

# KOLECHAD

November 2010  
Cheshvan/Kislev 5771



- Keeping The Faith -

FORESTDALE HEIGHTS LODGE, B'NAI BRITH CANADA

# WANTED

People to help run the monthly bingo program at 4300 Bathurst Street. Please contact Irv Pupko at [ipupko@sympatico.ca](mailto:ipupko@sympatico.ca). Our lodge will be in charge of the games the second Tuesday of each month starting at 7:25 p.m. Next bingo will be November 9.

## AT A GLANCE

November 8	Speaker & Dinner
December 4	Chanukah Party
December 6	Dinner Meeting
January 10	Dinner Meeting
February 5	Race Night
February 7	Dinner Meeting
February 27	CVS Program
March 7	Dinner Meeting
April 4	Dinner Meeting
May 9	Dinner Meeting
June 6	Dinner Meeting

**Dinner starts at 6:30; Meetings at 7:15**

## YEARLY AD RATES

Full Page	\$200
Half Page	\$100
1/4 Page	\$50
Business Card	\$40

10 issues published every year

**If you would like to advertise, please call  
Harvey Silver, Business Manager,  
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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 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



## Coping with Change

As we are getting older, we realize that nothing stays the same. The only thing in life that's constant is change.

However, not all change is stressful or bad.

When I couldn't play baseball any longer, it was at first, an unwelcome change – as it was for me when we moved from our house of 27 years to a condo. But after a short while, I was able to accept these changes and now I enjoy other activities and think that condo life is fantastic! I guess we have to go with the flow and know that it takes time for any change to feel 'normal'.



Another change for Rosalie and I was becoming grandparents – a most positive change that fills our hearts with joy. (Now we have something new to talk to each other about!)

Becoming President of Forestdale Heights Lodge is another change for me.

At first, not knowing all the protocols of the position was unsettling, but then I saw it as a challenge and it became exciting.

Change brings new awareness and challenges help us grow as individuals.

Don't fight change, find a way to become content and bid the past farewell, taking with you the fond memories. Accept changes as it comes and do your

best to enjoy what's good in your life.

*Ray Moscoe*



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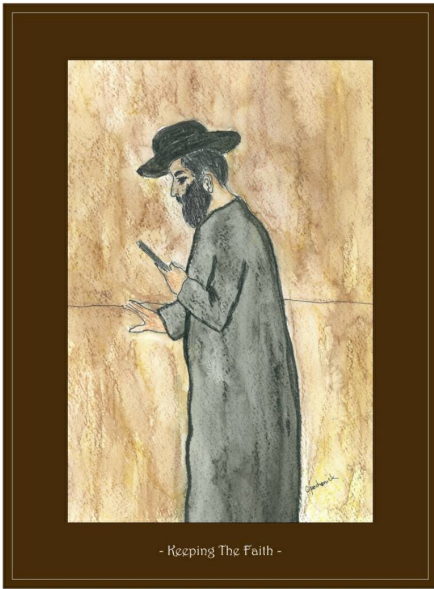
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*Bonnie Kates Medical Curriculum Consultant*



# COVER ART



Cynthia Pechenick has been an artist for as long as she can remember. She started out in her teens sketching anyone and everyone she knew. She studied fine art at college but then took on other jobs as life got in the way.

That never deterred Cynthia from continuing on her creative path. She started experimenting with watercolours with no real formal training which she always said she liked because she did not want to become a formula painter.

Her colours and free expression have always been her strong points. Being a true child of the sixties inspired that feeling.

About 10 years ago Cynthia started to experiment with silk. She actually started using watercolours on silk but then started researching the medium and realized that you have to use special dyes and gutta. Again being self taught and using the library for all her resources.

Cynthia also does jewellery and crochets baby blankets.

To reach Cynthia or to make a purchase, please go to <http://cynthiaoriginals.ca>

## OCTOBER BINGO

B I N G O				
7	25	44	57	62
15	22	40	50	70
11	30	FREE SPACE	46	74
2	28	37	55	68
10	27	39	59	75

On October 12, three members of Forestdale Heights Lodge went to 4300 Bathurst Street to help run the monthly bingo programme. Thanks go to Irv and Ruth Pupko and Richard Kotzen for their participation in this CVS programme.

