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Heights
Lodge

KOL ECHAD

קול אחד

פורסטדייל
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לודג'ה

May 2010

Iyar/Sivan 5770

**ON SUNDAY, MAY 30, 2010
FORESTDALE HEIGHTS LODGE
IS HEADING**

BACK 
TO THE FUTURE

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to see some serious fun*

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REMINDER: THERE WILL BE NO MEETING IN MAY

BINGO

We could use the help to run the bingo program at 4300 Bathurst Street. Please contact Irv Pupko. Our lodge will be in charge of the games the second Tuesday of each month starting at 7:25 p.m.

Next Bingo: May 11

At A Glance

May 10	Meeting Cancelled
May 30	44 th Installation
June 14	Dinner Meeting

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Kosher Food Bank

At our March meeting it was decided that **Forestdale Heights** will be supporting 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 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.

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

President's Pen



We have just finished celebrating Passover when we remember and retell the story of the exodus from Egypt and the freedom from slavery. The purpose of telling the story is to pass it on to our children

so that they may understand the history of the Jewish people. For most of us in the Lodge, our children are now adults and they know the story, so why do we continue year after year? Why not just get together for a big dinner? Each of us can find our own answer to this, but I think it is because everyone needs to be reminded of their roots once in a while. Whether we are Reform, Conservative or Orthodox, we all share a common heritage, from Egypt to Mount Sinai, and we need to celebrate that history, lest it be forgotten in this modern world. Of course, some of us also have grandchildren to pass the story to, but we would all have seders anyway.

Today, as I write this, it is Yom Hashoah. This is a remembrance of a different type, but it is just as important. We need to remember the Holocaust and to guarantee that it will never be forgotten or

repeated. The youngest survivors of the Holocaust are now in their 60s and in 40 years or so there will be no survivors alive. We must guarantee that their story, like the story of the exodus, is never forgotten.

Yom Hashoah should be a day on which we pass on to our children and grandchildren the story of the Shoah, but this time we need to also pass on the message "NEVER AGAIN". We, as Jews, must be in the lead to guarantee that genocide is not acceptable, not against ANY people simply because of race, religion, or tribe.



This month has been a personal month of remembrance for me. What we do when a parent passes away – we remember. Isn't it the point of the shiva to remember all that the parent did for you, for the family, and for the community? Isn't the shiva almost like Passover and Yom Hashoah when we remember the good and the bad and vow to never let the memories fade? With the passing of my father (95.5 years old and, I have to admit, ready to go) I remembered why I am a Yankee fan (he took me to my first game at THE Yankee Stadium in 1948. – I am not being too successful passing it on, but Aaron is a baseball fan).

Continued on next page

He took me to Knicks games and Ranger games, to World Series games and to wrestling matches. I even remember an Oklahoma – West Point game at Yankee Stadium. He taught me to be a Boy Scout when our scoutmaster quit. He even taught me how to solve math problems I was having difficulties with. But most of all, he taught me what it meant to be married for 50 years and to be devoted to your wife. It is important that I explain to Aaron so that he will understand. At the

yahrzeits for my mother, father, and sister it is important to remember that they are my and Aaron’s history.

So in a way Passover, Yom Hashoah, and shiva all serve the same purpose. Pass on the story, whether personal or of the people, and NEVER FORGET – NEVER!!

Irv Pupko

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April Meeting

On Monday, April 12, members and guests of Forestdale Heights were given the opportunity to see Joseph Amaral's powerful film, **Conflict – the Power of Propaganda**. The film, in part, showed how Palestinians use religion and media to push a one-track message. This message does not advocate peace with Israel, but stresses that Jews must be eliminated and that the entire State of Israel is rightfully theirs.

The film talks about how the notion of land for peace has not worked. It points out that while soldiers from the Israel Defence Forces literally dragged Jews out of Gaza, hoping that it would lead to a peaceful settlement, the first thing the Palestinian government did was to raze all Jewish buildings. The film also points out how all Palestinian media is controlled by the Palestinian government, so that they control the message getting out to the public.

The film shows so-called Palestinian “experts” who are attempting to rewrite history by claiming that Jews have no historical connection to the land of Israel. It also shows how education is used to indoctrinate children into a mindset of hate and how music videos help to reinforce this same message.

It is not only culture that is used to spread hatred, but religion as well. The film shows how Palestinian “experts” cite Muslim scripture as their rationale for wanting to eliminate the Jewish people.

Among the many people Amaral talked with in making the film was Nonie Darwish. She is an Egyptian-American human rights activist, and founder of Arabs for Israel, and is Director of Former Muslims United. She said that if Western nations do not know what is going on in regard to anti-Jewish and anti-Israel hate in Muslim countries it is because they choose not to listen, as this propaganda is all out in the open.

