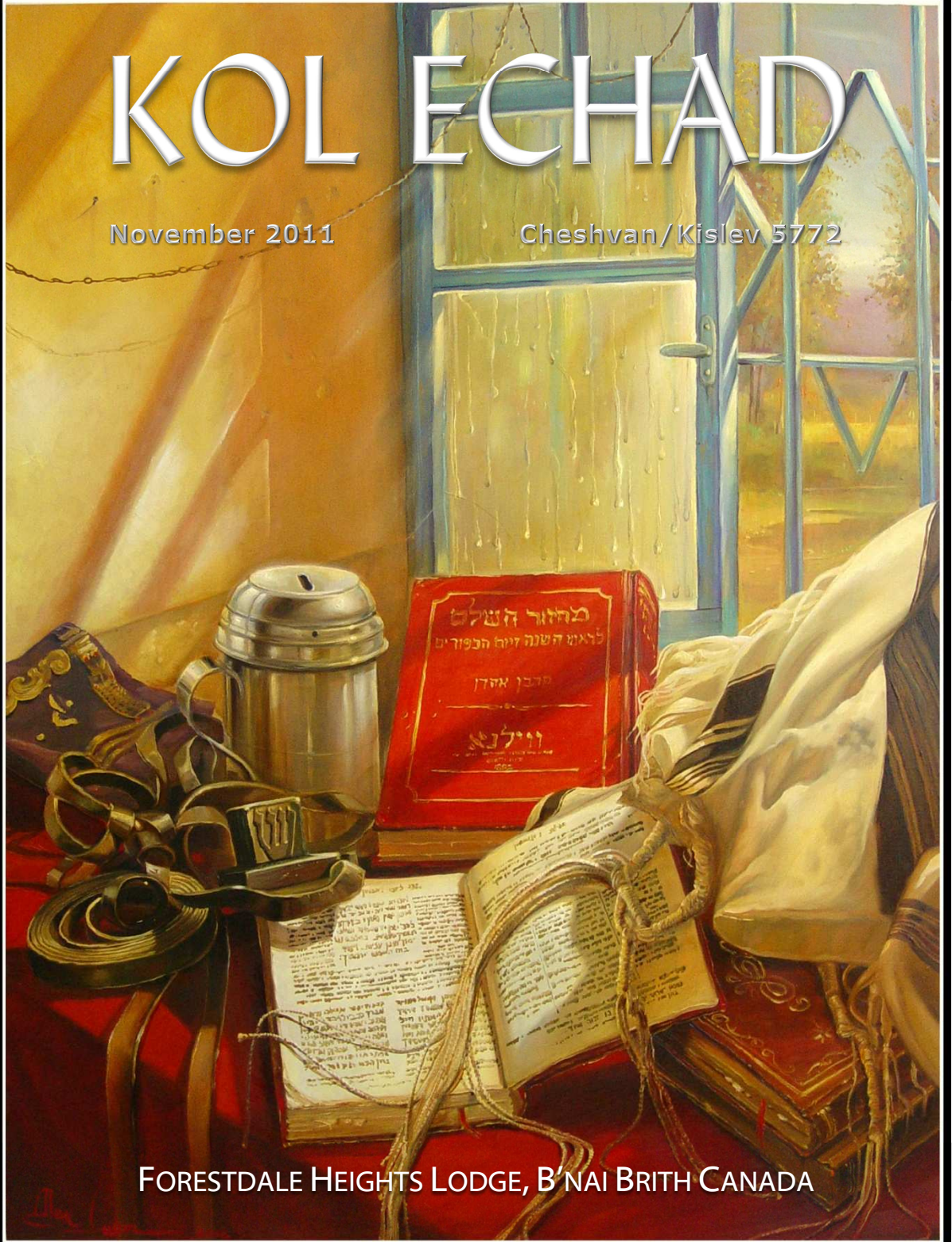


KOLECHAD

November 2011

Cheshvan/Kislev 5772



FORESDALE HEIGHTS LODGE, B'NAI BRITH CANADA

KOL ECHAD

We welcome all articles and letters from members of the lodge. All material submitted is subject to editing. The editor may consult with members of the bulletin committee regarding 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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Irv Pupko

Lisa Rosen

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Lisa Rosen

Phyllis Silver

DINNER MEETINGS

To enable the Lodge to order the right amount of food for dinner meetings, you are required to RSVP to Albert Ohana (416) 494-2636 or salonpiaff@rogers.com.

