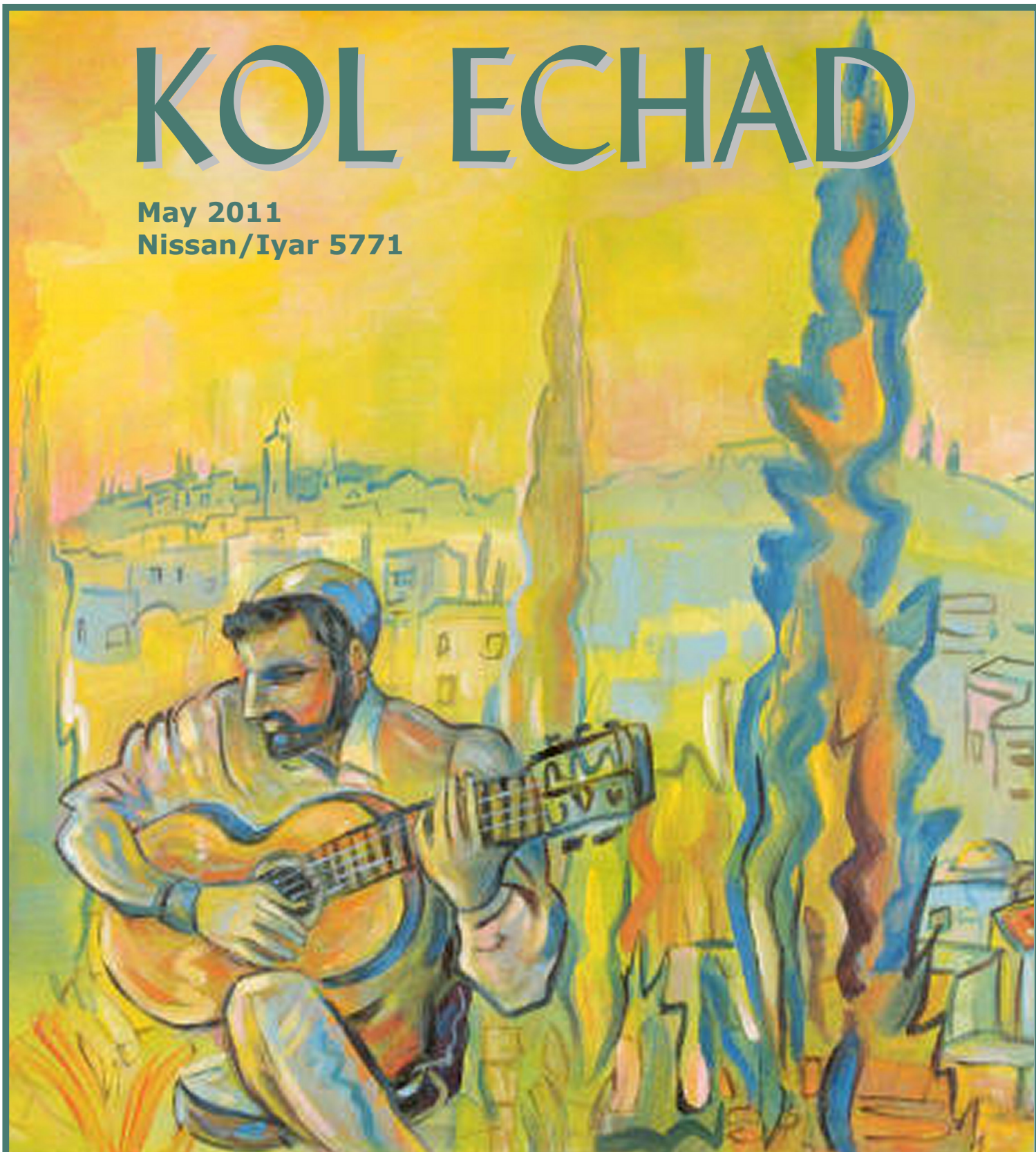


KOL ECHAD

May 2011

Nissan/Iyar 5771



FORESTDALE HEIGHTS LODGE, B'NAI BRITH CANADA

FEDERAL ELECTION 2011

Monday, May 2 is Canada's federal election. Whatever party you support, everyone is urged to head to his or her polling station and cast a ballot. Remember, there are people fighting around the world for this basic right we often take for granted.

AT A GLANCE

May 9	Dinner Meeting
May 10	Bingo
May 15	Toronto Marathon
May 15	FHL @Woodbine
June 5	FHL Installation
June 14	Bingo

Dinner at 6:30; Meeting at 7:00
Dinner Charge: \$7.50 members
\$10 non-members

YEARLY AD RATES

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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

Springtime – A Time of Memories and Renewal



Spring is here! Blooming flowers are everywhere you look. This is a sign of rebirth and for all of us it is a welcome sight after a long, cold winter. I always have fond memories of the spring –

number one is opening day baseball. When I was in public school I remember the Toronto Maple Leaf “Triple A” baseball team played at Maple Leaf Stadium, situated at the corner of Bathurst Street and Lakeshore Road, known also known as The Fleet Street Flats.

