

# KOL ECHAD

Forestdale Heights Lodge #2667

November 2005

Tishrei/Cheshvan 5766

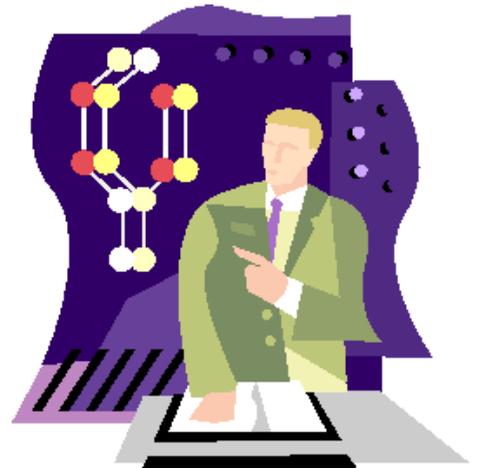
## Dr. Ian Rogers, from U of T will talk about stem cell research

Monday, November 7, 15 Hove

Dinner starts at 6:30 p.m.

Cost is \$5/person for dinner

General meeting to be held before  
the speaker. FHL will be joined at  
8:00 p.m. by Upper Canada Lodge  
for the speaker and dessert to  
follow.



*Dr. Rogers is an Assistant Professor in the Department of Obstetrics and Gynaecology at the University of Toronto, Faculty of Medicine. His research is focused on stem cell biology, including stem cell expansion and cell therapy for haematopoietic, neural and liver diseases. He has authored numerous papers in the field and patented a number of inventions. Dr. Rogers received his PhD from the University of Toronto in embryo development. From 1999-2003, he was Scientific Director of the Toronto Cord Blood Programme during which time he oversaw the development and implementation of processes that rigorously maintained the high quality and yields of stem cells isolated from cord blood samples.*

# 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. All material submitted is subject to editing. The editor may consult with members of the bulletin committee regarding content suitability and editorial decisions.

**Editor:** Jeff Rosen  
**Advertising:** Harvey Silver  
**Production:** Sandy Gordon  
Bonnie Kates  
Lisa Rosen  
Julie Shuter

**Website:**  
[http://ca.geocities.com/k\\_echad](http://ca.geocities.com/k_echad)



## What's New

**Monday, November 7** – Dinner, general meeting & speaker Dr. Ian Rogers on stem cell research

**Sunday, December 11** – Brunch Meeting, 9:30 a.m.

**Sunday, December 18** – Chanukah Basket Delivery, 15 Hove, 8:30 a.m.

**Sunday, December 18** – CVS Marlies Hockey Game 5:00 p.m.

**Monday, January 9** – Dinner Meeting & speaker Dr. Geoff Fernie, vice-president of research at Toronto Rehabilitation Institute

**Monday, February 6** Dinner Meeting

**Monday, March 6** Dinner Meeting

**Monday, April 3** Dinner Meeting

**Monday, May 1** Dinner Meeting

**Monday, June 5** Dinner Meeting

*All Monday meetings to be held at 15 Hove. Dinner to start at 6:30 to be followed an hour later with business meeting*

### Kol Echad Deadlines

December Issue November 11, 2005

January Issue December 9, 2005

February Issue January 13, 2006

March Issue February 10, 2006

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# Editor's Desk

Communication, what is it and why is it so important?

Basically communication is the ability to maintain a flow of dialogue and information between people and groups. In many instances it is taken for granted or often overlooked. Yet, like a lodge's finances, communication is an essential element for survival.

If finances can be compared to the lifeblood of a lodge, then communication must be the neurological impulses that transmit vital information along the body's thousands of nerve bundles. Of course if that network is disrupted, the result is paralysis.

This is why B'nai Brith, FHL and other lodges go to such lengths to maintain effective communications networks.

As well as publishing a monthly bulletin which goes out to all members, we were the first lodge within B'nai Brith to tap into the Internet and begin to use it as an important communication tool. Our site is maintained on a monthly, weekly and often daily basis to keep information relevant and up-to-date. An informed lodge is a vital lodge.

