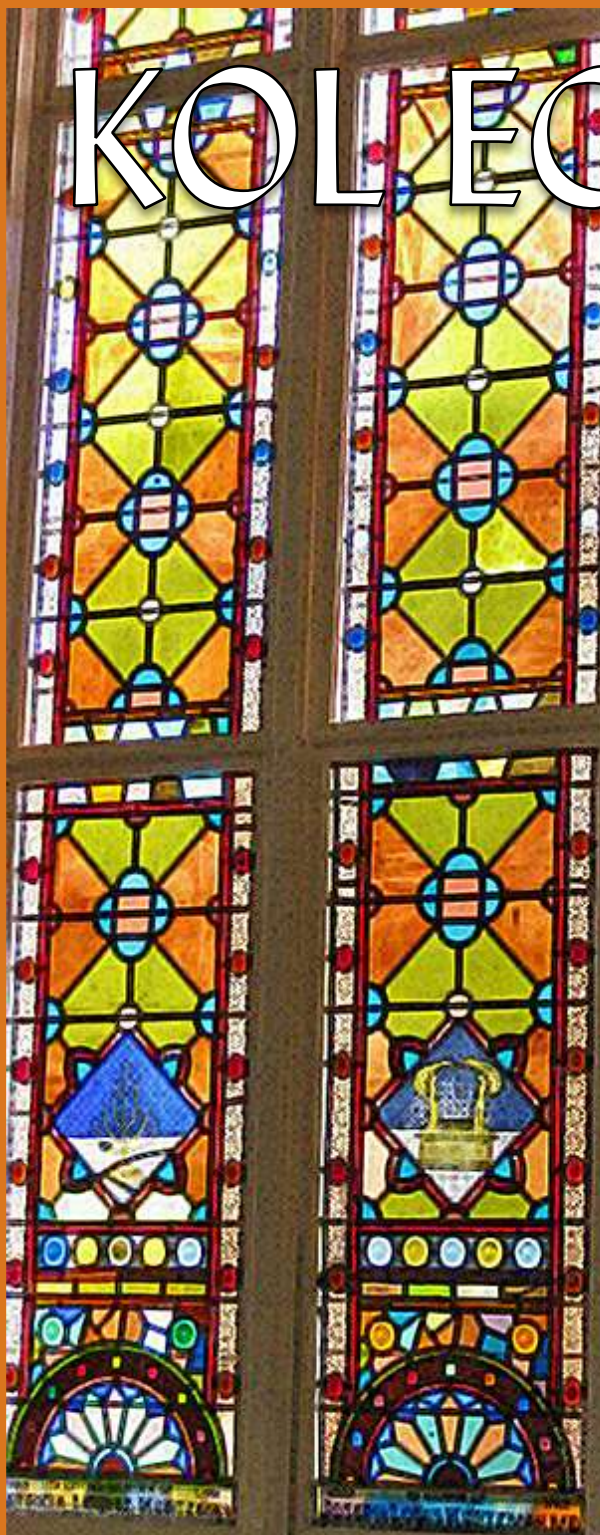


KOLECHAD

November 2012
Cheshvan/Kislev 5773



REMEMBERING
IRV PUPKO...*see inside*

KOL ECHAD

Kol Echad is the official publication of Forestdale Heights Lodge. It is published 10 times a year.

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.

Editor

Jeff Rosen

Advertising

Harvey Silver

Editing Staff

Marc Kates

Lisa Rosen

Debbi Silver



COVER ART

For the past two years, Kol Echad has used Jewish-themed artwork to adorn its covers. We are now moving in a different direction, inviting members to submit photographs, which will be considered for the cover of Kol Echad. Digital photos should be e-mailed to jelijo@sympatico.ca. This month's cover was taken by Marc Kates in Congregation Kahal Kadosh in Charleston, South Carolina. The building was constructed in 1840.

IRV PUPKO REMEMBERED

Forestdale Heights Lodge expresses condolences to Ruth Pupko on the passing of her husband, former Lodge president Irv Pupko.

May his memory be a blessing forever.

The Lodge also expresses condolences to Aaron Pupko on the loss of his father and to the Budd and Ohana families.

AT A GLANCE

November 5	Dinner Meeting & Speaker
November 13	Bingo
December 3	Dinner Meeting
December 11	Bingo
December 16	Chanukah Party
January 7	Dinner Meeting
February 4	Slate Presentation/Dinner Meeting
March 4	Nominations & Dinner Meeting
April 8	Election & Dinner Meeting
May 6	Dinner Meeting
June 3	Dinner Meeting

Dinner at 6:30; Meeting at 7:15

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

If you plan to attend, please RSVP Albert Ohana at salonpiaff@rogers.com or call (905) 597-1999

PRESIDENT'S PEN



What will I do? Soon I'll be 70 and I may be retiring.