After the film, Amaral talked to the Lodge. He said that the most of the problems lie with the Palestinian government. While he has tried to get his film shown on major networks in North America, he said that most do not want to touch it, as they find it too controversial. He has shown it at churches and, he said, people have come away shocked after having seen a screening.

To learn more about the producer of this fascinating film, go to <http://joeisrael.com/>. More information about the film can be found on You Tube at <http://bit.ly/9o7PzN> and at <http://conflictthemovie.com/>.



Jeff Rosen

Editor's Desk



The speakers have come and gone, the slate committee has met and cast its vote for a new executive and all is truly well with the Lodge.

I find it hard to believe it's almost May. Perhaps it's due to the mild winter we had this

year. I don't recall a winter with so little snow. I would like to think that there will be no consequences to this unusual weather, but I know better. No matter how much I dislike it, I know we need the white stuff for a number of reasons. I won't go into them here for fear of turning this into a condensed version of Popular Science.

Besides, that's all behind us now and in just a little while members of Forestdale Heights will gather for the most popular social event of the season – its annual installation.

This time out, we're getting almost a new executive. I always find it exciting this change in leadership, the infusion of new blood in our executive ranks.

After years of toiling on the sidelines, it's finally Ray Moscoe's turn at the presidency. Having seen him run a few meetings, I have no doubt that he will do a great job and bring honour to our lodge.

He won't be like those who came before him, but will bring his own ideas and perspectives to the job. Some will agree with him, others will have their own views. Whatever happens, he will be our leader and, as I have said many times in the past, we owe him all our respect and support as he undertakes the lodge's top post and makes it his own.

Before we take one giant step into the future though, we should take a moment to reflect back on the past two years and extend thanks to the outgoing executive under Irv Pupko.

Irv took over the presidency and ran with it despite facing his own health-related challenges. It may have slowed him down at times, but it never stopped him. He showed us that if you really want to do something, really want to achieve a goal, it can be accomplished. Irv, you

proved your worth as a president of Forestdale Heights and I am proud that you will be joining the distinguished ranks of past presidents on the Board of Trustees.

In a way, Irv has reminded me of our great Paralympians who competed in the recent Paralympic Games. Despite facing their own challenges, each athlete never gave up, never cited their disability for doing anything but their best.



Continued on next page

The result, as most know by now, is that our country finished third in the overall medal standings, including having the best gold medal numbers ever achieved in these games.

By these standards, Irv and the rest of his executive all deserve gold for their

outstanding efforts and performance over the past two years. You people did yourselves and the Lodge proud.

Now ladies and gentlemen, time to strap on your gear and prepare for the next round. I'm sure the incoming executive will be up for the challenge.

Shalom

Jeff Rosen

KOL ECHAD DELIVERY

Due to increased production and delivery costs, Kol Echad is no longer mailed to sports members. Kol Echad e-bulletin will remain available for download on our website, kolechad.ca

All other members who do not wish to continue receiving the bulletin by mail, should contact either Harvey Silver or Jeff Rosen. They can also download the e-bulletin or view material on our website.

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Forestdale Heights...For Sale?

Now that we have your attention, the first thing to do is relax. The lodge's future is secure and is not up on the market to potential buyers. The title refers to our new monthly feature. We will be using this space as a public service for members who quite often want to get rid of something, yet lack a forum in which to advertise it. If you have something you would like to sell, send us the information, and we will post it in print (and on the web if you wish). There is no cost for this public service and a notice can appear as long as you wish.



Jeff Rosen
jelijo@sympatico.ca

Books, Music, etc.



Looking to make an online purchase to get a book, music or something else? Look no further. Kol Echad has joined the Amazon.ca incentive program. If you make a purchase through our web site link, Forestdale Heights will receive a rebate on the purchase. All funds raised through this program go to help the lodge.

The link can be found at www.kolechad.ca

REMINDER: THERE WILL BE NO MEETING IN MAY

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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.

Greeppsss and if I may repeat myself, *greeppsss* with a loud sigh and a couple of *oys* for good measure!!!

Yes my fellow Forestdaleniks, not

unlike you the poor old kishkas are now in recovery mode after a week of massive overindulgence added to matzah-induced gastrointestinal terror. It will take a gallon of prune nectar or something stronger to let my people go, yet each year I eagerly await this festive season, because as much as I kvetch and moan, I also have the *naches* of having my whole family together for our seder. At the same time I get to dine on the culinary delights unique to this festive time of year.

It is sure different from when I was a kid, living in Sunnyside, which was a primarily *goyishe* world. It wasn't until I started *chedar* that my parents would pay for seats at some local shul's group seder and expose me to the rituals as practiced by a group of strangers. In fact, it wasn't until I started to go with my future wife that I attended a family seder at the in-

laws' home in Bathurst Manor that I felt that *hamishe* feeling. As the in-laws got older and my father-in-law passed on, the seders shifted to our home. Two years ago, the action shifted to daughter Deborah's home, literally blocks from my parents' last home at Bathurst and Wilson.