In addition, Barry Gordon plays a vital role in the P2P (person-to-person) department, calling members to find out who is coming out to meetings and programs.

Communication must always be a two way street. That is why I always ask



members for submissions for *Kol Echad*. The only way it will improve is through new material. That is also why Albert Ohana reminds everyone every month to let him know if they are coming to meetings. Without proper communications, he has no idea how much food to order.

Communication is also vital between lodges. If one lodge has a great idea and shares it with others, it benefits everyone and we all come away stronger. That is why I was so disappointed when meetings of the Toronto Regional Coordinating Committee were put on hold.

While lodges can still communicate without such meetings, such dealings are far more limited and usually involve discussions between two lodges at a time. TRCC provides a forum for all lodges to come together and discuss mutual concerns and ideas.

I can only hope that whatever issues arose which resulted in postponement of the recent TRCC meeting will soon be resolved and the committee can resume once again.

Like a marriage, the key here is to maintain dialogue at all times. Shutting the door does nothing to resolve problems.

*Shalom.*

*Jeff Rosen*

# CVS/Social Program



On Sunday, December 18, Forestdale Heights Lodge will be providing hockey tickets to a group of foster children from Jewish Family & Child Services to enable them to see the Toronto Marlies play Hamilton Bulldogs.

We are also selling tickets to members who wish to join us for this CVS/Social outing. The game starts at 5 p.m. at Ricoh Stadium on the Exhibition Grounds (the old Coliseum). Tickets are \$23/person. If you are interested, please contact Jeff Rosen at [jelijo@sympatico.ca](mailto:jelijo@sympatico.ca).

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# President's Pen



I take great pride in the words that I choose when I write. After all, without eloquently crafted prose, we ain't nothing. It is this fine detail to the English language that both fascinates and intrigues me. The other day, I joined a friend of a mine at a *Starbucks* to "catch up" with her. Not that she was running, or to phrase it another way, "to literally chew the fat".

We drank a couple of those overpriced coffees and in the time we spent together we didn't once "chew the fat." We didn't even have biscotti, which everyone knows is really a *Mandelbrot*. It got me thinking about so many of the expressions we use in our everyday language.

How about the cost of those coffees, "they charged me an arm and a leg." I wonder if they would have accepted payment of an arm or a leg, and if they did where would I find that arm or leg? The reality is *Starbucks* only accepted "cold hard cash." Is that different than warm cash?

"Getting off on the wrong foot" is another one of those odd phrases. Of course you need to make sure which foot you use in a chorus line, but everyone knows "getting off on the wrong foot," literally means we didn't quite hit it off. So I bet you are beginning to question why am I going on and on about such nonsense.

Last month I received three reminders from the new editor of *Kol Echad* telling me I was being tardy in not submitting my column before deadline. He even threatened me; he would put *Kol Echad* to bed minus the president's column. Putting a paper to bed is another one of the strange expressions used in English. So I finally sat at my computer and wrote this nonsense article to keep the editor happy.

Now that I have your attention, I want to remind you of the guest speaker at our next dinner/meeting: **Monday, November 7 at 6:30.** Dr. Ian Rogers will enlighten us about the research that he and his team are doing in genetics and the amazing potential of stem cells in the future of medicine. I encourage you to bring a guest to join us and hear this fascinating speaker.

On another note, (one more of those odd English phrases), to stay on top of additions, changes and new programming please visit our website for updates. The web edition of *Kol Echad* has a blog and we encourage you to add your thoughts and comments to it. How about writing an article, submitting a recipe or even a joke.

Like always, I welcome your ideas and comments on how we can enhance our lodge, our bulletin and our programs.

Stay in touch,

*Bonnie Kates*

# *Opening Meeting*



The opening meeting of Forestdale Heights Lodge was held at 15 Hove on Sept 26, with 22 people present. There were two new members in attendance, Noreen and Harold Cohen, and one prospective member.