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# *Stress Relief and Nutrition Tips!*

*To Stay Young!*

*Monday, November 8*

*Forestdale Heights Lodge Meeting*

Are you over committed, over tired, over stressed, overwhelmed, over worried, over eating and just plain overdoing it? Are you so tired? by the end of the day that you become a couch potato at night?

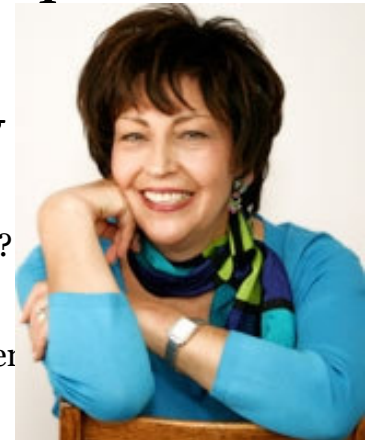
*If so*, you'll have a chance to recharge your batteries and enjoy a fun session of our very own, Rosalie Moscoe.

You'll learn about:

- The types, causes and signs of stress
- How one's perception is key
- Personality types, "A", "B", & "E"
- Important coping skills to soothe stress, such as deep breathing, mindfulness
- The essential health buffers; exercise, sleep & nutrition tips for brain health

And more.....

**Come and reflect upon the pace and quality of your life and learn fun, valuable stress relief, wellness and nutritional strategies.**



**Rosalie Moscoe,  
RHN, RNCP**

## *Bye, Bye Burnout!*

### **Frazzled, Hurried Woman!**

Your Stress Relief Guide to Thriving...  
Not Merely Surviving



"Excellent advice in amazing detail to live productive, interesting lives and remain well. I recommend men also read Frazzled Hurried Woman!" — Abram Hoffer, MD, PhD

Rosalie Moscoe, RHN, RNCP

*Rosalie Moscoe, R.H.N., R.N.C.P. is a graduate of Centennial College's, Workplace Wellness & Health Promotion Program and The Canadian School of Natural Nutrition. A former instructor of stress management at Centennial College, she speaks across Canada for many organizations. A Registered Nutritional Consultant, she gives one to one nutritional consulting to patients of five medical doctors. Rosalie is author of Frazzled Hurried Woman!*

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# EDITOR'S DESK



*Keeping the Faith* is the title of this month's cover art. It depicts a religious Jew standing at the Western Wall, the Kotel, with one hand resting on the Wall, while the other holds a prayer book. The man is lost in prayer

to G-d. What is he thinking? Is he praying for a better tomorrow, remembering the past all the while?

Throughout the ages, it has never been easy for the Jewish people. They have settled in one place time after time, become an integral part of society, only to be uprooted as their secure world would come tumbling down.

It certainly was not easy to keep the faith for some of our parents and grandparents who endured Nazi Germany and the Holocaust.

It was 72 years ago, this November when the Nazi regime unleashed the horrors of what we know as Kristallnacht – Night of the Broken Glass on November 9-10. At that moment, the world as everyone knew it came to an abrupt end. Jewish homes were ransacked, as were shops, towns and villages, as stormtroopers and civilians destroyed buildings with sledgehammers, leaving the streets covered with pieces of smashed

windows. Ninety-one Jews were killed and 30,000 Jewish men – a quarter of all Jewish men in Germany – were taken to concentration camps. Around 1,668 synagogues were ransacked, and 267 set on fire.

What followed in the days and years ahead was an orgy of death and destruction that, fortunately, has never been equalled.

Throughout the trying times that followed our people never gave up, never lost the faith.

Because of their determination to survive, we are able to live in a free and democratic society and share their stories each year at Holocaust Education Week (HEW) in Toronto.

