

November 2009

Cheshvan/Kislev 5770

Deuteronomy - "The Song of Moses"



Dead Sea Scrolls – Second Installation

Now on at the Royal Ontario Museum until January 3, 2010

Forestdale Heights has reserved Sunday, December 13 at 11:00 a.m. to view this exhibit. The cost of the visit is \$22 per person. (\$19 for seniors over 65). There is an additional cost of \$5 for a guided tour, and \$6 for a pre-ordered souvenir book. In order to have the tour there must be a minimum of 20 people. Confirmation of the number attending must be made by November 29. Please RSVP Irv Pupko at i.pupko@rogers.com or by phone at (905) 709 2675 as soon as possible.

[Photo courtesy IPPA]

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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At A Glance

November 9	Dinner Meeting
December 14	Chanukah Meeting
January 11	Opening Meeting 2010
February 8	Nomination Meeting
March 8	Election Meeting
April 12	Meeting
May 10	Meeting
May 30	44 th Installation

Kol Echad Deadlines

November 9	December Issue
December 14	January Issue

Kol Echad Yearly Advertising Rates

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Business Card	\$40

10 issues published every year

**Please call Harvey Silver
Business Manager
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**Forestdale Heights Lodge expresses
condolences to the family of Lodge
Brother Elliot Moldaver on his
recent passing. May his memory
forever be for a blessing.**

Lodge Meeting

The *Sukkahs* are safely stored away for another year,
but it's too early to be thinking of the *Menorah*.

What's left?

How about our monthly lodge meeting.

Monday November 9

Dinner 6:30; Meeting to follow

15 Hove

Please RSVP to Albert Ohana at 416-494-2636
or salonpiaff@rogers.com

.....
The B'nai Brith Chanukah Parcel Delivery this year will
be on Sunday, December 6 at 15 Hove Street, 8:30 a.m.
Drivers are always needed.
.....

President's Pen

.....Will return next month.....

Bingo

If you would like to help 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.

Editor's Desk



Is it me, or is the whole world becoming crazier? I pick up the newspaper every morning and put it down more often in disgust reading what passes for news of the day.

Case in point: Israel is repeatedly accused of being an apartheid state. Yet it is the only country in the Middle East that allows all citizens to run for elected office, regardless of their religion. It also allows for a free press which quite often contradicts and criticizes the government. As well, Israel allows a number of freedoms we enjoy. While the country is not perfect, people living in surrounding countries can only dream of having the same rights and freedoms that Israel grants.

Despite all of this, Israel is declared racist. It simply boggles the mind.

Case in point: Our own elected federal Conservative government runs commercials demonizing the Liberal party for getting into bed with the “Socialists and Separatists.” Somehow the point is missed. This is how minority governments are supposed to function, through the give and take in the best parliamentary tradition. Soon after this right-wing propaganda appeared, it was the Tories themselves that survived a non-confidence

vote with the help of these same “Socialists and Separatists.”

If you were ever contemplating running for political office, this could turn you off very quickly.

Case in point: Coming out of a recession, the provincial Liberal government announces plans to merge the GST and PST into a single tax. This will result in taxes being imposed on a number of goods and services that are now exempt. Of course, they say, taxes will come down and they will give everyone a one-time payment to tide them over the hurdle. Despite the fact no one is buying this argument, they are blindly pressing ahead, ignoring the wishes of those who elected them into office. Funny thing, I thought our political leaders were public servants, elected to represent the will of the people.

Case in point: Years ago I went for driving lessons, successfully obtained my licence; obey the rules of the road including a key one to always wear my seat belt. I pay insurance annually, keep my licence up to date and pay a number of taxes each time I fill my gas tank.

Now a growing number of cyclists are demanding that I further my education in order to learn how to deal with their growing numbers. All the while this group is suggesting that there should be more flexibility when enforcing traffic rules where they are concerned.

Continued on next page

Forgive me for saying, but, excuse me! I guess they have forgotten that if they want more rights, they have to accept responsibility for their actions.

Just last month, on the way to shul on *Rosh Hashanah*, I saw a cyclist race through a red light without even slowing to see if a car was coming through on the green light. No doubt cyclists everywhere would have demanded retribution if an accident had injured that cyclist.