If you don't respond, you don't eat.

KOSHER FOOD BANK

Forestdale Heights is a supporter of the Pride of Israel Kosher Food Bank. Members are requested to bring an item of non-perishable kosher food to each Lodge meeting. The food items should bear a kosher certification. Donations of sealed toiletry items are also welcome. Donations collected at each meeting will be delivered the following day. To read more about the food bank, please go to <http://bit.ly/n8GhVZ>.

AT A GLANCE

November 7	Dinner Meeting
November 8	Bingo
December 5	Dinner Meeting
December 13	Bingo
December 18	Chanukah Party
January 9	Dinner Meeting
February 6	Slate Presentation & Dinner Meeting
March 5	Nominations & Dinner Meeting
April 2	Elections & Dinner Meeting
May 6	Toronto Marathon

Dinner at 6:30; Meeting at 7:15

Dinner Charge: \$7.50 members; \$10 non-members

YEARLY AD RATES

Full Page	\$200
Half Page	\$100
¼ Page	\$50
Business Card	\$40

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PRESIDENT'S PEN

We are Thankful



With the 31st annual Holocaust Education Week taking place November 1–9, Rosalie and I are thankful. We are thankful we can live as Jews in a free country. We are thankful that our

grandparents – all four sets – came to Canada in the early 1900s. I never knew my grandfathers as they passed away before I was born. I was fortunate to have two grandmothers in Toronto and was especially close with one of them.

It never dawned on me to ask my grandmothers why they came to Canada. I can only guess that like most of the immigrant Jewish population that arrived in the early 1900s in Canada (and other countries), my grandparents came to escape pogroms or edicts to vacate their cities and towns. As told in the story and movie “Fiddler on the Roof,” it’s an all too familiar story. I wish I would have known the details of my

grandparents’ lives; what towns they lived in, what synagogues they attended, who were their neighbours, what cousins I had that I know nothing about. There are too many unanswered questions.

I found my grandmother’s Polish passport and had it translated. I was shocked to find out that the spelling of our last name was very different than we thought. Stamped on the passport for nationality was “Hebrew” – not Polish.



I think of all my family who live and thrive – brothers, sister, cousins, nieces, nephews, and the next generation of grandchildren here in Canada and in the U.S. that would not be here, had not my grandparents

decided almost 100 years ago to immigrate to Canada. We wish more grandparents had made that decision and escaped the Holocaust in Europe. We have a lot for which to be thankful. We must remember the Holocaust and be thankful for those who survived it and now see their families grow around them.

Ray Moscoe

COVER ART



Artist Alex Levin created this month's cover, oil on canvas. Levin was born in 1975 in Ukraine and by the time he was six, he knew that he was called to be a painter.

Levin's works are on display in private and public collections and galleries in Israel, Belgium, U.S., Australia, and Russia. His paintings have been reproduced on the covers of books and other printed materials.

Levin is represented by Tribes Fine Art Gallery, Tel Aviv. For further information about this artist, contact Info@tribesgallery.com or go to www.tribes-gallery.com



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EDITOR'S DESK



Has society become too dependent on technology?

This was forefront in my mind the first day of Sukkot as I sat home nursing a cold.

Just days earlier the tech world was stunned as the

Blackberry system went offline for days. However, the Blackberry was the least of my concerns as my own communications network was in a state of meltdown.

A day earlier, I came home from work and proceeded to do what is routine in my home – check my e-mail. To my surprise, not only was this service down, but there was also no Internet access. The next step was to check my phone line, which I found was also not in service.

Fortunately, like most of you, I have a cell phone and so I called in my problem to Bell Canada. They promised to look into the situation. Later that evening I called back and was amazed when they told me the issue had been resolved. What truly amazed me though was that the problem was not resolved and that all systems were still down. They

promised to send out someone to resolve the problem the next day, between 8 a.m. and 5 p.m.

It was only after I objected that the nine-hour window was far too long, that I was assured that someone would arrive before noon.

Before we finished our conversation, they told me that they would call before coming out. The strange thing is that it was only after I reminded them that my phone line was not working did they ask for an alternate number.



In the end, Bell did send out someone to check on our line. It seems that they are in the middle of upgrading their equipment to fiber optic cable. In the process, a number of homes in my

area were disconnected from the system. After about an hour on the job, Lisa and I were informed all systems were again normal. Our e-mail was up and running, online gaming was restored and I was once again connected to the cyber world.

To answer my own question posed at the outset, I really do think we are too dependent on technology.