I've been thinking about my options. Perhaps I'll be a consultant in the field of employment, train sales people or I could get a job in a grocery store and

carry out bags.

Recently, I bought a new suit and the fellow that served me told that he retired nine years ago. He was enjoying his new career in retirement. We discussed retirement for a while and concluded that we need to do what we do best.

I've been a salesperson all my life so perhaps I'll explore what products I can sell.

There are many courses on the Internet for seniors retiring. I'm in the exploration stage – a bit confused, but trying to figure it all out.

My wife gives talks about retirement and she tries to help people out of the confusion. Some of her strategies for leisure time include:

- ✓ Take up a new hobby such as stamp-collecting, painting, photography or even beekeeping;
- ✓ Volunteer for a cause you believe in or for an event that's fun;
- ✓ Learn a new instrument or revive an interest in one you already play;

- ✓ Enjoy card games – This can lead to going out for lunches or dinners;
- ✓ Join a club, be it for walking, bird watching, dance, a theatre group, or book reading;
- ✓ Get active, work out at the Y, or just go for walks;
- ✓ Take cooking classes;
- ✓ Attend university courses for the fun of it;
- ✓ Get involved with your shul;
- ✓ Travel to fit your budget.

Whatever it is we do with our "retirement," even if we still work, we need to keep active.

Is there something that you've always wanted to do and never had the time? The questions are many and each person will need to sort through all the choices. That's what I'm in the process of doing. It's a good exercise, because after all, it's about MY LIFE. Moreover, it wasn't meant to be frittered away.

I knew of one man who literally became his grandchildren's nanny for a few years while his daughter went to work. He loved it as it brought him great joy and fulfillment – two new items to contemplate.

I'll let you know what I'm going to be when I grow up. I may be retiring, but I won't retire from LIFE.

Ray Moscoe

REMEMBERING IRV PUPKO



**Irv chairs Lodge meeting
June 2008**

In the history of our Lodge we have lost another past president – a sad time; Irv Pupko, *alav ha'shalom*, will surely be missed by all of us in the Lodge. He was a mild-mannered man, but a powerful man. Irv was knowledgeable, strong-willed, caring, well-respected and a great asset to our Lodge and the community.

We wish Ruth and the entire family no further sorrow.

**Ray Moscoe, President,
Forestdale Heights Lodge**

How does one talk about a friend like Irv? Irv was someone special to me. Irv's commitment and dedication to the Lodge was always over and above the call of duty. Irv was always there for me when needed, especially when I was going through my own health issues. He always made me think that my problems were bigger than his were. Irv was a fighter until the end.

Michael (Kates) and I visited with him the Friday before his passing and he was talkative and asked a bit about the Lodge.

Ruth and Aaron have been by his side all the way through the many years that he suffered.

Debbi and I extend to them and the entire family our deepest condolences and know that Irv's memory will be cherished for a lifetime.

Harvey Silver, Past President, Forestdale Heights Lodge

REMEMBERING IRV PUPKO

No one ever said that life is easy. However, quite often, it's how one approaches the day-to-day challenges that can mark the measure of a person.

No one understood this better than our beloved past president, Irv Pupko, who passed away on Oct 16.

Despite his ongoing fight against cancer, his determination to fight this demon illness was an inspiration to not only his wife Ruth and their son, Aaron, but to all those who knew him in the Lodge.

Given what Irv went through over the years, it would have been so easy for Irv to think only of himself. If he had chosen that path, no one would have thought any the less of him. However, that was not Irv.

Instead, he stepped back from the Lodge's front ranks for a number of years to concentrate on dealing with his cancer. When Irv felt that the time was right, he let everyone know and rejoined the executive, serving as vice-president and then senior vice-president under Bonnie Kates, z"l, before being sworn in as president.

During his two years as our president, he maintained a strong hand at the Lodge's helm, guiding her towards the future. After his term as president concluded, Irv could have easily stepped back again into the shadows. However, that was not his way. Instead, Irv took up the task of handling the Lodge's finances and set a new standard in terms of maintaining Forestdale's financial records.

All the while, Irv fought his daily battles against the disease, undergoing various treatments to keep it in remission. Unfortunately, some battles can never be won.

Someone once asked, "What makes a good president?" The truth is, anyone can be president. All it takes is determination and commitment to serve. That clearly was Irv, who also served as our Lodge chaplain (and for a time, was editor of this bulletin).

All presidents face their own unique personal challenges. Irv showed us that one does not have to complete one challenge before tackling another.