Rules were different in those days. Schools gave students the day off to go to the opening day game. However, the next day, we had to present a ticket stub to our teacher to prove that we

went to the game! Those games will always stand out in my mind as a time to share with friends, uncles and fathers. My dad could always be found at his usual place in the bleachers with buddies who would all make wagers about the game’s outcome. An ideal wager was the outcome of each pitch, and each inning. It was a lively time.

Soon after, I graduated to my first sales position as a seller of cold drinks, hot dogs and programs at the stadium. Even after the game ended, we sold the “late” edition of *The Star*. Those were the days when *The Star* put out two editions a day (if you can remember that). Looking back, that first selling experience shaped my career. It also provided me with the confidence to deal with many people. While there was definitely a shortage of money when I was growing up, I never felt poor.



So at this time of spring, a time of renewal and hope, think back to your own fond memories and experiences that stand out in your mind. They likely started you on your own path in life and helped make you what you are today.

Ray Moscoe

FHL CONSTITUTION

Forestdale Heights Lodge is in the process of updating its Constitution. The current Constitution, written when the Lodge was formed, has never been updated to reflect changes in the way the Lodge and B'nai Brith Canada operate. Most of the changes will be "cosmetic" in the sense that they will deal with committees that no longer exist; other changes reflect changes in B'nai Brith Canada procedures; a couple of changes will require discussion.

The procedure will be that a proposed new Constitution will be written, rather than dealing with each change individually. A committee composed of Carl Zeliger, George Garten, Harvey Silver and Irv Pupko will put it together. The new Constitution will be made available at the May Lodge meeting and will be sent electronically to all members.

Members may send comments or suggestions to Irv Pupko at i.pupko@rogers.com and the Constitution will be discussed at the Lodge meeting in September. If possible, the Constitution will be voted on at that meeting, but if further discussion is needed then the vote will be put off until all discussion is concluded.

A "deadline" of November is suggested since some changes may affect the Executive and should be in place for the nominations committee meeting in January.

GOOD & WELFARE

Birthday

Barry Gordon

May 15

Mazel Tov to Stan and Carol Udell on the birth of their first grandchild.

Wishing good health to all ailing Lodge members and their families.

Special thanks to Debbi Silver for helping edit this bulletin.

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Please RSVP to Rosalie Moscoe by May 20
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EDITOR'S DESK



Where has the time gone? I'm sure you have heard someone say this before. At times, I can't believe it, but it was 20 years ago, May 1991, when I penned my first column as co-editor of Forestdale Heights' bulletin.

Back then, the bulletin was called Forestdale Heights Publicity, a name that was quickly modified, restoring a previous moniker of Forestdale Heights Horizon.

So much has changed in the past 20 years. Yet the *raison d'être* of FHL has remained essentially the same. We are committed to helping others in the community.

From my perch, I have had the privilege to watch and write about individuals as they moved through the "system," before taking over as president. New people have arrived on the scene, while others have stopped briefly on their journey of life. Each group has left their mark.

I have no doubt that the decision to make Forestdale Heights a "couple lodge," provided a necessary boost of adrenalin that has served to extend our Lodge's lifespan. The decision not to merge with Don Mills Lodge was also what we needed back in 2004.

It served to revitalize the Lodge and for a time everything seemed possible.

It is a time I remember well, for back then I was writing in Kol Echad as president. I found my two years as president humbling and it gave me a greater appreciation of the position. Seemingly simply on the surface, the job involves guiding FHL on often-turbulent waves of day-to-day life. I would recommend this job to others without hesitation. However, it is definitely not a one-person operation. I guess that's why so many presidents have relied on behind-the-scenes advisors.

In the blink of an eye, my time as president came and went. I was sent back to the bulletin and picked up where I left off. It was as if I had never left.

Twenty years is a long time to chronicle the life of a lodge. It is even longer in the life of individuals. It's been amazing using this forum to report on the changes in my own life. There have been so many high and low points along the way.

Throughout it all, Forestdale Heights and most of its presidents have been there to offer support and back me up, even when what I was writing about was deemed controversial.

I realize that there were more of these contentious pieces than I first realized. Would I have modified them if I knew how they would be received? I would like to think not.

Continued on next page

Tried and true material is nice for a while, but after a number of months (and years), they becomes what Bonnie Kates refers to as “fluffy.”

That definitely has not been my style. I have enjoyed expressing my views on the state of affairs in B’nai Brith Canada and around the globe.

Have I been right all the time? Of course not, but then again, who is?