This year the program, sponsored by the Jewish Federation of Greater Toronto is marking its 30<sup>th</sup> anniversary. Its scope and outreach has expanded to encompass a number of non-Jewish settings and religious institutions, as well as public elementary and secondary schools. It also has the distinction of being formally recognized at Toronto City Hall and by politicians at all levels of government.

Clearly, life for Diaspora Jews today is not as bad as it was in the past, despite protestations by some community leaders.

**Continued on next page**

However, we must remain vigilant for **REAL** cases of racism and anti-Semitism (*as opposed to perceived injustices*).

As English philosopher Edmund Burke said, "*The only thing necessary for the triumph [of evil] is for good men to do nothing.*"

Holocaust Education Week has and continues to play an important role in this area. One of the areas that HEW will focus on this year will be how the past can be transmitted to yet another

generation. It is essential that the horrors are never forgotten and the lessons never lost.

Simply put, keep the faith - for those who came before us, for us and for generations to come.

It is such a simple message with so much meaning.

*Shalom*

*Jeff Rosen*

When the Nazis came for the communists,  
I remained silent;  
I was not a communist.

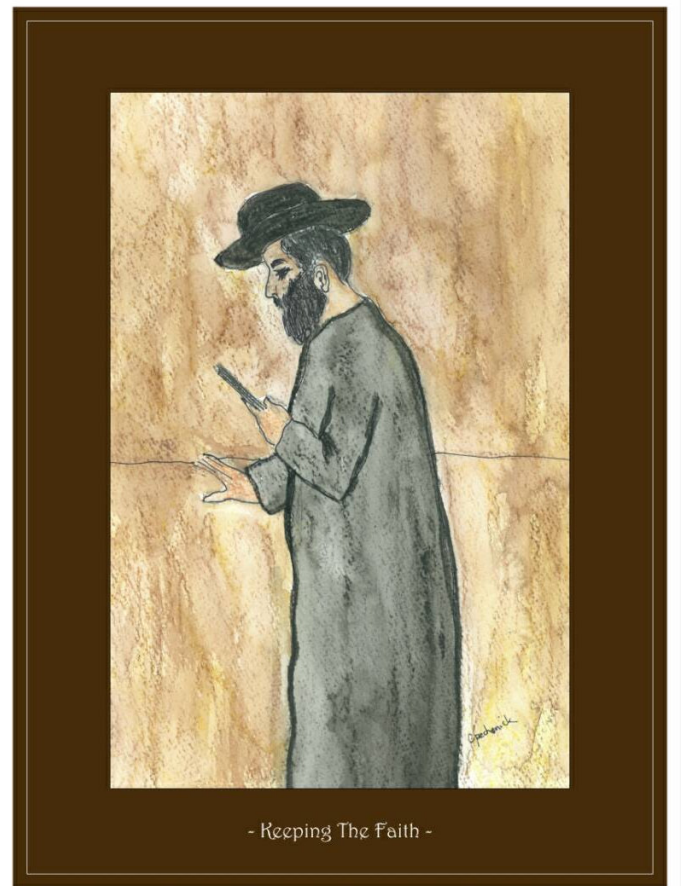
When they locked up the social democrats,  
I remained silent;  
I was not a social democrat.

When they came for the trade unionists,  
I did not speak out;  
I was not a trade unionist.

When they came for the Jews,  
I remained silent;  
I wasn't a Jew.

When they came for me,  
there was no one left to speak out.

*-Pastor Martin Niemöller*



# HOCKEY NIGHT IN FORESTDALE



**All the Action  
All the Fun**



On Saturday, February 27, 2011 Forestdale Heights will be holding a special CVS programme when we join clients from Jewish Family & Child Services at the Ricoh Coliseum for what promises to be a spectacular match-up.

## TORONTO MARLIES VS. MANITOBA MOOSE

For further information,  
please contact George Garten  
[candggarten@hotmail.com](mailto:candggarten@hotmail.com)

If you know of someone who  
you feel would make an  
interesting speaker for one of  
our monthly meetings, please  
contact Ray Moscoe

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KENNY KORMAN



# SANDY'S SCRIPT



It's been a while since I have submitted a piece for the Kol Echad and I marvel on how far it has come over the last year. The bar has been raised many times since I first joined the lodge way back when. I have to remark that the addition of "artwork" on the front page of the Kol Echad was a great idea!