Irv, your long fight may be over, but your strength will never be forgotten by all those who knew you.

Jeff Rosen, Past President, Forestdale Heights Lodge



CHANUKAH BASH

We're going to spin those dreidels on

**Sunday, December 16
6:00 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 2 to George Garten at
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Payment can be made at our monthly meetings or send a cheque
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*We look forward to seeing you all!
Tell your friends and bring them along
for an evening of fun!*



EDITOR'S DESK



I was sitting in shul on Yom Kippur listening to the Israel Bonds appeal when I experienced what would best be described as an “ah-ha” moment, when everything becomes crystal clear.

The young man giving the appeal was explaining how Israel – which grew into a country rich in scientific advancement – was now leading the way in the field of water management.

This, I thought, is why G-d made us the “Chosen People.” It has nothing to do with religion, but we are meant to act as a guiding light, to make the world a better place for all His children.

Then I began to wonder what our Israeli cousins would think about how their Diaspora brethren are helping fulfil the concept of *tikkun olam* (repairing the world).

I often think that we have forgotten about what this really means. If not, perhaps we are willing to trade it for other considerations. From where I sit, the most important component of this world seems to be the state of our environment. I mean, the economy is important. However, if we do not have

a sustainable environment, no amount of money is going to make Canada a better place to live.

Into this mix, we have the most environmentally unfriendly government to grace Parliament Hill in decades. Instead of focusing on alternatives to non-renewable fossil fuels, our political leaders close down environmental, service and marketing boards whose research disagrees with their views. At the same time, they shower tax goodies on companies willing to exploit non-renewable resources, all the while demonizing those who oppose their plans.

One could say it is just part of a pattern. One could, but that argument could easily dominate an entire column.

Here though, the focus is on the environment. Israel is working to make this world a better place. The question here is, what are Canadian Jews doing to improve the environmental state of the world? Are they making things better or worse? If the answer is the latter, don't we as the “Chosen People” have a duty to speak up and do something now ... before it is too late.

It really is something to ponder.

Shalom,

Jeff Rosen

PREPARING FOR COLDER WEATHER

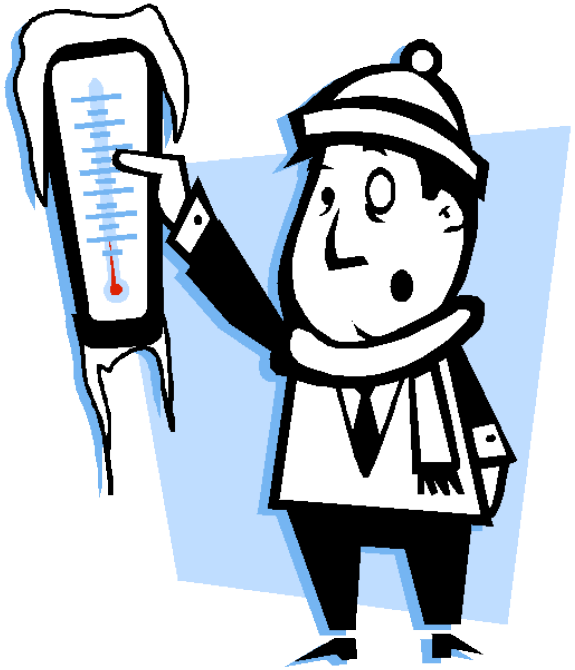
Eaves - It's a good idea to have your eaves cleaned and inspected in the fall. Cleaning your eaves is a minor home repair that removes clogs and prevents other issues. Allowed to build up, a clog in your eaves can cause roof damage and result in costly repairs to fix the damage.

Caulk - Seal the gaps around your window and doorframes. This is a favorite way for old man winter to enter your house un-noticed. As homes and buildings age they tend to shift over time. There is nothing wrong with the building as almost all structures do this, however it can result in small gaps that allow air to escape and cause your heating systems to work harder than

need be. A small amount of window and door caulk will warm up your home and cut your energy costs. Also, take a close look for any other 'breaches' to the structure of your house such as natural gas pipes, window/wall-mounted air conditioners, foundation seals and mail slots. Do you have an older house? Maybe you have a milk box, which is just a wooden door on the outside, another door on the inside and open space in between...left alone, this can be a significant source of heat loss.

Organize your garage - When the snow starts flying and the cold winds are blowing, you may be more interested in using your garage as it was intended...for your car! Check out this link for ideas on how to make your garage more functional.