Throughout the years, it has been fun helping this publication grow and thrive. It was never a one-person operation though. I said at the outset in 1991, that this would be the Lodge’s publication and its success or failure would be determined by the collective. That means, Horizon and now Kol Echad has succeeded because of ongoing contributions made by our members.

After 20 years, where do we go from here? I started pondering this a few months ago after going through two

decades worth of bulletins. It was a fascinating project, which resulted in me putting together a book of my contributions.

In the end, I decided that as long as the mind and fingers hold up and with the blessings of our Lodge leaders, I would continue chronicling the ongoing voyages of the good ship FHL.

As I wrote, so many years ago, *“If you like something, tell me. If you don’t there’s even more reason to let me know. If you want to contribute something to the bulletin, by all means, please do so. That’s how this newsletter will get better.”*

Twenty years later, I stand by those words and hope to hold them dear for many more.

Shalom

Jeff Rosen

TORONTO MARATHON

Once again, members of Forestdale Heights will be operating the water station at the annual Toronto Marathon. This year, the marathon has been moved from the fall to Sunday, May 15. Interested volunteers should be at our designated spot, behind North York Civic Centre, on Beecroft Road, by 6:00 a.m. We should be finished by 9:30 a.m. If you are interested in taking part in this very worthwhile CVS programme, please contact Harvey Silver at **(416) 223-0780** or harveysilver@rogers.com

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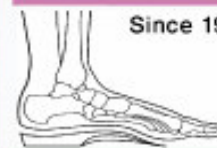


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March 15, 2011

Mr. Ray Moscoe, President
Forestdale Heights Lodge

Dear Mr. Moscoe,

On behalf of Colon Cancer Canada (CCC), thank you very much for making a personal as well as organizational donation to CCC on behalf of your speaker meetings. We are glad you were able to also sell Wendy Bears and enjoyed the Greenberg's presentation. We truly appreciate everyone's thoughtfulness, generosity and support.

CCC is a national organization dedicated to saving lives through increasing public awareness of colorectal cancer (CRC) and access to screening, funding research initiatives, and providing CRC patient support.

When we began in 1996, we started with a team of three people. We are now at hundreds – thanks to supporters like you. Through the efforts of dedicated doctors, researchers, patients and their families, and all of our volunteers, we have raised over \$6.6 million to-date.

Researchers are trying to find causes and treatments for this devastating disease. The survival rate of colorectal cancer, if caught in its early stages, is **90%**. It is our hope that our continued efforts will make more people aware of the need for timely screening and one day lead us to a cure.

CCC is very excited about our upcoming events: The Anne Murray Charity Golf Classic (with very special guest celebrities to be announced throughout February) and our Annual Walk/Run – "Push for your Tush" with new locations again this year. Please help us help others by spreading the word and full details about both fundraisers can be found on our website.

We look forward to your continued support. Please visit our website at www.coloncancercanada.ca for an updated list of our events. Together we ARE making a difference. If we can be of more assistance, please contact us.

Sincerely,

A handwritten signature in black ink, appearing to read "Amy Elmaleh".

Amy Elmaleh
Co-Founder/Manager

Cc: Mr. Harvey Silver

PURIM 5771

This year's Megillah program, a staple of Forestdale Heights for over the past 20 years, was held on Saturday, March 19 at 4300 Bathurst Street.

Rabbi Jay Kelman once again brought out his entire family and read the Megillah to about 30 residents of the B'nai Brith building. He was joined in this mitzvah by his sons. A donation has been made by the Lodge to Torah in Motion, where Rabbi Kelman is a founding member.

This year's programme was not as well attended as in the past. However, what the seniors lacked in numbers, they more than made up for with their enthusiasm and spirit as they drowned out Haman's name with their *graggers*.

After the Megillah reading ended, residents enjoyed a light snack of hamentashen, potato chips, clementines, and hot and cold beverages.

On hand to help serve up these delicacies was our president Ray Moscoe, Carl Zeliger along with his wife and daughter, Debbie and Rachel, as well as Ruth Pupko, Michael Kates, Harvey Silver, Albert Ohana, Gary Budd, Barry and Sandy Gordon, Lisa Rosen and myself.

As the evening wound down and residents returned to their apartments, one thing was evident, Forestdale Heights had provided a very important service to those who can no longer travel to hear the Megillah.

Special thanks for this annual programme go to Carl Zeliger who makes sure it successfully comes together.

Jeff Rosen

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PURIM 5771



MEMBERS' TRAVELOGUE

Submitted by Allan & Linda Greenberg

During our travels, this winter Allan and I had the wonderful opportunity of visiting Savannah, Georgia's oldest practicing Reform Judaism congregation. At first glance, we thought it was just another church. To our delighted surprise, we noticed the Star of David on the front of this building. Later that day we went back to check it out further and discovered that this synagogue had scheduled tours, which we signed up for.

