

Forestdale  
Heights  
Lodge

# KOL ECHAD

קול אחד

פורסטדאיל  
הייטס  
לודג'

October 2007

Tishrei/Cheshvan 5768



## ***CHAG SOMAYACH***

Don't miss our next program:  
Monday, October 22  
Dinner 6:30 p.m.  
Meeting at 7:15 p.m.



Please RSVP to Albert Ohana  
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# 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 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 writer and do not reflect the views of either Forestdale Heights Lodge or B'nai Brith Canada.

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Bonnie Kates  
Nate Salter

**Website:**  
<http://www.kolechad.ca/>

## At A Glance

Monday, Oct. 22	Dinner Meeting
Monday, Nov. 19	Dinners & Speaker
Monday, Dec. 17	Dinner Meeting
Monday, Jan. 21	Dinner Meeting
Monday, Feb. 18	Nomination Meeting
Monday, March 17	Election Meeting
Monday, April 14	Dinner Meeting
Monday May 26	Dinner Meeting

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### Kol Echad Deadlines

November Issue	Oct. 10
December Issue	Nov. 10

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# President's Pen



What is a *mensch*? I looked it up. *Mensch* comes from German meaning "man" or "human being". However, that's in German, before we brought it into the lexicon of Yiddish. To be a *mensch* is to elevate beyond our basic physical needs or instincts and to connect with ourselves, with others and with the world around us.

The thing that sets the *mensch* apart is that he (or she) not only knows the right thing to do, but he or she acts on it, even at great personal cost. The *mensch* is not at all interested in getting the credit for the result. He/she is more interested in the result for its own sake, and doesn't really care if anyone ever knows they were the facilitator.

This year, I believe that Forestdale Heights Lodge must dedicate itself to do more community volunteer service. We need to involve more of our members in executing and planning these programmes. We need some new ideas and maybe we need to look back on the past and resurrect some old ideas. We need to plan for the future to better

our community and make the world a better place through our CVS programmes. We need to keep our reputation afloat, among the B'nai Brith family, of being the lodge that does so much CVS programming.

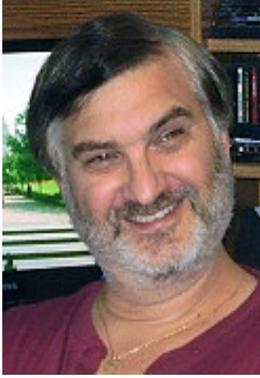
Being a *mensch* knows no distinctions of age, gender or financial status. The quest to be a *mensch* is equally applicable in the workplace and in all of our relationships. It's not about where we work, but about how we treat people when we are at work. It's not about the size of our house but about the people who reside in our home. Ultimately, it's about how we live and conduct ourselves.

We need to remember to be a *mensch*, and have the courage to follow the path even when it's not easy, to just do it because it is the right thing to do.

A *mensch* means understanding that the journey is as important as the destination. It means remembering that we're part of a bigger relationship with others and the world, and that truly is the meaning of the word *mensch*. Isn't this the true essence of what Forestdale Heights Lodge and its members are all about?

*Bonnie Kates*

# Editor's Desk



When G-d closes one door, he opens another...

I was reminded of this when one door closed on my family locking us in the hallway of life.

Without warning, Lisa and I were forced to say goodbye to our last parent and Jordana to her last grandparent.

For many, having a parent allows them to retain an element of their own childhood. If your parents are still with you I am sure you know what I am talking about. It can be as simple as having someone to call at the end of the day to share your life with or to reminisce about days gone by.

Suddenly you are alone, the older generation in the family. That can induce fear in some or produce a childlike terror of loneliness in others.

What can you do, you ask yourself? What can you really do? Are there any viable options?

I think not.

In the week since my mother-in-law's passing, the three of us experienced moments of despair recalling good times shared with a special person and mourning her sudden loss.

I have no doubt that in the months ahead the pain will dull. In fact I know it, having already buried my own parents as well as Lisa's father and sister.

However it never quite goes away. As Rabbi Martin Berman of Shaar Shalom told us as Lisa rose from shiva, the love and pain go hand in hand. You cannot have one without the other for if you did not love someone there would be no pain at their loss. The pain is the price we pay for love. I wonder though, is there anyone among us who would sacrifice that love to dull the pain? I would bet not.