From Mr. Handyman: mrhandyman.torontowest@bell.net
<http://www.mrhandyman.com/local-handyman-service/on/toronto-west.aspx>





MARK THE DATE

Please join us at our November 5 meeting, when Holocaust child survivor, George Scott, will be our honoured speaker

Bingo – Tuesday, November 13

4300 Bathurst Street.

Please arrive by 7:15 p.m.

For more information,
contact Richard Kotzen,

(416) 783-2737 or

richkotzen@rogers.com



COMING IN 2013

April 8 Meeting

Alf Kwinter: THE HISTORY OF JEWISH HUMOUR

GoodLife Fitness Toronto Marathon will be Sunday May 5, 2013

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SANDY'S SCRIPT



I am back writing about pet peeves!

We are all familiar with Costco. I'm sure everyone has their own version of what they like and don't like about this big

warehouse conglomerate.

Don't get me wrong, Costco has some great items that I depend on, but I think they lack in service!

The items that bug me are:

- When you go back to the store to buy another item because you liked it very much, they often don't have any more;
- Getting an item that you use all the time only to find out that they have contracted it out to another supplier and the product is not as good (e.g. food waste compost bags);
- Products that were kosher and suddenly they are not;
- At the check-out, not being able to watch the scanning properly (depending how fast the person in front of you gets out of your way);



• The check-out is not designed to handle the volume of customers, therefore it is always a madhouse;

• Not being able to find someone to ask a question;

• The piece de resistance – two people at the exit door to check your cart by looking at your sales slip and putting a check mark on it!

The last item is the one that bothers me the most. I go to the Costco on Wilson Avenue and the walk from the check-out to the exit door is simple....what could possibly happen between

paying your bill and walking past the snack bar (on the right), home improvement displays (on the left) and the customer service kiosk (on the right)? There is

one way pilferage could take place ... if there was someone waiting at the end of the cash-out area to put a little something into a friend's shopping cart. However, that would be very conspicuous and would be taking a big chance that they could be seen. So why not have a couple of security people along the cash-out route to keep an eye out and let the customer leave in peace?

Until the next time.

Sandy Gordon

GOOD & WELFARE

Birthdays

Rhona Leviston
Stan Horowitz
Michael Kates

November 6
November 20
November 23



Anniversaries

Allan & Lisa Brown
Evie & Sid Isenberg

November 5
November 6

If you have any special moments in your life that you wish to share with the Lodge, please send announcements to jelijo@sympatico.ca.

Irv Pupko gives president's address at FHL Installation June 2, 2009



NOTES FROM NATE

Never letting the truth get in the way of a good story



Here it is the beginning of October and I am still sitting here wondering how a year could go by so quickly.

It seems like it was only yesterday when we were getting ready for shul

all *farpitzed* in the good suit with the shiny shoes, the nice shirt and the conservative tie, while the missus was getting all *schmoozed* up, so we don't look like *shnorrers* in shul.

However, my fellow Forest-daleniks, by the time you read this, it is *shoyn* November. Outside it ain't no more sunny and warm. The furnace is already *plotzing* to keep the house cozy and the poor car is sitting on its winter tires. Those of you with gelt have left or are about to leave for the land of our people, Florida.

As for this scribe, I think I'll limit my travelling this winter to walking to the end of my driveway. As much as I would love to be down south, with my current list of medical challenges, I can't get travel insurance.

In other words, I don't want to start playing Russian roulette with my grandchildren's inheritance, so I will continue to stay here and find a way to love our Canadian winters.

But do not feel sorry for me. I have a system. When one of my friends tells me they are heading south, I ask them a big favour, one that wouldn't cost them a penny.

I say to them, since you are going to be sitting on the beach, the ocean or by the pool at some fancy shmancy resort, on Tuesday at around 3:00, you should sit for me 10 minutes. If I can get enough people to sit for me at various times, I am going to get such a marvelous tan, that people will kvell with jealousy.

Just remember that in Canada we have two seasons, too damn hot and too damn cold. Maybe that is why G-d created Florida and made the poor Canadian dollar above par.

As for me, I gotta go now, because the missus just drafted me to put away the patio furniture, while she pulls out all the flowers.

Quit your kvetching. I just got this from Pincus Punim:

Pincus was working in a fancy, schmancy men's wear store. One day an elderly man came in with his daughter to buy a suit to be buried in. Pincus in those days was such a salesman that he sold him a suit with two pair of pants.

Nate Salter

Rosalie Moscoe RHN, RNCP



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LODGE MOTION

At the October 15 Lodge meeting it was decided that effective January 1, 2013 the price of dinner at meetings will increase from \$7.50 per person to \$10 per person.

A discussion was held as to whether non-members, guests and prospective members should pay a higher price. It was decided that the motion would be tabled to the November 5 meeting in order to publicize the proposal and give all members a say in the decision.