As the saying goes "we are small but strong" and I believe that to be very true! But quantity doesn't really have anything to do with it. The strength is in our commitment to us, the lodge and our community.

As I read our most recent edition of Kol Echad, it was heartwarming to read about our President, Ray Moscoe, and how baseball helped shape his life and the lessons he took

from his love of the game. Jeff Rosen, editor of Kol Echad, wrote a very heartwarming piece about his Uncle Joe - our family's good friend - who recently passed away. The lessons learned from someone or something and how our lives are molded, make us better people. You can't put a price-tag on that...it has to be lived!

We are doing good things at Forestdale Heights Lodge and with the commitment of all of our members; we'll go over the top in providing informative meetings, fun socials and wonderful community service programmes to benefit our members and the community at large.

Keep up the good work.  
Until the next time.

*Sandy Gordon*

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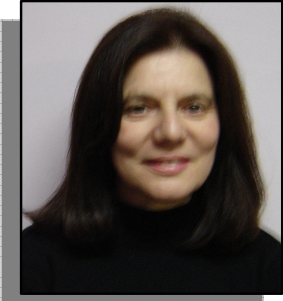
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# RANDOM MUSING



Having grown up in the U.S., I knew that Thanksgiving was a very significant holiday for every member of society.

When I first moved to Canada in the mid-seventies, I was interested in the fact that, due to the earlier harvest further north, Thanksgiving in Canada occurred in October rather than November. I was also a bit surprised that, at that time, not everyone in Canada found it to be a very significant holiday.

Nowadays, I have noticed that it has, indeed, become a very meaningful holiday for Canadians. I think that in both Canada and the U.S., we have every reason to be grateful. We live in democracies, with the freedom to move about freely and in relative safety. Immigrants who come to both countries usually do so because of a burning desire for a better life for themselves and their families, free of oppression, and filled with the hope of choosing new paths in life. Despite some inequities and difficulties, both countries offer the possibilities for advancement and abundance for those who work hard.

Canada, in particular, has both a social safety net and universal

medical care, which albeit imperfect, are obviously blessings. The quality of life, free from dictatorship, offers both opportunity and time for family and friends. This is something which should be joyously celebrated and appreciated.

It is at this time that we give thanks for all we have been allowed to partake in, and our special harvest meal is a symbolic feast of this celebration of family and bounty. The all-inclusiveness of Thanksgiving is what makes a people proud, cohesive, and loyal to a democratic nation where every individual is considered significant, important, and equal to the others in rights and freedoms. How lucky we are, and how important it is to celebrate. I'm glad I get to do it twice a year.

*Elizabeth Bloom*

## **MARK THE DATE**

**Saturday, February 5, 2011**

**FHL's Annual Night at the**

**Races returns. Cost is**

**\$45/person**

**If you are interested in**

**going, please contact**

**Bonnie Kates at**

**[katesfamily@sympatico.ca](mailto:katesfamily@sympatico.ca)**

# OCTOBER MEETING



President Ray Moscoe, right, and past president Carl Zeliger gather food collected at our October meeting. Each month, Carl delivers all food donated by members to the Pride of Israel Kosher Food Bank. The food bank serves between 135-145 people a week. Lodge members are requested to bring non-perishable kosher food to each monthly meeting to help those in need.

## Ground Rules for all Meetings

- Be honest and open
- Know when enough is enough
- Respect each other's points of view
- Hold the side bar discussions
- Don't interrupt
- Turn off cell phones & pager ringers

# TORONTO MARATHON



Then there were five.

For the third consecutive year, Forestdale Heights Lodge made their presence felt at the Goodlife Fitness Toronto Marathon as a small group of members took part in this important CVS program, operating the water station at the marathon's starting point.

This year, our crackerjack team included last year's participants, Michael Kates, Harvey Silver and myself, as well as President Ray Moscoe and our newest member, Allan

Greenberg.