One could almost say that life has come a complete circle, albeit a bigger one, with lots more kids, in-laws and outlaws. What a thrill to hear my son-in-law "little" Dave lead the service and this year have his Montreal nephew 6-year-old Justin ask the Four Questions.

Thank G-d that this little corner of Judaism is alive and well and creating memories for our grandchildren. Hopefully they too will someday carry on the beautiful Passover tradition with their extended families.

As for me, I am going to my easy chair, now that everybody has left for home and all the toys are put away. I am going to do what it says on the Excedrin bottle, "take two and keep away from children". See you at installation.

Nate Salter

Gardening in May



The month of May is a time when the weather can either turn your garden into an Eden, or a wasteland. Be aware of the weather forecasts and trends.

Gardening guides and hardiness zones are based on past years averages, and can't predict a freak frost or snowstorm, or a prolonged spring drought. If a frost or cold weather is in the forecast, protect your tender plants with mulch, newspapers, light cloth or some type of overnight protection or a frost cap made with clear poly film tented over the plants. *(Be sure to remove the plastic tent as soon as the danger is over or your plants will bake in the sun).*

On the other extreme, if the weather is sunny and dry, don't neglect your watering. Most flowers and shrubs need about an inch of water each week to perform well, and newly planted seedlings will perish if their roots are allowed to dry out.

Break off wilting tulip or daffodil heads but continue to feed and care for the plants until the foliage has died back naturally. Old plantings of daffodils may be divided and moved when they have finished blooming, but treat them as growing plants and use care to protect the foliage and roots. Water them thoroughly after transplanting. It is best not to dig or move other spring flowering bulbs until their foliage has ripened and died back.

Pansies, snapdragons, dianthus, petunias, geraniums, fuchsias and impatiens should be ready to plant by mid month. Toward the end of the month, it should be warm enough to plant out the more tender annuals like salvia, zinnias, marigolds, and lobelia.

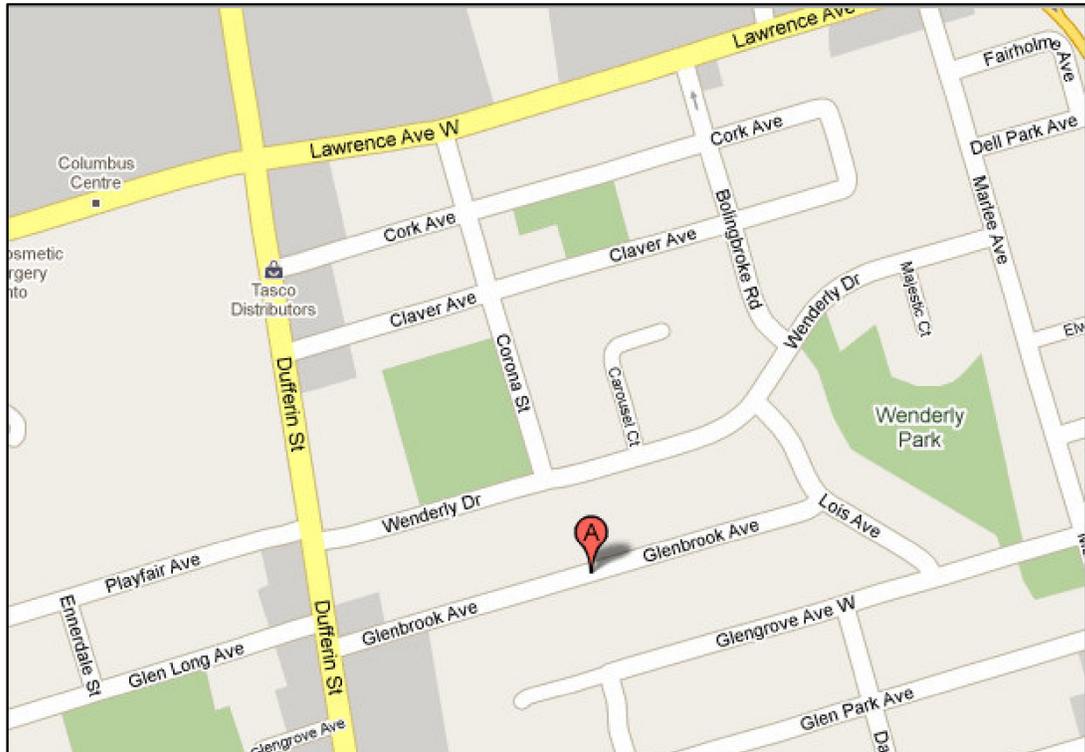
Fruits and veggies

Carrots, lettuce, potatoes, corn, beans, peas and most popular vegetables *(with the exception of the warmer weather crops)* can be seeded or planted into the vegetable garden at any time now.