Case in point: One of the downsides of a growing city is increased traffic and gridlock. One would think that the first order of business would be to expand the public transit system and then make changes to the road network. Yet, even before a single new transit stop has been set up, the beloved political leaders in the city below Vaughan have closed off a lane

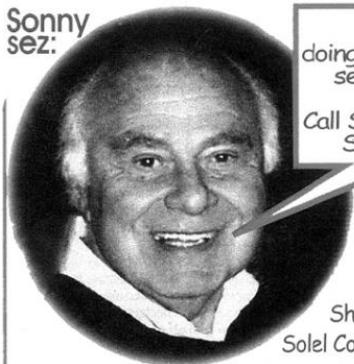
on one of the busiest streets to allow for a bicycle lane. It is expected to be ready this fall, just as cycling decreases. What's another two minutes sitting in traffic? At the same time they are going to study whether or not the Gardiner Expressway should be torn down.

Maybe I am becoming more cynical with the passing of years. Yet I can not but wonder what this world is coming to. I do know that if I had just arrived on Earth from another planet, I would make a quick turnaround and head home. My report upon arriving home would be short and simple: "Sorry boss, no intelligent life found".

Shalom

Jeff Rosen

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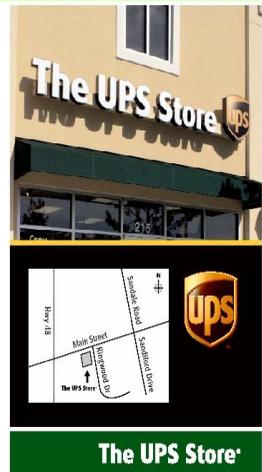
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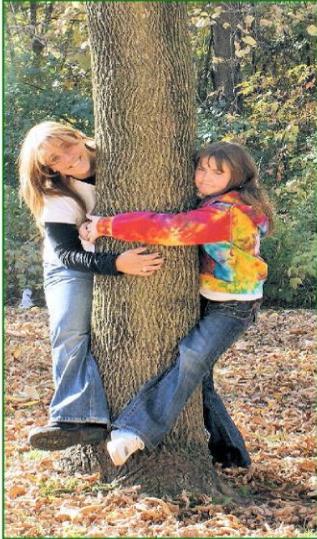
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URGENT



Bone Marrow Match Needed



Shari Ichelson Silverman is a 34 year-old mother of 11 year-old Ashley-Ann. Throughout June Shari didn't feel well. Numerous doctors made wildly wrong diagnoses. Shari collapsed and was transported to York Central Hospital by ambulance. They thought she was dehydrated. Blood tests soon revealed the truth: leukemia. Testing at Princess Margaret Hospital provided us with a definitive diagnosis: AML (Acute Myeloid Leukemia.) Shari spent 6 weeks at Princess Margaret undergoing chemotherapy. She was so sick that the CODE BLUE team responded to her twice. A second round of chemotherapy was administered as an outpatient. However she developed a high fever and was again hospitalized.

We have now received the devastating news that Shari must have a bone marrow transplant to survive. She has had numerous blood and platelet transfusions to keep her alive to this point. And, she will need many more. Shari needs blood, platelets and a bone marrow donor to survive. Shari's best chance is a Human Leukocyte Antigen match from a Jewish donor. You may be the one to save Shari. All that is needed right now is a simple mouth swab.

Help Shari survive by attending at the **National Council For Jewish Women, 4700 Bathurst Street .**

Blood donor clinic and One-Match Screening on **October 20, 2009** from 3:30 to 8:00.

Genetic and One-Match Screening on **November 1 , 2009** from 10:00 to 3:00.

Come to one of these events. You may save Shari or one of the 833 patients currently in need of a life saving bone marrow transplant.

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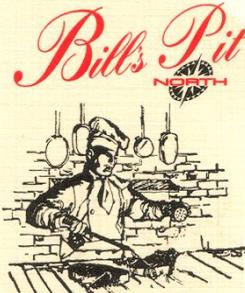
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Notes from Nate

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



Gevalt is a word I am getting to use too much lately, but by some miracle we have managed to tack another year onto the record of consecutive years your Rotund Reporter has been living on this planet. I am beginning to wonder though, because while we have hit 67 the misses claims to still be 39, which, when you do the math, makes me either a dirty old man, or a guy who is married for nearly 42 years to a woman who can't count.

No matter how you look at it, the past three years has been a really interesting. I look into my little black book and for some strange reason all the names in it start with doctor. I am now on a first name basis with my pharmacist and there are a couple of cute nurses I am seeing regularly. Unfortunately the only reason they want to hold my hand is to either take my blood pressure or give me a needle. In spite of all this *kvetching*, I can summarize it all with three words: "It beats dead".