The chaplain, Jeff Rosen, ran the candle lighting ceremony in which the following members were honoured to go up and light candles: Stan Zeliger, Nate Salter, Morris Shapransky, Carl Zeliger, Irv Pupko, Sandy Gordon and Lisa Rosen.

Albert Ohana ensured that there was enough food for everyone. Dinner consisted of stuffed chicken, roast potatoes, veggies, chick peas and other assorted goodies.

Our new president, Bonnie Kates, presented her first president's report which included an update on efforts by the TRCC to obtain financial statements from B'nai Brith Canada.

Jeff Rosen presented the TRCC report and he explained what has gone on in the past few months. This included a memo sent at the beginning of the week suspending TRCC meetings until further notice.

Jeff also introduced a new CVS program which was approved by the lodge to take a group of foster children from Jewish Family & Child Services to a Toronto Marlies hockey game on December 18.

Social chair Sandy Gordon gave reports on the successful installation and the recent trip to the Niagara Falls casino. She said she will be looking into planning a trip to Stratford in the spring.

Program chair Albert Ohana stressed that members must let him know if they are coming to meetings to ensure enough food. As well, he said he and Harvey Silver are looking into having next year's installation in Niagara Falls.

Fundraising chair Stan Horowitz urged everyone to get out and sell this year's Entertainment books, which cost \$35 each.

Allocations chair Nate Salter presented three allocation requests which were approved by all members present. Funds were allocated to B'nai Brith International for the Hurricane Relief Fund, to Transitional and Supportive Housing Services of York Region and to the Aviva Barth High School Outreach Fund.

Michael Kates will be going to a meeting of The "Stop the Violence" program to see how the lodge can help stamp out violence in Toronto. The program is being sponsored and run by the Toronto Argonauts Football club. Some ideas were tossed around the table about how Forestdale Heights, working directly with a lodge in the New Orleans area can help get them back on their feet.

Stan Zeliger presented reports on the lodge's financial condition as well as from the League for Human Rights. He said all lodge members can go to a web site and sign up to receive regular news releases from B'nai Brith Canada.

**Peter Tang**

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# Sandy's Scripts



I know that many times I think about “now” but have you ever thought about what has happened in history that was in a specific year or on a particular day?

2002 was the year I joined B'nai Brith! What happened in that year? It is interesting to see how events in the world look now in comparison to what is actually happening. Walk with me down memory lane.

- U.S. and Afghan troops launched Operation Anaconda against remaining al-Qaeda and Taliban fighters in Afghanistan on March 2. **This problem won't go away!**
- Israeli tanks and warplanes attacked West Bank towns of Nablus, Jenin, Bethlehem, and others in response to a string of Palestinian suicide attacks (March 29 – April 21). **When will it stop?**
- U.S. and Russia reached landmark arms agreement to cut both countries' nuclear arsenals by up to two-thirds over the next 10 years (May 13) **It took long enough.**
- Chechen rebels took 763 hostages in Moscow theatre (October 23) **116 hostages lost their lives.**
- UN Security Council passed a unanimous resolution calling on Iraq to disarm or else

face “serious consequences (November 8) **Wouldn't you know, they didn't listen.**

- Bush addressed United Nations, calling for a “regime change” in Iraq **That worked!** (September 12).

**Not a great deal has changed has it?**

- In the world of sports New England defeated St. Louis in the Super Bowl; the World Series was won by Anaheim over the SF Giants; Detroit won the Stanley Cup and Serena Williams defeated her sister at Wimbledon.
- The world lost Milton Berle, Rosemary Clooney, Lionel Hampton, Ann Landers, Peggy Lee, Princess Margaret, Dudley Moore, Billy Wilder to name a few.

Our next meeting is on November 7 – what happened in history on that day?

In 1874 the Republican Party was first symbolized as an elephant in a cartoon drawn by Thomas Nast in Harper's Weekly magazine; 1917 saw Russia's Bolshevik Revolution which began on Nov. 6 which was victorious; Franklin D. Roosevelt won a fourth term of office in 1944, defeating Thomas E. Dewey; former first lady Eleanor Roosevelt died in New York City at age 78 in 1962 and finally in the year 2000 the U.S. went to the polls to choose between George W. Bush and Al Gore. And the rest is history....