Wait until mid to late May before planting the warmer weather crops like tomatoes, squash, cucumber, pumpkins and peppers.

With a little luck, you may begin to see the first fruit on your strawberries by late this month. The birds will enjoy them very much if you don't provide some protective netting over them. Newly planted strawberries should have the blossoms picked off until they become well established.

Map of Beth Torah Synagogue Area



CVS Program

*Do you enjoy rising early in the morning to watch marathon runners?
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Sunday, October 17, 2010

We will be working at
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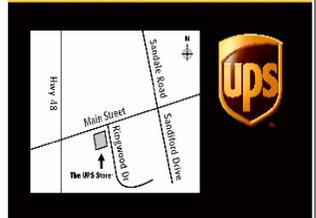
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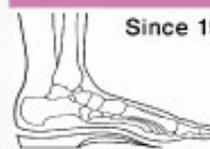


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Random Musing



What does it mean when President Barack Obama refuses to be photographed with Israeli Prime Minister Benjamin Netanyahu? What does it mean when he

insists upon having Netanyahu come through a secondary entrance at the White House? What does it mean when Vice President Joe Biden takes offense at Israeli's statements about settlements in a zone previously agreed upon with the U.S? Granted the timing was poor, but why give it so much attention? What does it mean when Biden is one and a half hours late for a dinner hosted by the Israelis? What does it mean when he, at the same time, ignores efforts by the Palestinians to celebrate and honour a female suicide bomber - that very same day?

I think we, as Jews, cannot ignore the implications of these public judgments upon the land of Israel. I think we must always be alert to what is happening to us and our brethren. I am not one to say that Israel is always right. What I wonder is, what has it done to deserve such criticism? And what is really behind such strenuous criticism?

I think we owe it to ourselves to take a critical look at what is happening in the world, and to question the motivations of those who offer judgment upon Israel, and Jews in general. What are they saying with their behaviour, and what are the implications for Jews everywhere? What is England saying when it calls a leading Israeli politician a war criminal? Why have they stopped teaching Holocaust studies in the school system?

When we examine these issues objectively, I think we will be alarmed.

Elizabeth Bloom

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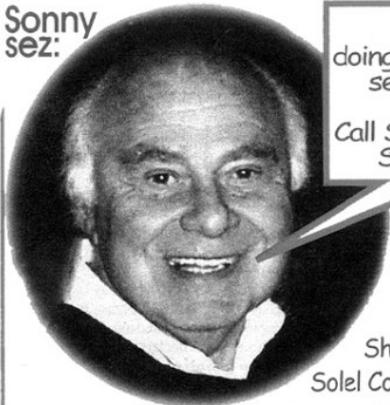
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1) First, think about your dreams and your passions. Do those things still matter to you? When you think about them, do they spark excitement? Maybe now is the time to pursue those interests; take up piano, dancing, cooking, or start that business that keeps coming to your consciousness.

2) Do you need to work after “retirement” to provide immediate financial support or to build a nest egg? Are you confident with your financial security to do the important things you want to do or to leave a financial legacy? Get investment counselling to help you in this crucial part of retirement.

3) Making a “to do” list is important. However, if you do not allocate time to do it, it will never happen! Schedule time for your new challenges. Remember, one cannot travel indefinitely, play golf seven days a week or play cards every day. A variety of interests and challenges are key to keep you motivated and sharp.

4) A healthy lifestyle will ensure a happy retirement. It’s important to stay active, for both mind and body. Include some form of exercise and outdoor activity

each day. Find ways to upgrade meals and snacks to nourish you. Aim for 7 – 8 hours of sleep each night.

5) Realize you can make new friends at any age. Don’t spend your retirement in isolation (or sitting at a computer). Connecting with others is important. Even socializing with long time friends is beneficial. People need people.

6) Make peace with missed opportunities. Decide whether they are still worth pursuing or they are better left behind you. If you still feel you can take on the challenge – go for it!

7) Still harbouring old hurts and resentments? You may be harming yourself the most. Either make peace with the person or situation or just let it go.

8) Think positively about your abilities, qualities and talents. Persevere. Is there a way to transpose them to a new form or continue to learn and grow?

9) Will you continue to work – part time, and/or give back to your community in some way that you feel you can be of service? Consider it. It’s important to feel useful and connected.

10) As you journey into retirement life, explore ways to create fulfillment. Engaging in pleasurable activities is wonderful, but you will also want to find activities that are challenging, as well as meaningful.

Rosalie Moscoe

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