

# KOL ECHAD

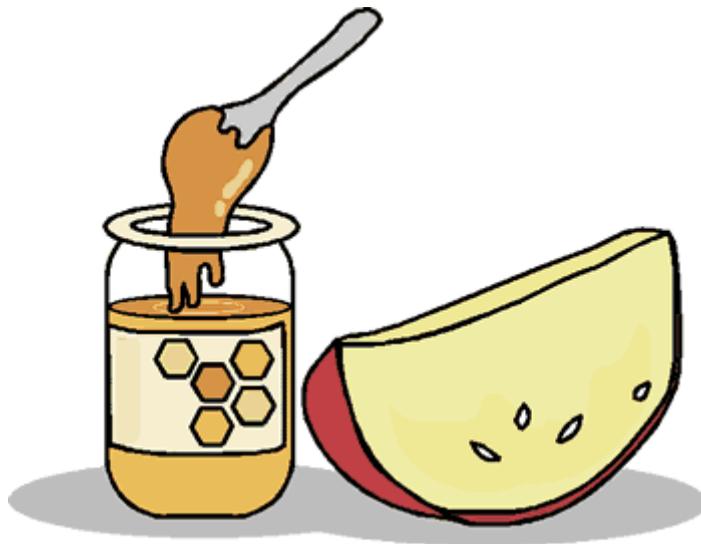
Forestdale Heights Lodge #2667

October 2005

Elul 5765/Tishrei 5766

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**The Executive of FHL would like to wish  
all members and their families *Chag Samayach***



**May this year 5766 bring health, wealth  
and peace to all members, their families  
& to Jews everywhere in Israel  
and throughout the Diaspora**

# KOL ECHAD



Kol Echad is the award winning official publication of Forestdale Heights Lodge. It is published 10 times a year. We welcome any and all articles or letters from members 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.

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

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



## What's New

**Monday, September 26** – Opening Meeting

**Sunday, October 30** – Covenant Breakfast, Beth Emeth Synagogue, Guest Speaker: Toronto Star publisher Michael Goldbloom

**Monday, November 7** – Dinner Meeting & Speaker

**Monday, December 5** – Dinner Meeting

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

**Monday, January 9** Dinner Meeting & Speaker

**Monday, February 6** Dinner Meeting

**Monday, March 6** Dinner Meeting

**Monday, April 3** Dinner Meeting

**Monday, May 1** Dinner Meeting

**Monday, June 5** Dinner Meeting

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

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### Kol Echad Deadlines

November Issue	October 14, 2005
December Issue	November 11, 2005
January Issue	December 9, 2005
February Issue	January 13, 2006
March Issue	February 10, 2006

It is a secret both in nature and state, that it is safer to change many things than one.

-- Sir Francis Bacon (1561-1626), English philosopher, essayist, statesman

# Editor's Desk

It's hard to believe but it was just over two years ago when I signed off as editor of our previous bulletin, Horizon, to become leader of this great lodge. At the time I assumed that not only was Horizon history, but so were my duties as the lodge's bulletin editor.

I guess it's true what they say. One should never assume anything.

As my presidency began to wind down (*and finally came to an end after an extended run*) I began to look forward to assuming the reigns once again.

Writing and creating our bulletin has always been a bit more than a volunteer position. Why else would I spend countless hours securing the right graphics, putting together the right words and helping to put it all together into the finished product you finally receive.

The process is a bit different from years back. At one time creation of the bulletin was really a one man (*ok, one person*) operation. Years later, Harvey Silver joined our illustrious ranks bringing in needed advertising revenue and ensuring the bulletin was printed and posted.

With the demise of Horizon and advent of Kol Echad, production really swung into a Team Kol Echad mode as our previous editor Bonnie Kates enlisted the assistance of yours truly to help with production. Last year Sandy Gordon joined the team and helped revolutionize our production by bringing in Julie Shuter from Baycrest to print the bulletin from an electronic file.



Our little publication really has come a long way. So, have we finally come to the end of our tale, you might want to ask?

The answer, as you might suspect, is never! Kol Echad was and remains a work in progress. If there is some way to improve on our past efforts I will strive to ensure it happens.