My life revolves around a nightly nine hour session with a dialysis machine. Corned beef and pastrami are now things of dietary memory along with a raft of other delicacies that one consumes. Indeed, of all the things that could have given me a *tsaklop* thank you G-d for this

one, because it is a chronic condition that can be managed with only limited intrusion in one's lifestyle. So how can you say thank you for such a *tsooris* you ask?

Fortunately, it is an easy question to answer. While my strength and stamina are not what they were, thank G-d I can still have 15 hours a day free to go where I want, play with my grandchildren, come to meetings, aggravate the president, play with my old cars and yes, even sit here and write this column.

I was stunned a month or so ago, when I got a call from my immediate predecessor as president, Harvey Rachman, just before he went in for quadruple bypass. I was even more thrilled when we met for lunch just a few days ago. He too is counting his blessings because they were able to correct his problem and he is once again getting on with life. What gets me though is ol' Harv is two weeks younger than me and was always in better shape. The important thing is we were both there to break bread and eat a healthy lunch with each other.

I should also point out that last time, before his operation, I paid so there was no way he was going to get out of paying for my lunch this time around.

Continued on next page

The strange thing is that this is what friendship is all about. It is not the big

things, it is not how much you have in the bank; it is not about how famous you are or what fancy club or *shul* you belong.

It is about sitting across the table and reminiscing about the good times we shared. It is about the old Church Street bingo, the old BBYA days and the trips to Crystal Beach. It is about the friends we shared and having our kids at lodge events years ago. It is about how a group of our lodge brothers were the founders of Shaar Shalom just about the time the lodge was just getting under way. This is what memories are all about.

I often talk about how the members of our lodge are really like an extended family, and over that lunch it became so very true. Harvey, like many of the original members, got caught up in life and drifted away from the lodge. But in

looking back, we remembered the good old days and the fun we had. Not only did we run programs, but many of us became active and enthusiastic participants.

As I have also said before, all of us have put a few more miles on our clocks and maybe the old get up and go has got up and gone. The important thing is that as a lodge we are still doing and yes, even coming out to *fress* once a month. This might be the extent of some members' involvement, but they too are playing an important role in keeping the lodge alive and functioning. The reality has set in that while at one time we were young and vibrant, today I can honestly say, while youth is exciting, old age is a lot more comfortable.

See you at the next meeting

Nate Salter



Good & Welfare

Birthdays

Stan Horowitz
Michael Kates

November 20
November 23

Anniversary

Allan & Lisa Brown

November 5

Second group of Dead Sea Scrolls displayed at the ROM

Second installation of Dead Sea Scrolls on view from October 10



Royal Ontario
Museum

Musée royal
de l'Ontario

Since its June 27th opening at the Royal Ontario Museum (ROM), *Dead Sea Scrolls:*

Words that Changed the World has showcased eight Dead Sea Scrolls. Complemented by full interpretations, translations and background information, and delivered within the context of the tumultuous period in which they were written and hidden, the Scrolls have captivated exhibition visitors. From October 10, these first eight Scrolls will be replaced by eight others. Informative interpretations and translations will continue to enhance the visitor experience as will 200 artefacts, already displayed and on loan from the Israel Antiquities Authority and the ROM's own collections.

As in the first installation, this second grouping will feature two Scrolls specially conserved for their ROM appearance. Both written in Hebrew and found in 1952 in Cave 4, Deuteronomy, a Biblical Scroll dated to 1st century CE, and the Communal Ceremony, a non-Biblical Scroll dated to 30 – 1 BCE, have been newly conserved prior to this, their first public display.

Among the other Scrolls to be displayed in this second rotation:

- Psalms (at right): naming King David as author of the Psalms and demonstrating the ancient tradition of David as the greatest of poets, this particular Scroll is the



earliest known copy of the book of Psalms, dated to 1st century BCE. It is also the most substantial, with as many as 51 individual psalms on the original Scroll. [photo courtesy IPPA]

Toronto Marathon

How many people does it take to properly run a CVS program? How about two programs? (Keep reading to find out more.)

In the case of Forestdale Heights Lodge, the correct answer is three. On Sunday, October 18, Michael Kates, Harvey Silver and I worked as volunteers at the Goodlife Fitness Toronto Marathon.