The five of us rose early on Sunday, October 17, to head to our designated location on Beecroft Avenue, behind the North York Civic Centre.

We were fortunate this year, as it was a relatively mild autumn morning. Our group set up the tables, prepared Gatorade and filled cups with either water or Gatorade for those taking part in one of three runs that day (There was a half marathon, a marathon and a relay). It was interesting to see just how many different colours of Gatorade we could create by mixing the different flavours.

As the runners streamed past to get properly hydrated, we welcomed them, provided words of encouragement and gave directions to the race registration and starting line. The CVS program was a lot of fun and the camaraderie in our group was fantastic. This being our third year taking part in the Toronto Marathon, we had our routine down pat. Still we learned not to fill the cups to the top, as most runners only wanted a half cup. Of course who could forget Ray being the lodge's barker ("get your water, get your Gatorade!") or Harvey personally handing out the drinks to runners?

We were repeatedly thanked for our efforts by both runners and organizers. Carlton, the Toronto Maple Leafs mascot, dropped by to mix it up with our lodge members and to say hello. A photographer from NOW magazine also inquired about our lodge and took some photos.

As the final race left the starting gate, we cleaned and packed up our site, knowing it would be the final time we would be taking part in this fall classic. Next year this marathon will be held in the spring.

Special thanks to Harvey for providing the rubber gloves to keep our hands dry and jet fuel (also known as coffee) for our team four our morning pick-me-up.

*Jeff Rosen*

# TORONTO MARATHON



More photos can be found  
on our website at  
[kolechad.ca](http://kolechad.ca)

# GREETINGS



Allan and I were invited to your September monthly dinner/budget meeting. For us it was a wonderful new experience. Everyone was so warm and friendly and did much to put us at ease. Topics which were unfamiliar to us were explained in detail, allowing us to become informed with what Forestdale Heights Lodge is all about. We officially became members at the October meeting as Allan and I were thrilled with the welcome we received.

We are both fairly new to Toronto and one of the biggest challenges for us was meeting new people and from there, making new friends.

We lived in Red Deer, Alberta for the last 30 years and when Allan retired we felt it was time to leave small city living and return to a big city where we would have a variety of new and interesting things to discover and do. What we hadn't counted on was the fact that because we are older, meeting people and making friends wasn't going to be as easy as it used to be.

We hope this will be the first of many opportunities to be part of what you hope to accomplish and help your lodge continue with your ongoing projects.

We wanted to thank everyone for their warm welcome.

*Linda and Allan Greenberg*

# TASTY TREATS

## Apple Ricotta Coffee Cake

*Adapted from Seriously Good*

### Streusel Filling/Topping:

2/3 cup brown sugar  
1/2 cup flour  
1/2 cup rolled oats  
1/2 tsp cinnamon  
1/4 tsp salt  
6 Tbsp butter, cut into 6 pieces

### Cake:

1 3/4 cups flour  
3/4 tsp baking powder  
1/2 tsp baking soda

1/2 tsp salt  
1/2 cup (1 stick) butter, softened  
1 cup sugar  
1 tsp vanilla  
2 eggs  
1 cup ricotta cheese

2 small crisp apples (or, in our case, one frighteningly large one), peeled and diced into 1/2" cubes, tossed with lemon juice  
1/2 cup chopped pecans

Preheat the oven to 350 degrees. Grease and flour a 9" springform pan, set aside.

To make the streusel: Place the brown sugar, flour, rolled oats, cinnamon and salt in a food processor. Pulse a few times to combine. Add the 6 tablespoons of butter, and pulse several times until you can no longer see lumps of butter. Set aside.

**To make the cake batter:** Sift together the flour, baking powder, baking soda and salt in a bowl. Set aside. In a mixer, cream the butter and sugar until light and fluffy. Add the vanilla and eggs one by one, beating well after each addition. Add half the ricotta, mix to combine, and then add half the flour and mix well. Repeat with the remaining ricotta and flour mixture.