Kol Echad is not my bulletin (*although it is my baby*). It belongs to the lodge. If you have any ideas to improve it or something you would like to submit, we will be thrilled to publish it.

As for it's advertising, we have been fortunate to secure a few new ads in the past year but are always looking for new ones.

Our award winning website remains a source of great pride for our lodge, as well as for me.

It remains a work in progress. For those who have not checked it out lately, the entire site recently underwent a major renovation to clean up the clutter and make it easier to navigate.

In the coming months I will have plenty to say about Canada, B'nai Brith and our lodge. In the meantime, the only thing I want to say is....I'm back!

On behalf of my wife Lisa and teenage daughter Jordana, I would like to wish all lodge members and their families a happy and healthy New Year.

*Shanah Tovah Tikatevu*

*Jeff*



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### **Technology**

After digging to a depth of 100 meters last year, Russian scientists found traces of copper wire dating back 1,000 years, and came to the conclusion that their ancestors already had a telephone network one thousand years ago.

So, not to be outdone, in the weeks that followed, American scientists dug 200 meters and headlines in the U.S. papers read: "U.S. scientists have found traces of 2,000 year old optical fibres, and have concluded that their ancestors already had advanced high-tech digital telephone 1,000 years earlier than the Russians."

One week later, the Israeli newspapers reported the following: "After digging as deep as 5,000 meters, Israeli scientists have found absolutely nothing. They have concluded that 5,000 years ago, their ancestors were already using wireless technology."

# President's Pen



This is my first column as President of Forestdale Heights Lodge. I could begin by writing about the vision that I see for our lodge this coming year and the promise of exciting and stimulating lodge events, but my mind can't get out the picture of the victims and destruction that has taken place in Alabama, Louisiana, and Mississippi.

Every now and then, Mother Nature tries to show us just how insignificant we are, destroying in a matter of hours what took lifetimes to build. The destruction is beyond our comprehension, the misery beyond our imagining. The catastrophe that was Hurricane Katrina challenges all of us.

The television coverage is fading, but hundreds of thousands of victims of this disaster must go on living, even if their way of life has been erased and every earthly possession lost. It will take years to rebuild what was destroyed at the hand of nature.

When a few months have passed and people will attempt to re-establish their lives, and routines, what about those B'nai Brith lodges that were also destroyed. Is there somehow we could help them to re-establish their lodges' traditions? What if they lost their menorah, or their banner? I think it would a wonderful gesture of friendship if Forestdale Heights Lodge could somehow establish a link with one of those lodges and see if we could help them get back on their feet. After all, they are part of the B'nai Brith family covenant, and we have to help out one of our own. I wish all the families of the Hurricane Katrina disaster a year of new beginnings, and sweet blessings to guide them through the many challenges of rebuilding their lives.

As the New Year dawns and the sound of the shofar fills the air, I would like to wish you and your family many sweet moments to fill your heart, light to guide you and peace to nurture your soul.

*L'Shanah Tova*

*Bonnie Kates*

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# Forestdale Funnies

Moishe, a Jewish actor, is so down and out that he's ready to take any acting gig he can find. At long last, he gets a lead, a classified ad that says: Actor needed to play ape.

Remembering Dustin Hoffman's big hit in Tootsie, Moishe says to himself, "I could do that."

To his surprise, the employer turns out to be the local zoo. Owing to mismanagement, the zoo has spent so much money renovating the grounds and improving the habitat that they can no longer afford to import the ape they need to replace the simian who has just died. So they have decided to put an actor in an ape suit. Out of desperation, Moishe accepts the offer.

At first, his conscience keeps nagging him, berating him for being dishonest to visitors to the zoo. And Moishe feels undignified in his ape-suit, as hordes of gawkers watch his every move. But after he's been on the job a few days, all the attention begins to amuse him, and Moishe starts to put on a show for his audience: hanging upside-down from the branches by his legs, swinging about on the vines, climbing up the cage walls, and roaring with all his might whilst beating his chest. Soon, he's drawing a sizable crowd.

One day, when Moishe is swinging on the vines to show off to a group of school kids, his hand slips, and he goes flying over the fence into the lion's den.