Continued on next page

This certainly was a different Sukkot and not one that I will fondly recall in years to come. You see, for years I would spend the Sunday morning before the onset of the holiday helping Michael Kates erect his succah (after a great breakfast put together by Bonnie).

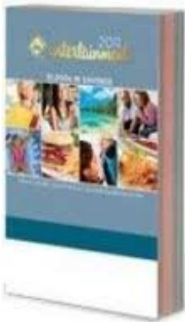
This year it was not possible. Like all of you, I hope and pray for the welfare of both these wonderful people, as well as all those whose health is less than perfect.

Before we wrap up for another month, I would like to welcome Irv Pupko back to Team Kol Echad. For those who are not aware, Irv served as editor of this bulletin back in the mid-90s and his contribution will help maintain and improve the quality of our publication.

Shalom

Jeff Rosen

ENTERTAINMENT 2012



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 or call 416-631-8261 and let him know how many you require. Remember, this is a major fundraising project for the Lodge.

Please do not call on Shabbat or Jewish holidays.

If you know of someone who you feel would make an interesting speaker for one of our monthly meetings, please contact Ray Moscoe at (416) 652-6363



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CHANUKAH BASH

We're going to spin those dreidels on

Sunday, December 18
5:30 p.m.



Join us for an evening of food, bingo
and great music

Menu: (Strictly Kosher) latkes, latkes
and more latkes (and of course lots of
other great food)

PLACE: Party Room, 10 Tangreen Court in Yonge-Steeles area

COST: \$18 per person

RVSP by December 10 to Evie Isenberg
evieishome@rogers.com



VITAMIN F

Why do I have a variety of friends who are all different in character?
Some of them have obvious flaws, but then, so do I.
How do I get on with them all?
I think that each one helps to bring out a “different” part of me...
With one of them I am polite and as refined as I can manage.
I joke a lot with another.
I talk about serious matters with one.
With another I laugh a lot.
I share a glass of wine with one,
And dance on occasion with another.
I listen to one friend’s problems and give them advice
Then I listen to another advising me.



They are all like pieces of a jigsaw,
When completed they form a treasure box.
A treasure of friends!
They are my friends, who understand me better than I myself do,
who support me through good days and bad days.
They are the anti-depressants that I need to make it through life.

Doctors tell us that friends are good for our health.
Dr. Oz calls them Vitamins F (for Friends) and recounts the many
benefits of friends to our well-being.

Research shows that people in strong social circles have less risk of
depression and terminal strokes. If you take Vitamin F constantly you
can be a lot younger than your physical age. The warmth of
friendship reduces stress and can decrease your risk of cardiac arrest
or stroke.

We should all value our friends and keep in
touch with them.
I'm fortunate to have a plentiful stock of
Vitamin F!
Thank you for being one of my vitamins!

Letters to the Editor

Do you have something to say, a
comment on B'nai Brith, the
Lodge or this bulletin, send it in
to jelijo@sympatico.ca and
we will print it in the next issue.

SANDY'S SCRIPT



On October 6, I was working on voting day for one of the polls in my neighbourhood. The work was simple, the company was good but it was a very long day. It

would have been much more interesting if more people had come out to vote. I really don't understand why the fundamental freedom of the right to vote was not fulfilled by the majority of those eligible to cast a ballot. It's the moral and right thing to do. If this opportunity was not available, then you would certainly hear the cries and complaints from those who were denied their right to cast a vote.

We get caught up in all kinds of "stuff" during the year and end up not making decisions to do what is right.

If Yom Kippur teaches us anything, it is that we find that we are very

fragile, repent for our sins, be proud of who we are and be thankful for what we have. Easier said than done....that's what Yom Kippur is all about – putting the material world aside and getting back to basics. Yom Kippur is very inspirational and cleansing. It reminds



us of where we came from and that we are all the same. This is a wake-up call we should have more than once a year. I have vowed to think of Yom Kippur throughout the year so I can be reminded to stay on the right track.

Therefore, do what is morally right whether it is

for an election or in our own lives, be very selective and make the right choice and you can't go wrong.

Until the next time.

Sandy Gordon



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.