**To assemble the cake:** Spread half the batter into the prepared pan. Sprinkle with half of the streusel filling, and all of the apples. Spread the remaining batter of the top -- it is a somewhat thick batter, so plop spoonfuls over the top and spread gently. Sprinkle the top with the pecans and remaining streusel. Bake until a tester comes out clean, about an hour or longer. Cool somewhat to allow the cake to set before eating.



# AS I SEE IT



Human intelligence is what drives human advancement and improves our quality of life.

Human intelligence has led us to discoveries in every field and it

continues to advance, in health, science, productivity, all for the betterment of mankind.

Intelligence seems to be what separates humans from the “lower animals.” A

human is guided by his logic and thought processes, while an animal conducts itself solely based on instincts. Pure thought, analytical thought, is considered impossible for any creature other than a human being.

We humans have the ability to think, to use logic and to analyze. Then why do we continue to be unkind, hurtful, mean and downright nasty to each other? We talk about each other rarely in flattering ways but say things that do not build each other's self-esteem, but finding ways to tear it down. In essence we love to gossip.



Gossip is idle talk or rumour, about the personal or private affairs of others. It forms one of the oldest and most common means of sharing facts and views, but also has a reputation for the introduction of errors and other variations into the information communicated.

Judaism considers gossip spoken without a constructive purpose as *loshon hora*, in essence a sin. Speaking negatively about people, even if retelling true facts, counts as sinful, as it demeans the dignity of man — both the speaker and the subject of the gossip.

As I sat in shul during the high holidays, I heard the couple behind me talking about another couple who had just separated. Each added their own tidbit to the gossip. The man said the fellow who had just separated had been playing around for years, she said, the wife's *yom tov* outfit made her look like a street-walker. Sitting beside me, some teenage girls gave an ongoing commentary about every woman that walked into the sanctuary regarding their clothes.

**Continued on next page**



We are considered the intelligent species. So why do we continue to partake in idle gossip?

Nothing positive has ever come about from listening to *loshon hora*. Slanderous speech kills three people. The teller of the gossip, the one who listens, and lastly and most importantly, the one being spoken about.

The other day, while standing in line at the grocery store, I realized all the magazines in the stand, were about gossip. What happened to the magazines about science, finances, the state of the country — all that was at the checkout stand, were those gossip magazines. I began to realize that a whole industry has spawned out there, due to gossip. I can only imagine the money that the industry of gossip spins. There are

those who write about it, the company that publishes it, the printers, the agents who sell the magazines and the store who buy them to distribute to the consumer.

If gossip was outlawed can you imagine how many employed in that industry would now join the ranks of the unemployed? No gossip magazines, or TV and radio shows dedicated to it would result in national boredom, which could possibly result in anarchy. If gossip was outlawed, worst of all, people would become kinder, more honest, and the world would become a better place. Now, isn't that something to think about?

*Bonnie Kates*

COMING THIS MONTH TO OUR WEBSITE, [kolechad.ca](http://kolechad.ca)

- A look at life in Israel in 1948
- A peek at heavenly bodies beyond our universe and solar system

Both can be found under FYI



**Jordan L. Soll, B.Sc., D.D.S.**

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# CHANUKAH BASH!



We're going to spin those dreidels on

**Saturday, December 4  
7:30 p.m.**

Join us for an evening of food, music (oldies but goodies), dancing, and karaoke (start practicing now!)

**Door prizes:** (main door prize, one pair of Toronto Maple Leaf hockey tickets - Boston vs Toronto in March, donated by TES)



**Menu:** (Strictly Kosher) latkes, veggie platter and dips, cheese tray, fruit platter, cakes, soft drinks, tea, Starbucks coffee.

**PLACE:** Party Room, 10 Tichester Rd., Main Floor (1 block north of St. Clair, 1 block east of Bathurst St.), Parking underground or on Street

**COST:** Only \$20 per couple; Guests: \$25 per couple.

**RVSP** by November 20th to Ray Moscoe,  
[raym@tes.net](mailto:raym@tes.net)

*We look forward to seeing you all!  
Tell your friends and bring them along for an evening of fun!*

**Rosalie Moscoe**  
RHN, RNCP



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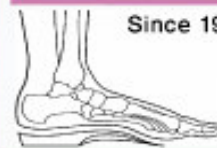
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# BBC CHANUKAH PARCEL DELIVERY

Sunday, November 28

8:30 a.m.