Terrified, the actor backs up as far as he can, cowering as the beast approaches. Fearing the end has come, Moishe covers his eyes with his paws, and begins praying at the top of his lungs, "Shma Yisrael Adonai Eloheinu Ad-nai Echad!"

The lion opens its powerful jaws and roars, "Baruch Shem K'vod Malchuto L'olam Va'ed!"  
From a nearby cage, a panda yells, "Shut up, you schmucks. You'll get us all fired!!!"

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# Sandy's Scripts



New is a great word! New life, new vision, new relationships, new commitments, newsworthy, new ideas, new friendships, new direction, New York, New Jersey, New Year, New President.

I want to take this opportunity to wish Bonnie Kates, *mazel tov* and all the best as she assumes her role as President of Forestdale Heights B'nai Brith. As the first woman ever to be elected as president of our lodge, she will bring new ideas, vision and commitment that

can't help but make us a stronger and a more vital lodge.

With the New Year fast approaching, I can't help but think about all the traditional foods I will be cooking. While the taste and flare is there, my back sometimes tells me to slow down. This is par for the course but as we keep doing it, the experience and knack for preparation somehow makes the food better and sometimes the back. So it must be worth it. From our house to yours, wishing you and your family, *Shana Tova..*

Until the next time.

*Sandy Gordon*

Peter Tang

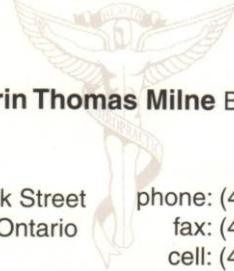
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# Rosh Hashanah Greetings

L'Shana Tova for peace and health



**Janet, Stan, Jacob and Shira Zeliger**

The Kates Family  
Bonnie & Michael  
Marc & Rachel  
Lonny



May this year be filled with health, happiness  
and sweet memories for you and your family  
L'Shanah Tovah

Best wishes for a year of  
Peace and Happiness  
in 5766



**Sandy & Barry Gordon  
Dave & Karen Gordon  
Lisa & Brent Scriver**

*Shanah Tovah*  
A Very Happy, Healthy  
& Sweet New Year



**Ivan & Elizabeth Bloom**

**Morris & Grace Shapransky**



May this year bring peace to Israel and Jews everywhere

**Jeff, Lisa  
and Jordana Rosen**



Best wishes for a year of Peace and Serenity,  
Health and Happiness to all our friends and relatives

**David & Arna Gorender**



Best wishes for a year of  
Peace and Serenity,  
Health and Happiness to  
all our friends and relatives

**Ray and Rosalie Moscoe**



Wish everyone a  
Healthy and Prosperous New Year

# Rosh Hashanah Greetings

**Honey & Albert  
Danielle, Jamie & Jacob  
Rebecca & Stu  
& Sherri Ohana**



Wish their relatives and friends  
a Happy and Healthy New Year

Best wishes for a year of Peace and Serenity in 5766



**Arthur & Sherice Eisenbaum & Family**

Wishing our family & friends  
The blessings of Peace,  
Health and Happiness in the New Year



**Irv, Ruth, and Aaron Pupko**

Best wishes for a happy and healthy New Year



Harvey, Debbi, Lisa &  
Mark, Shawna and Zoe Silver

For the New Year we wish  
peace, health and happiness  
to all of our fellow Forestdale Heights  
members and their families  
May the coming year bring all of you  
Naches, Joy and Contentment



**Nate and Andrea Salter,  
Shari and David Stephens,  
Heather, Rob and Justin Kugler,  
Deborah and Dave Reine**

**Stan Horowitz**



Best wishes for a year of Peace and Serenity

May you all be blessed  
with a very Happy and Healthy New Year



**Greetings from Carl, Debby,  
Rachel, Rebecca  
and Josh Zeliger**

From the newest members  
to our Forestdale family  
L'Shana Tova



**Noreen & Harold Cohen**

# *Rosh Hashanah Recipes*

## **Honey-Glazed Spiced Chicken**

Serves 4. Leftovers keep 2 days in the refrigerator.