Rising early that morning, the three of us manned a water station on Becroft Avenue behind Mel Lastman Square. We set up tables, prepared Gatorade and filled cups with either water or Gatorade for those taking part in one of three marathon runs that day. While a bit chilly, the CVS program was a lot of fun and the camaraderie was fantastic. This being our second year taking part in the Toronto Marathon, we were better prepared for the elements and were



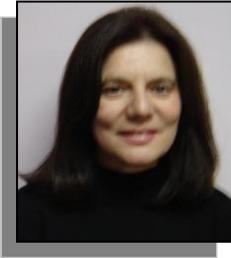
better organized. As runners in the third run left the area, organizers praised us for maintaining a litter free area. After we cleaned up, they offered us the leftover Gatorade. We accepted their offer and Harvey let them know it would be donated to a food bank. As a result, a second community volunteer service program was created.

We also had the opportunity to talk with a few EMS personnel stationed near our water station. As it turns out, they were the recipients of our holiday gift basket program last December. They expressed their appreciation for the thoughtful gift.

Our lodge has a strong history of CVS. It is important that we never forget that.

Jeff Rosen

Random Musings



I found myself in a panic recently, when debating whether to take a professional course which required certain computer capacities. Upon

flipping to the page

that gave the parameters, I thought to myself, how in the h--- am I going to find this information? I couldn't locate all my original booklets that came with the computer. Suddenly, out of desperation I decided to check out what was listed on the home page of my computer, and actually found a listing called "My Computer". Lo and behold, there was some of the info I needed. "I can't believe it," I shouted. It's been here all along. One thing about the "Windows" capacity was unclear, so I decided to look it up on the internet, and *voila*, the answer was there!

Emboldened now, I decided, it's now or never. I'm going to try and burn a CD. Taking a chance, I tried it. The term "burning" is true, as I forgot to close the sliding door on the CD slot and, rather than the phrase "feel the burn," I could smell the burn. Not to be deterred any longer, I closed the hatch and held my breath. Amazing! It worked.

This progress, as you might recall, has been a long time in coming, as the IT age has not come easily to me. I've been told our computer is becoming obsolete, but

have stubbornly not wanted to get a new one because I haven't even reached the potential of using the abilities of this one. Oh, sure, it seems to be slowing down a lot when surfing the net, and that I find very distressing in the age of instant results. But I am sure, if I just eliminate some junk on the computer's memory, and try to upgrade a couple of things, it can improve. If not, I'll give one last call to a computer technician who can usually save us when a virus invades, or our own ineptitude has messed things up.

All in all, I've gone from feeling totally



overwhelmed to just a little bit more in control. Now, how can I add more things to the CD that I've made? I'm sure the program's smarter than I am and can figure out how to add it without erasing what I started. If not, maybe I can figure that out, too.

Elizabeth Bloom

As I See It



Israel, officially, has never confessed about its secret nuclear power.

There are all kinds of information on the place called Dimona. According to most, Israel began building

its nuclear plants in the 1950s. It seems this isn't a secret, yet it is just not talked about in political circles. A few years back, there was a play called *Golda's Balcony*, based on the life of Golda Meir. The name of the play, referred to the nickname given to the area inside the secretive Dimona nuclear weapons facility, from which VIPs could observe some of the activity taking place in the underground portion of the facility.

History records that David Ben Gurion sent Simon Peres to chat with the French government asking for their assistance in creating Israel's first nuclear plant, and the rest of the story you already know. Israel has always stated that it would never be the first Mideast power to use a nuclear warhead, unless its very existence was at stake.

As of late, Iran has become one of the most serious threats to stability in the Middle East.

The United States recently confirmed that Iran is very near or is already in possession of sufficient low-enriched

uranium, to produce a nuclear weapon. The U.S. also assesses that the threat from Iran's short and medium-range missiles, is developing more rapidly than previously projected. With Ahmadinejad as president of Iran, not only is Israel's safety at risk, but all of the Middle East as well.

Given the fact that Iran has nuclear capabilities, it poses an indirect threat to Israel, as it shares this technology with



other Muslim countries. Ahmadinejad has raised worldwide concern about nuclear proliferation and that his country is ready to transfer the nuclear know how to other Islamic countries who want to have the scientific knowledge to produce their own weapons.

Continued on next page

He once again stated, “The only way to confront the United States and the Zionist enemy is the continuation and fortification of resistance and *Jihad*, is to wipe Israel off the map”.

There are those who think that Iran would never use such weapons against Israel. To do so would kill innocent Muslims as well. The fact is Iran did not hesitate to use poison gas on their own people during the 10-year war with Iraq. In 2006, in Lebanon, Hezbollah did not worry that rocketing cities with large Arab populations such as Haifa and Nazareth would kill non-Jews. It seems the Muslim population is more bent on destroying Israel than saving the lives of their own

people.

