, thank you again.

Yours truly,

Pearl Gladman  
National Director – Centre for Community Action

Cc: Joe Bogoroch, President  
Frank Dimant, Executive Vice President



# Good & Welfare

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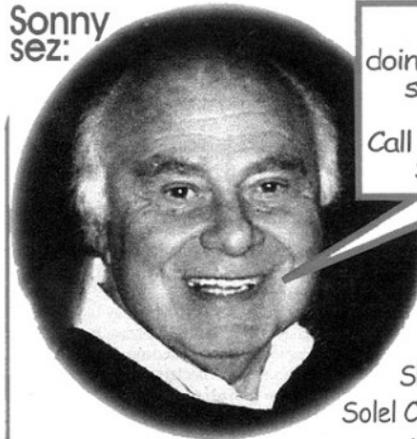
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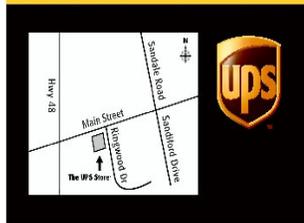
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# Random Musings



Although we don't yet have the blessing of grandchildren, we recently had the pleasure of looking after our grand-kitten, Charlie. Charlie

brought a lot of joy and excitement into our household as he tore up and down the staircases, playfully interacting with us each day.

The days of guinea pigs, turtles, fish and rabbits for the kids had passed a few years ago. Although we had long debated about adding a dog or cat to our empty-nest household, we had not made up our minds, due to concerns regarding allergies and lifestyle. However, to our surprise, we quickly adapted to Charlie.

With that in mind, after Charlie went back to live with our daughter, we decided to get a cat of our own. We decided to adopt an adult cat. Kittens are more easily adopted out, and we wanted to "rescue" a cat which might be less likely to find a new home quickly or at all, for that matter. Perhaps the wisdom of "our age" lends itself to valuing an older cat as well. We wanted to skip the teething, wire-biting phase of kittenhood. With all that in mind, we were fortunate to find our "Tony" at the Humane Society.

Tony is somewhere between 2 and 3 years of age, and is very grateful to have a second chance in a loving home. He has the loudest purr, along with a sweet, gentle disposition. Our lives have been enriched beyond description.

Having an affectionate pet has been shown to be medically and emotionally beneficial to humans. Having such a warm soul in your midst is life-affirming. Nursing homes and other facilities dealing with seniors know that it is very



therapeutic for their residents to have animals on the premises, or brought in as special visitors to brighten peoples' lives. The interaction, interdependence, and mutual affection between animals and humans, creates a very special bond.

If I have figured correctly, Tony is now Charlie's uncle. We're looking forward to having them meet and play, once Tony passes his medical clearances. If you are thinking about adopting a pet, especially one in desperate need of a home, I encourage you to take the plunge. Research responsibly and carefully, of course, but if you decide to add an animal to your household, I don't think you will regret your decision. We are overjoyed.

*Elizabeth Bloom*

# Health in Harmony



## Simple Relaxation Techniques at Your Desk

Did anyone ever tell you to take a deep breath? Count to ten. Calm down.

If you have a pounding heart, sweaty palms, tense stomach, or fast

breathing, aching neck, racing mind, it's time to take a break. They are signals of stress chemicals surging through your body. You *can* put a stop to them and protect your health. Stress is said to be responsible for 80% of doctors' visits.

The goal of relaxation is to release unnecessary muscle tension and quiet the mind and body. Breathing is our natural tension-releaser. We do it every minute of our life.

## Focus On Your Breathing

Right now, just notice your breath going in and out through your nose. Be aware how the air goes down into your lungs and out again. Do this for about a minute. Just focusing on your breath is a way of relaxing.

## The Quick Breath

Stop now, and take a truly relaxing breath....

Inhale through your nose with a shallow breath...

And exhale through your mouth....

Inhale slightly more... and breathe out with a sound, perhaps a sigh....

Inhale more deeply... and again, exhale forcefully....

Inhale to capacity, as much as you can... And breathe out completely, emptying your lungs all the way....

Repeat this breath cycle ten times...

Or until you feel completely relaxed....

Maintain a steady rhythm of breathing in and out.

## Ten Second Break

- Take a slow, deep belly breath. Count to 4 slowly as you inhale and exhale.

- Take a second deep belly breath - Close your eyes as you start to inhale.

- As you exhale, imagine or feel warmth coming over your body at your head and flowing into your hands and feet. Perhaps you can visualize warm sunshine or a heat lamp over you. Your body starts to feel heavy.

- As heaviness and warmth are flowing in, think or repeat the phrase, "I Am Calm."

- Alternatively, you can also think, "I Am" as you breathe in and "Calm" as you breathe out. Open your eyes. Notice if you feel calmer.

Repeat these exercises when you need them as positive effects are cumulative.

Your mind and body will thank you.

*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 gastronomic delight.



## 15% DISCOUNT!

If you would like to host an event, whether being corporate or a private function, Santorini will offer a 15% discount off the food portion of your bill.

**Minimum requirements:**

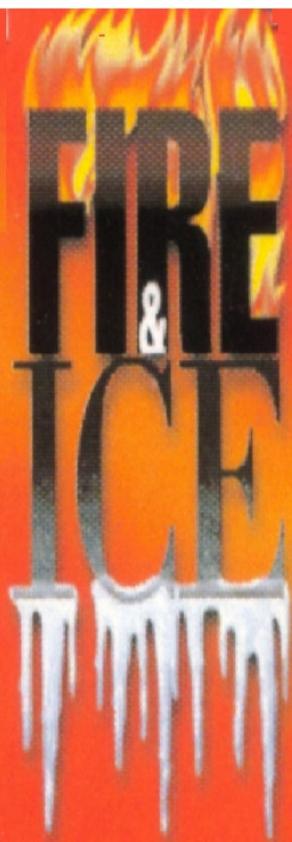
15 people or more, Monday through Thursday only.  
Offer expires September 30, 2009.

So bring your friends, colleagues and loved ones to Santorini, where the casual elegance welcomes you and the fabulous food will keep you coming back!

For more information ask to speak with management.

Thank you!

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Payment Method: Master Card, Visa, AmEx, Cash, Debit

Average Price:

Lunch: \$8-16

(per person, excluding beverages)

Dinner: \$10-18

Catering: No

Delivery: No

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