4 medium-sized chicken quarters, with the skin on  
2 tbsp extra virgin olive oil;  
1 rounded tbsp clear honey  
2 level tbsp Dijon mustard  
2 teasps curry paste or 1 tbsp fresh lemon juice



Preheat the oven to 350 F, 180 C

Arrange the well-dried chicken quarters, side by side, skin side up, in a roasting tin or baking dish. Stir together all the glaze ingredients until thoroughly mixed, then spoon over the chicken. Cover the dish with foil and bake for 20 minutes (35 minutes if straight from the fridge). Remove the foil and continue to bake for another 20-30 minutes, spooning over the glaze two or three times, until the chicken is a rich brown. Serve hot or at room temperature.

[http://www.cyber-kitchen.com/rfcj/category.cgi?category=ROSH\\_HASHANAH](http://www.cyber-kitchen.com/rfcj/category.cgi?category=ROSH_HASHANAH)

## **Apple Kugel**

6 cups flour  
2 cups sugar  
2 Tbs. baking powder  
2 packages vanilla sugar  
2 eggs  
1 1/4 cups oil  
1 can apples or 10 apples, sliced

Mix all ingredients except for apples. Layer alternating mixture and apples. Place in a 9x13 pan and bake at 350 degrees F. for 1 hour

<http://www.torah.org/learning/yomtov/roshhashanah/recipes/>

# Good & Welfare

## October Birthdays

Sandy Gordon    October 15  
Ivan Bloom      October 30  
Nate Salter      October 31

## October Anniversaries

Elliott & Susan Schwartz    October 5  
David & Arna Gorender      October 26  
Harvey & Debbi Silver      October 28

**Mazel Tov to Nate & Andrea Salter on the marriage of their daughter Shari which took place on September 25.**

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

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## Elul

By Ehud Ben Ami

We are all basically familiar with the custom that starting on the first of Elul, the *shofar* is blown in all the synagogues after the morning service. We know that our customs have been around for many years and have deep reasons, but this one custom is perhaps more interesting than most.

Most people if asked, will tell you that the custom of blowing the *shofar* during the month of Elul is to awaken that spark inside our hearts to remind us to return once again to G-d, since Rosh Hashanah, the day of judgement, is coming up.

This is true, of course, but why should a *shofar* be blown? Could not something else be used, maybe banging on a pot or someone announcing in the synagogue that Rosh Hashanah is coming? True, we blow a *shofar* on Rosh Hashanah, and so the *shofar* blowing in Elul does remind us of the *shofar* that is blown on Rosh Hashanah, but still, what is the reason that a *shofar* is blown? Why not blow also, or in its place, a trumpet or saxophone?

Actually, I was surprised to find that the origin of this custom dates back to over two thousand years ago. It is brought down in a book call the "*Chapters of Rabbi Eliezer*". This book is a collection of teachings that were compiled by none other than Rabbi Eliezer HaGadol, the teacher of Rabbi Akiva! Now that's pretty heavy!

In this book, Rabbi Eliezer quotes Rabbi Yehosua ben Korcha who explains that when Moses came down from Mount Sinai (the first time) with the first tablets of the laws (the Ten Commandments) and he saw the Jews dancing around an idol, he threw the tablets from his hands and broke them. This was on the seventeenth of Tamuz.

During the next forty-day period he was occupied with executing all of those who engaged in idolatry and grinding the golden calf (which was the idol) into dust.

At the end of this forty-day period, which begins on the eighteenth of Tamuz and finishes on the last day of Av, the next day is the first of Elul. On this day, G-d said to Moses, ascend to the top of the mountain and blow a shofar throughout the camp.

This was so that when Moses would ascend the mountain, the Jews would not make the horrible mistake and involve themselves in idolatry.

The teaching continues, that as the *shofar* was blown, G-d himself ascended to the mountain as it is written in Psalms (47:6) "*G-d ascends with the shofar sound, the L-rd is with the shofar.*"

Therefore, concludes, the teaching of Rabbi Yehosua ben Korcha, each year on the first day of Elul we blow the *shofar*. We however, seeing a good thing, have extended it for the entire month, with the exclusion of the last day.