Until the next time.

*Sandy Gordon*

# Trip to Niagara Fallsview Casino

On Sunday, September 18, a group of members from Forestdale Heights Lodge, together with FFHL (Friends of FHL) boarded a bus on Valleymede and Highway 7 and headed to Niagara Fallsview Casino Resort for a day of fun and excitement. A few of us even walked away with our winnings. Everyone who came out had a great time whether or not they won or lost. Thanks to Sandy Gordon for making this social outing a reality.



# Forestdale Funnies

NASA had sent many shuttles to orbit the earth and made an attempt to include passengers of all races, colour and creed. They recently realized they had excluded the clergy... So they invited a priest, a minister and a Rabbi to orbit the earth in a shuttle...



Upon their return, crowds of people formed to hear their impressions.

First the priest emerged, beaming and happy. His statement was full of joy. He said, "It has totally amazing, I saw the sun rise and set, I saw the beautiful oceans."

Then the minister emerged, also happy and at peace. He said, "I saw the magnificent earth, our home, I saw the majestic sun. I'm truly in awe."

Then the Rabbi came out. He was completely dishevelled, his beard was tangled and in every direction, his *keepah* was frayed, his *tallit* was wrinkled, like you can't imagine.

They asked him, "Rabbi, did you enjoy the flight?"

He threw his hands in the air crazily and replied, "ENJOY ??? What was to enjoy??? Oy oy oy ! Every five minutes the sun was rising and setting ! On with the *tefillin*, off with the *tefillin*, *mincha*, *maariv*, *shacharit*, *mincha*, *maariv* !...

*Gevalt !!!!!*"

# Good & Welfare

## November Birthdays

Neil Snitman – November 1  
Michael Kates – November 23

## November Anniversaries

Allan & Lisa Brown – November 5

If you have something special happening in your life that you would like listed in Good & Welfare, send it to [jelijo@sympatico.ca](mailto:jelijo@sympatico.ca). We will make every effort to include it. Birthdays of members only will be listed in this space.

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## Lost & Found

It has come to our attention that a number of FHL awards, named after distinguished members who have passed away, are missing. If anyone knows the whereabouts of these treasures, please let Harvey Silver know. The missing awards include: Al Reider Memorial CVS Award; Paul Kenton Award for Community Service and the Jeff Rosen Memorial Member of the Year Award.

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# How to Maintain a Healthy Level of Insanity



1. At lunch time, sit in your parked car with sunglasses on and point your hair dryer at passing cars. See if they slow down.
  2. Page yourself over the Intercom. Don't disguise your voice.
  3. Every time someone asks you to do something, ask if they want "fries with that?"
  4. Put your garbage can on your desk and label it "In."
  5. Put Decaf in the coffee maker for 3 weeks. Once everyone has gotten over their caffeine addictions, switch to Espresso.
  6. In the memo field of all your checks, write - "For smuggling diamonds."
  7. Finish all your sentences with "In Accordance With The Prophecy."
  8. don't use any punctuation
  9. As often as possible, skip rather than walk.
  10. With a serious face, order a "Diet Water" whenever you go out to eat.
  11. Specify that your drive-through order is "To Go."
  12. Sing along at the Opera.
  13. Go to a poetry recital and ask why the poems don't rhyme.
  14. Put mosquito netting around your work area and play jungle sounds all day.
  15. Five days in advance, tell your friends that you can't attend their party because you're "not in the mood".
  16. Have your co-workers address you by your wrestling name, "Rock Bottom".
  17. When the money comes out of the ATM, scream "I won! I won!"
  18. When leaving the zoo, start running towards the parking lot, yelling "Run for your lives, they're loose!!"
  19. Tell your children over dinner, "Due to the economy, we are going to have to let one of you go."
- And The Final Way To Keep A Healthy Level Of Insanity.....
20. Send this to someone to make them smile. It's called therapy.

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