GARDENING TIPS FOR NOVEMBER

GENERAL GARDENING TIPS

- Make sure that the canes of your climbing roses and other vining plants are securely fastened to their supports. Winter winds can whip and severely damage unprotected plants. Don't tie them so tightly that the string or twist-tie cuts into the stem.
- Cut Chrysanthemum stems to 2-3 inches from the soil once they have begun to die back.
- You can continue to transplant your perennials throughout the fall and winter, as long as they remain dormant.
- Tulip bulbs may still be planted in the early part of the month.
- Tender bulbs should be dug up and stored in a cool, dark area after first frost.
- Be sure that your tender plants are protected from frost. Mulching with bark, sawdust or straw will help create a blanket of protection over the root system. Should the weather get suddenly cold, place burlap, cloth or dark plastic over your tender plants to give them some added protection from the cold. Be sure to remove this covering when the weather has stabilized!



SHRUBS and TREES

- One of the most asked question at this time of year is "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. At this time of the year, most ornamentals have entered into dormancy, and can be safely dug and replanted. The key to transplanting is to dig a large root ball (get as much of the root system as is possible). Equally important, is getting the plant back into the prepared soil as quickly as possible, to keep the roots from drying out. (Only a transplanting fertilizer should be used at this time of the year.) Large trees or shrubs should be staked to protect them from wind whipping during winter storms. Keep them staked until the roots have a chance to develop and anchor them.
- 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. This encourages good root development and helps improve the color of the lawn. Lime can also be applied, if needed.
- Give your lawn a good raking to lift away accumulations of debris.
- Keep leaves raked from the lawn. They should be composted. Alternatively, you can just mow over them, turning them to mulch, which adds important nutrients back to the lawn.

Rosalie Moscoe

RHN, RNCP



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GOOD & WELFARE

Birthday

Rhona Leviston
Stan Horowitz
Michael Kates

November 6
November 20
November 23



Anniversary

Allan & Lisa Brown
Evie & Sid Isenberg

November 5
November 6

We would like to wish everyone a speedy return to good health

WE'VE MISSED YOU!


While it might be true that absence makes the heart grow fonder, we would still like to see all members attend our monthly meetings.

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Tame Stress Overload With Activities to Suit You!



Each person is a unique being, dependent upon one's upbringing, values, feelings, likes and dislikes. For some, stress remedies can include playing a game of golf. Just chatting

with friends and enjoying the challenges of the game, being out in the sunshine gives ultimate anxiety relief for many. Another person may get so frustrated on a golf course that he or she would feel like throwing their golf club in the lake. Others would rather swim, do yoga or go for a walk. Finding a stress reliever that suits you is key to a healthier life.

What's Your Perception of Stress?

When I give stress seminars, I often ask the audience, how many people would like to come up to the front and talk about themselves for five minutes. Most appear terrified, as if I had asked them to step off a cliff! While a few with

some sparkle in their eyes gingerly shoot their hands up in air, as if thinking, "pick me, pick me!" Your perception of a stress event needs to be recognized and perceptions can change.

Deep Breathing Techniques

Some people enjoy deep breathing techniques, and I find this type of relaxation a favorite of many, especially when accompanying soothing music is played. Deep breathing immediately stops the stress chemicals, such as cortisol from circulating in the body, or at least slows down the heartbeat helping one feel calm. However, some people can't relax with deep breathing and those individuals may need to run, go for a brisk walk or play a game of squash or tennis before they calm down. This too burns off stress chemicals and exercise is highly recommended to reduce stress.

ANTI-STRESS KIT

1. PLACE ON A FIRM SURFACE
2. FOLLOW DIRECTIONS IN CIRCLE
3. REPEAT UNTIL YOU ARE UNSTRESSED OR BECOME UNCONSCIOUS



Continued on next page

Make Time for Friends

Taking time talking with friends or close family members can also dispel stress. For both women and men, this simple and enjoyable form of stress relief can be a lifesaver. In the Harvard Nurses Study, it was found that for women, having friends to talk to is beneficial to one's health and helps one live longer. Also, men who have friends have fewer heart attacks and enjoy life more.

Drop the Junk Food

This may not seem like a stress reliever to you, however, foods high in refined sugar, white flour products,

chemical sweeteners, trans-fats, deep fried foods and low protein intake can all be causes or make worse one's stress levels. Dangerous fast food also reduces energy. Your nerves and brain need proper nutrition. Reach for vegetables, fruit, and low fat protein sources such as fish, chicken turkey, lean beef, tofu, eggs, and yogurt. Keep fueled with whole grains such as whole oats and brown rice. Make an oil change – switch to pure, cold pressed olive oil, avocados, nuts or olives.

What's a good stress reliever for you? Finding out can change or save your life.

Rosalie Moscoe

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