Now that we have gotten to the truth of the matter it certainly is nice and comfy to know that our customs and traditions have a few good centuries of practice behind them. What we should know is that there is more than a deep intellectual concept behind this, but really an action, that brings us benefits, both in the physical world and in the spiritual world.

The teaching shows us how the *shofar* reminded the Jews that although Moses had ascended onto the mountain, that he would re-appear bringing us an ability to achieve even greater spiritual heights than we had reached before. It also warned us, that we would pay for our misdeeds.

The *shofar* at that time in history was the chief instrument for alarming a population that a danger is impending. Like a siren today that is sounded to warn people to seek shelter or prepare for battle with the enemy, the *shofar* was used to awaken the population to an impending danger, such as an attack.

Prior to this time period, the *shofar* was used only to assemble the people for extremely important matters. All who would hear the *shofar* would immediately drop all of their mundane affairs and run to the center of the camp to see what was so important that the *shofar* was sounded.

When Moses ascended Mount Sinai, the *shofar* was sounded, this time instead of as a calling to assemble, to remind the people of the impending danger of inappropriate behaviour. It worked, and Moses descended from Mount Sinai forty days later, which was the tenth of Tishrei, the day that has become famous for forgiveness, Yom Kippur. In his hands he had the second tablets (of the Ten Commandments). The Jews, of course, rejoiced at seeing Moses this time.

We also today sound that very *shofar*, for time exists for us today, as it did then in history. On each day, the light of history shines into our lives. We are able to utilize the historic occasions to raise our level of service to G-d to a loftier level, and in doing so, we are elevating ourselves.

Elul is now the period of introspection. Examining our selves for spots of idolatry. It is where we can begin again to serve G-d as we were created to do so.

# 38<sup>th</sup> Annual Installation

Forestdale Heights celebrated its 38<sup>th</sup> Annual Installation on September 11, 2005 at Beth Radom Synagogue. It wasn't just an ordinary event, it was a special event. We were saying so long to our outgoing president Jeff Rosen and his executive, and welcoming our first woman president, Bonnie Kates and her new executive.

The evening started off with hor d'ouvs and wine and then the guests were ushered into a candle lit room that glowed with the ambiance of this special occasion.

Ray Moscoe, our MC for the evening, welcomed everyone in his debonair fashion and proceeded to carry out his task with class and elegance. Morris Shapransky led the menorah lighting ceremony and the people who were honoured to light, did so while glowing with their commitment to our lodge.

Michael Kates, chaplain, recited the opening prayer and Harold Davis, past president of B'nai Brith Canada and our installing officer, brought greetings from B'nai Brith.

Jeff Rosen, spoke of his past two years as president. He mentioned that we were a family, and that is the magic word which was used throughout the evening! He went on to distribute the President's Awards to lodge members. Harold Davis proceeded to discharge the executive and install the new slate for 2005-2006.

As Jeff has said so many times in the past "it's not the quantity, it's the quality" and our lodge is living proof that we have what it takes to do quality service for our community.

Bonnie's speech was very eloquent. She spoke about people helping people and our lodge's commitment to serve our community and the world. She also mentioned family.....that's what we are, family.

It really felt like it was my family event and the only reason it was in a hall was because my house was too small!

A big thank you to Albert Ohana, my co-chair for the Installation.

For more photos, go to [http://ca.geocities.com/k\\_echad/installation\\_pics.html](http://ca.geocities.com/k_echad/installation_pics.html).



*Sandy Gordon*

# *FHL Executive 2005-2006*

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August 3, 2005

Dear Mr. Rosen and Members of Forestdale  
Heights Lodge:

Thank-you again for the generous offer of the baseball tickets for the August 30<sup>th</sup> game. Reena has always prided itself in having strong relationships with various members of the community. I sincerely apologize for not giving a letter of thanks last year. I can assure you that both staff and clients were most grateful. It is through kind gestures such as your lodge's that gives Reena that avenue to provide our participants with exciting and fun, and high quality outings. With your permission, I would like to e-mail you pictures from the event. Once again thank-you for your kindness it is most appreciated.