This synagogue was founded in 1733, by a group of Spanish-Portuguese Jews. We learned on this tour that their 1737 Torah might be the oldest in America. We were shown quite a few of their artifacts, including the congregation's first Minute Book, which showed signatures of some of their earliest members. We thought it was a wonderful way to explore history and Jewish heritage. It's a must see!



AFTERNOON AT THE RACES

Join us for a delightful Sunday afternoon at the Trots



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admission and a programme. Feel the thrill of the win at Woodbine Racetrack. Dining room will open at 11:30 a.m.

RSVP to Bonnie Kates at katesfamily@sympatico.ca
or Ray Moscoe at raym@tes.net

FUNDRAISING

Our fundraising project selling **Purse Hangers** is going quite smoothly. If you are interested in taking part in this important fundraising programme, or need more of the product, please let Ray Moscoe know before the next meeting. He can be reached at raym@tes.net or phone (416) 816-0877.

APRIL MEETING



Dr. Karen Mock addressed the timely subject of Recognizing and Countering Anti-Semitism in Canada and Worldwide, at our April 4 meeting, attended by about 30 members of B'nai Brith Canada from both our Lodge and Don Mills Lodge.

Turning a speaker's usual format on its head, Dr. Mock opened the floor to questions before addressing the gathering, to ensure she included issues of greatest interest in a short time.

She said that world events have a major impact on anti-Semitism in Canada.

She touched on Israel Apartheid Week (IAW), which started out in Toronto and thrived under the umbrella of "academic freedom." She highlighted some of the positive measures universities and colleges are using to minimize and marginalize the IAW with increasing success, concerned that these significant initiatives are rarely reported.

She also discussed the UN World Conference Against Racism (WCAR), which took place in Durban, South Africa in 2001. Karen founded and chaired the international Jewish Caucus and the Commission on Anti-Semitism in Durban and the preparatory meetings in Geneva. She said that the incidents of overt anti-Semitism occurred at the non-governmental NGO forum, but because of the Jewish Caucus efforts, the anti-Semitic NGO declaration was rejected by the UN Human Rights Commissioner.

Dr. Mock said that when confronting anti-Semitism, it is important to speak out, take a stand and take action, not just pay lip service in "sound bites."

At the same time, she said that to fight anti-Semitism effectively, it is necessary to educate people and to marginalize extremist groups.

At the conclusion of her talk, Lodge president Ray Moscoe presented Dr. Mock with a cheque to her favourite charity, Canadian Friends of Haifa University, for which she is the immediate past president.

At the meeting that followed, we welcomed our newest member, Stewart Indig, (next page top left) son-in-law of our late beloved Lodge Brother Morris Shapransky.



APRIL MEETING



COVER ART

Created by Ian Leventhal. The artist has achieved a vast body of work over the past 30 years. He 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.



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HEALTH IN HARMONY



In preparing for talks on nutrition that I will be giving to schoolchildren and separate ones for their parents, I have come across some information I feel that we all need to know. Research

in the U.K. has shown that the food additives used in hundreds of children's foods and drinks can cause temper tantrums and disruptive behaviour. A government-funded study confirms what many parents have long suspected about the effect of chemicals put into sweets, cookies and foods. Colourings in products such as Smarties, and fizzy drinks could spark behaviour changes in up to a quarter of toddlers.

Food watchdog The Food Commission has found that 200 children's foods and drinks contain one or more of the additives called into question by the research. Even youngsters with no history of hyperactivity can be affected, said the scientists. They concluded that all children could benefit from the removal of specified artificial food colourings from their diet. Contrary to what many parents think, additives – more importantly than just sugar – are to blame for behaviour problems.

The report said the results showed the artificial food colourings and sodium benzoate preservative had 'substantial effects' on behaviour – difficulty getting

to sleep, difficulty concentrating, temper tantrums, disturbing others, oppositional defiance, restlessness, irritability, speech delay, anxiety or depression. Additive-free children are generally calmer, happier and more cooperative. Companies who make these children's drinks and other products say that any additives or colours had been tested to the highest standards.

There are many artificial colours in drinks, cereals and many processed foods. Additives and preservatives are also found in many dried fruits and bread. Nitrates are in processed meats; synthetic antioxidants are found in margarines, vegetable oils, biscuits. Flavour enhancers are found in crackers and instant noodles. Sulphite preservatives in foods and drinks can irritate airways.

So what can we eat? Read ingredient labels. Choose preservative-free bread. Buy colour-free yogurts and ice creams. Choose plain rather than flavoured chips, crackers and noodles. Encourage any grandchildren or other young children in your families to drink water as their main drink. Take these items out of your own diet for better health. If you would like to receive a copy of the complete study, email me.

Rosalie Moscoe



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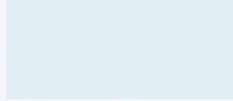
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December 2, 2010

Ray Moscoe



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,

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