Just a few weeks ago, in the UN, Ahmadinejad sparked new outrage by again calling Nazi Germany's murder of six million Jews in the Holocaust a “myth,” then saying the angry reaction he provoked was a “source of pride” to him. Can someone please explain to me, how did the United Nations allow this madman, Ahmadinejad, to speak on the world stage? Am I going sane, in a world that has gone crazy?

Bonnie Kates



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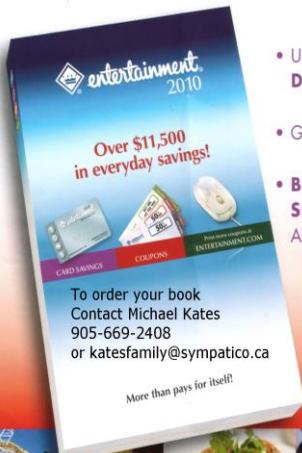
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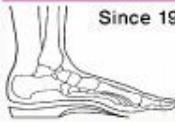
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Forestdale Funnies

Four expectant fathers were in a hospital waiting room, while their wives were in labour. The nurse arrived and announced to the first man, "Congratulations sir, you're the father of twins." "What a coincidence!" the man said with some obvious pride. "I work for the Minnesota Twins baseball team." The nurse returned in a little while and turned to the second man, "You, sir, are the father of triplets." "Wow, that's really an incredible coincidence" he answered. "I work for the 3M Corporation. My buddies at work will never let me live this one down." An hour later, while the other two men were passing cigars around, the nurse came back. This time, she turned to the third man, who had been quiet in the corner. She announced that his wife had just given birth to quadruplets. Stunned, he barely could reply. "Don't tell me another coincidence?" asked the nurse. After finally regaining his composure, he said, "I don't believe it; I work for the Four Seasons Hotel." After hearing this, everybody's attention turned to the fourth guy, who had just fainted, flat out on the floor. The nurse rushed to his side and, after some time, he slowly gained back his consciousness. When he was finally able to speak, everyone could hear him whispering repeatedly the same phrase over and over again. "I should have never taken that job at 7-Up!"

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Health in Harmony

Are You a Pack Rat? Tips to Get Organized!



Do you have junk drawers in every room? Do you have so many clothes, you now store them under your bed? Is your jewellery box little more than a tangled web of broken rings, chains or cuff

links fit to file under G – (for garbage?) You may be in need of some organization strategies!

But it doesn't stop there. Your kitchen cupboards are so full, that when you open them, something falls out on your head. Your medicine cabinet is jammed full of old prescriptions and half empty bottles of lotions. If this sounds like your life, it's time for junk collectors to come clean!

Tips to Change Habits

1) Realize that hanging on to items for years and years is counterproductive to your health. It slows down productivity and can make you feel like you're bogged down. You are! The junk you continue to keep (and collect), takes up room in your mind. Even though you may think it doesn't bother you...it really does. Admit it. You may need to start slowly, because the thought of throwing anything out for a pack rat is horrifying. But you can do it. I

know I did. Truly, you're not throwing out part of yourself, you're just moving on.

2) Pick the one area that bothers you the most; your desk, your kitchen, your bedroom closet, or dresser drawers. Set aside a short amount of time to start the task of purging, even a half hour at a time. Make sure you have large garbage bags handy. If it's your dresser drawers you've chosen, only clean out one at a time. To do the whole dresser in one sitting will become overwhelming – you may end up shutting the drawers and forgetting the whole thing. (Unless you really get into it – then you might not be able to stop!)

3) Start by taking out each item in one drawer. Make 3 piles; a pile to give away, a pile to keep, a pile to throw away. (Most will likely to go in the garbage pile.) Do you really need four can openers? Be ruthless. If a piece of clothing is torn, has a little hole - it's gone. You immediately will feel lighter, renewed. You'll have a sense of accomplishment. And in the process you will relieve stress and raise your self esteem. It might take you a few months to get through your entire home or office, but you'll be glad you did. Pack up the decent casts-offs to charity. Great start to a New Year!

Rosalie Mosece

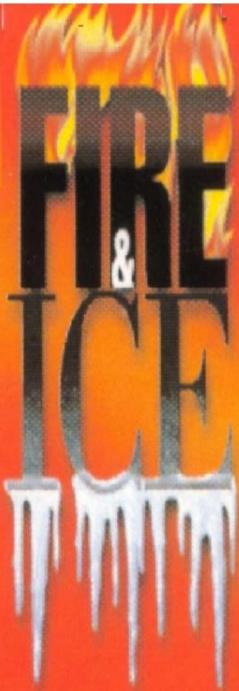
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