Sincerely,

Tom Petersen

  
Activity Coordinator

# Health in Harmony



Getting our minds to focus on the moment, what's happening right now, is a difficult task for most people. Often we're thinking about what we need to do next or what we didn't accomplish yesterday.

Bringing ourselves into the present moment helps us to be more focused and alive.

## **Combat the Whirling Mind**

Often our minds race ahead, jump from one thought to another. We feel disjointed, anxious. Take time-out, slow down – even if it's for a couple of minutes throughout the day for a calmer, more relaxed you.

Take a few mini breaks, even moments, during the day when you concentrate on breathing. Make each breath you take in deeper and breathe out through your mouth.

Drop the “rush mode”. Get to meetings or appointments early so you can compose yourself before the others arrive.

Pause after you finish one task before beginning another--even for a few moments or if possible a few minutes.

Practice mindfulness by doing only one thing at a time, giving it your full attention. Realize that multi-tasking will add to the feeling of a whirling mind.

Learn how to time shift in the midst of busyness. Imagine yourself waiting in line at an “instant” teller machine and it is isn't instant. You start feeling angry and a tight feeling builds up in your chest. Instead, you

can time shift into the present moment by getting your mind off the tasks still waiting. Look around you, notice your physical surroundings. Notice the people around you. Take a few deep breaths. You'll lower your blood pressure and feel more in control.

## **Become an Efficient Time Manager**

- \* Come to work ten minutes early and claim time for yourself. Eat breakfast, read the newspaper, or make a personal call.

- \* Set aside a regular time for planning, mark it in your organizer. When planning, allow no interruptions, no crisis management, no attention to current issues. Give yourself “dentist time”. No one can bother you when you're in the dentist's chair!

- \* In your calendar, make appointments with yourself. Use this time for planning, napping, or simple breathing and thought.

- \* Don't work during lunch. If you never take lunch, start now. If you must have a business discussion, finish it quickly and spend the rest of the time in casual conversation, enjoying the food.

Practice deep breathing, combat the whirling mind and become an efficient time manager to bring a peaceful quality, balance and more enjoyment to your life.

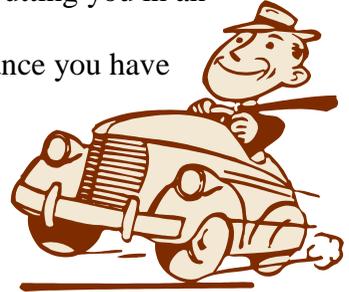
*Rosalie Moscoe, RNCP*

Wellness & Nutritional Consult

# Forestdale Funnies

## Basic Rules for Driving in Israel

1. Turn signals will give away your next move. A real Israeli driver never uses them.
2. Under no circumstance should you leave a safe distance between you and the car in front of you, or the space will be filled in by somebody else, putting you in an even more dangerous situation.
3. The faster you drive through a red light, the smaller the chance you have of getting hit.
4. Never, ever come to a complete stop at a stop sign. No one expects it and it will result in you being rear-ended.
5. Never get in the way of an older car that needs extensive bodywork. as the other guy doesn't have anything to lose.
6. Braking is to be done as hard and late as possible to ensure that your ABS kicks in, giving a nice, relaxing foot massage as the brake pedal pulsates. For those of you without ABS, it's a chance to stretch your legs.
7. Never pass on the left when you can pass on the right. It's a good way to scare people entering the highway.
8. Speed limits are arbitrary figures, given only as a suggestion and are apparently not enforceable in Israel during rush hour.
9. Just because you're in the left lane and have no room to speed up or move over doesn't mean that an Israeli driver flashing his high beams behind you doesn't think he can go faster in your spot.
10. Always slow down and rubberneck when you see an accident or even someone changing a tire.
11. Learn to swerve abruptly. Israel is the home of the high-speed slalom driving thanks to the Highway Department which puts potholes in key locations to test drivers' reflexes and keep them on their toes.
12. It is traditional in Israel to honk your horn at cars that don't move the instant the light turns green.
13. Remember that the goal of every Israeli is to get there first by whatever means necessary.
14. In Israel, shouting at the other driver and ignoring his reply is considered a common greeting. This gesture should always be returned.



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