If you will be unable to attend the meeting, you can still have a say by sending your vote to Jeff Rosen, jelijo@sympatico.ca. All “proxy” votes must be received by November 4.

ONLINE AUCTION



Forestdale Heights Lodge will shortly launch an online auction on our website.

If you have items, you would like to put in the auction, please send photos to Michael Kates at katesfamily@sympatico.ca or call him at (905) 669-2408 for more information.

This will be part of the Lodge’s fundraising and all funds raised will go to the Lodge.

We will notify everyone by e-mail once the auction is up and running. In the meantime, mark the URL: www.kolechad.ca/auction.htm

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AS I SEE IT



This November, Americans go to the polls to choose their next commander-in-chief. The election, it seems, has been dragging on for months.

The process is a tedious one, too complicated for the average citizen to comprehend. I

remember witnessing the lead up to the 2008 American election during the year we lived in Boston.

How bizarre I found the whole thing. Patriotism, in the States, translates into votes. Each candidate tries to prove that he/she is more American than his/her opponent. How does one measure patriotism?

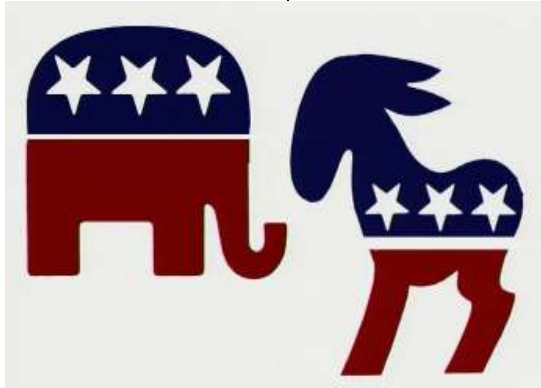
In Canada, we never hear from the spouses of political candidates touting their partner's admirable attributes and we almost never know a candidate's religion. In the country where religion and state are supposed to be separated, Americans are obsessed with their candidates' church

attendance. If we recall, it was Prime Minister Paul Martin, a Catholic, who introduced same-sex marriage legislation in 2005.

Every two years, Americans are going to the polls for one election or another. Lately, it seems that way here too in Canada, with three elections between October 2010 and October 2011. [October 2010 - Municipal, May 2011 - Federal, October 2011 - Provincial] I think I'm elected out!

Our political officials have begun to use American-style attack ads in their campaigns. The result is that instead of attacking the serious issues at hand, they are attacking each other.

Whomever the electorate chooses to elect, be it Democrat, Republican, Liberal, New Democrat or Conservative, tone down the rhetoric and get on to doing the job you were elected to do. Save the mudslinging for the sandbox, not the political arena. Perhaps what everyone needs is a little time out.



Marc Kates

HEALTH IN HARMONY



Hippocrates (known as the father of western medicine), said: “Let food be thy medicine, and medicine be thy food.” Nature provides many foods that contain a high anti-oxidant content,

(that fight and prevent diseases such as cancer).

With winter upon us, it would be wise to increase our intake of “superfoods” and even use additional quality nutritional supplementation specific to each person's health needs to nourish the body, help repair and grow DNA, repel diseases and fight effects of stress. Some supplements such as fish oils, Vitamin B12 and a high quality multi vitamin/mineral tablet are recommended.

Some superfoods include:

Protein: The highest amounts of amino acids (building blocks of protein) are found in animal foods - chicken, beef (in moderation), liver, eggs, duck, lamb, fish, seafood, dairy foods and soybeans and other beans such as kidney beans. Nuts and seeds contain some protein (and fat), but not as much protein as animal or fish

protein. Protein contains the important vitamin, B12.

Symptoms of B12 deficiency may include extreme fatigue, shortness of breath, tingling, pins and needles sensation in the extremities, pale skin and white spots on the skin, digestive problems and neurological problems such as confusion or depression.

Vitamin C (whose lack can cause scurvy) is a water-soluble vitamin, meaning that your body doesn't store it. We have to get what we need from food, including citrus fruits, broccoli, and tomatoes. Increase the number of vegetables you eat each day – especially leafy green ones such as kale, Swiss chard and spinach – all containing many vitamins and minerals. According to Stanford University scientists, cruciferous vegetables such as broccoli, cabbage and Brussel sprouts boost levels of cancer-fighting enzymes higher than any other plant chemical. They also have anti-inflammatory qualities.

Other top superfoods include apples, berries – all kinds, olive oil, olives, raw nuts, green tea, coffee (in moderation) and dark chocolate.

Rosalie Moscoe



Happy Chanukkah



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