15 Hove Street

Contact Ray Moscoe at (416) 652-6363 if you can help with this important CVS project

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## GARDENING TIPS FOR NOVEMBER

### SHRUBS and TREES

- One of the most asked questions at this time of year are "when can I transplant my shrubs and trees?" This month and throughout the next several months will be good times to transplant trees and shrubs.
- Prune your evergreens to shape.

### THE LAWN

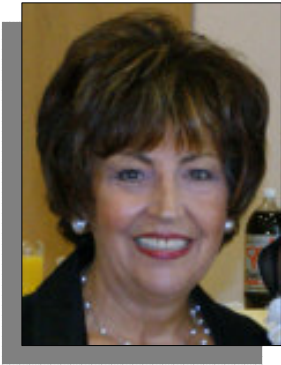
- If you haven't already applied a fall or winter type of lawn fertilizer (20-9-9), now is the time to do it. Lime can also be applied, if needed.
- Give your lawn a good raking to lift away accumulations of debris.

### HOUSEPLANTS

- Winter heating dries the air out in your home considerably. Help your houseplants survive by misting them or placing the pots on a pebble filled tray of water to ensure adequate humidity and moisture.
- Pot up some spring flowering bulbs for indoor color during the winter. Store the pots in a cool, dark place, until new growth emerges from the soil, and then move them to a bright window.

# HEALTH IN HARMONY

## *Quick Stress Busters to Look Good, Feel Good!*



It's time to take charge of your stress before it takes charge of you! Stress is said to be responsible for 50-80% of all illness - a good reason to do something about it.

The following few tips will help you get started on a pathway to well-being.

1. Just stop and take a couple of deep breaths - right down to your belly. Do the "Ten Second Break". Take in a deep belly breath to the count of four. Hold your breath to the count of four. Breathe out to the count of four. Repeat to yourself "I am calm". Repeat a few times throughout the day to initiate the relaxation response in the body.

2. Use positive self talk to replace old negative messages that often rumble through our heads causing psychological and emotional stress.

Use messages like, "I'm doing the best that I can. Look how far I've progressed and I'm still moving forward. I can get through this". "This too will pass. I can stay calm with this difficult person".

3. Get rid of the bound energy that lurks in muscles causing many physical problems. Put some form of physical activity into your life. Even a brisk walk around the block on a regular basis can help you banish stress chemicals and fatigue.

4. Eat breakfast! Include protein in the morning such as yogurt, eggs, low fat cheese, fish, and etcetera. to give your neurotransmitters in the brain a welcomed wake-up call.

**Come and hear more tips on Stress Relief and Nutrition at the next lodge meeting on November 8<sup>th</sup>**

*Rosalie Moscoe*

**PARTY AND NOVELTY SUPPLIES**




**Ken Gutman**  
President

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**416-221-1655**

# GOOD & WELFARE

## Birthday

Stan Horowitz  
Michael Kates

November 20  
November 23


## Anniversary

Allan & Lisa Brown

November 5

# ENTERTAINMENT 2011

It's that time of the year again. Time to stock up and sell the new Entertainment book. Forestdale Heights is once again selling these great bargains at \$30/book. If you are interested, please contact Barry Gordon at [barrysgordon@sympatico.ca](mailto:barrysgordon@sympatico.ca) and let him know how many you require.



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# ALLOCATIONS

If you have a charity you wish the Lodge to make a donation to, please send the request to Irv Pupko at [i.pupko@sympatico.ca](mailto:i.pupko@sympatico.ca). All requests for assistance will be discussed and allocated at our December meeting.



# DINNER MEETINGS

At our September meeting, the lodge voted to increase the cost of our monthly dinner meetings for members from \$5 to \$8 per person. At the same time, it was approved that guests/non-members will be charged \$10 per person. Price increases will take effect January 1.



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