There is something special about the process of Jewish mourning. We separate ourselves from society and reflect on that which we have lost. Once *shiva* is over, we attempt to rebuild our lives, yet the hole in our hearts can never be filled.

**Continued on next page**



A regular routine of Shabbat dinners at each other's homes is now but a cherished memory.

Clearly a door in our lives has been sealed shut for all time. In time a new door will open in our lives, new pathways forged and new traditions created. Like explorers of old we will have no choice but to follow the new paths wherever they lead. There will be no going back to the old ways.

These difficult days brought back memories of something I penned back in 1998, which is just as relevant today as it was nine years ago. I shared it with you then, and reprint it for your consideration now. (Please read below)

*Shalom*

*Jeff Rosen*

## ***The Train of Life***

**Life is like a speeding passenger train;  
With every second moving ever forward;  
Carrying its passengers with it;  
On to new bright new sights, sounds and experiences.**

**Death occurs when a passenger falls from the train;  
Carrying not only the departed family member;  
But all those who loved and cherished them.**

**Time now stops for all parties;  
Colours dull and become muted;  
The scenery remains the same for all time;  
As those still in the land of the living watch the train continue its journey.**

**The choice now for the living is often painful;  
Do they forever remain at that point along the tracks;  
Never changing until their lives too come to an end;  
Or do they say a final farewell;  
Make the necessary adjustments;  
And rejoin the Train of Life?**

# Good & Welfare

## Birthdays

Morty Green Oct. 7  
Carl Zeliger Oct. 12  
Sandy Gordon Oct. 15  
Ivan Bloom Oct. 30  
Nate Salter Oct. 31

## Anniversaries

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

*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.*



***FHL expresses condolences to Lisa Rosen, on the loss of her mother, Mary Small.***

**Forestdale Heights wishes a speedy recovery to Barry Gordon.**

**Forestdale Heights wants to wish Morris Shapransky a speedy return to good health.**



**MATANA JUDAICA**

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**Forestdale Heights wishes Mazel Tov to Toronto Freedom Lodge on celebrating their 40th anniversary and to Don Mills Lodge on their 50th anniversary.**



# Coming in November

Please join us on Monday, November 19 when our guest speaker will be Dr. Miguel Llano speaking on men's health issues.

Dr. Llano is a Urology Associate with the Division of Urology at Mount Sinai Hospital.

He has been associated with the Murray Koffler Urologic Wellness Centre at Mount Sinai Hospital since January 2003. He is in charge of the Erectile Dysfunction Clinic, and the Prostatitis Clinic, as well as providing support services in General Urology. He has a special interest in Erectile Dysfunction, including Clinical Research and Educational programs on this topic.



## To my fellow Lodge Sisters & Brothers

*Thank you for the generous donation to the Canadian Cancer Society. It helped to lift my spirits during this most difficult time in my life. Equally important, thank you for your support and words of comfort.*

*Lisa Rosen*

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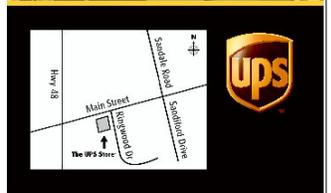
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# Notes from Nate



*News and Views from a Past President still living in Thornhill and looking forward to an exciting New Year.*

Nu, so a new year has arrived and once again its time to go to Shul and celebrate our heritage.

Being as how we are thankful to even be seeing *Yom Tov* this time around, it is also a really different High Holidays for the Salter family.

Back in the good old days when our three *maidelech* were small, we went to services as a family and enjoyed dinners at Andrea's parent's home. For someone like me - who had lost his parents by then - it was a time to celebrate the pleasures of family.

Now, with marriages having taken place and the passing of parents things are different. With daughter Heather in Montreal, her children Justin and Owen and her husband Robbie will be spending the holiday with their expanded Montreal *mishpoche*.

Older daughter Shari and husband Dave on the other hand have just left for an extended trip to London and Paris, so

they too won't be with us for *Yom Tov* this time around.

Then there is baby daughter Deborah and her husband Dave (you noticed I got me a fine pair of Dave's for sons-in-law didn't you) who along with our little Benji are right here in Toronto.

The new family tradition is that we get to share them with Dori, Dave's mother, our wonderful and loving Toronto *mishpoche*. Traditionally, we have the dinner first night here in our

home and the second at Dori's but this year since we are an equal opportunity *Bubie* and *Zaidy*; we are spending the first night at her place with the second at ours and breaking the fast at

Deborah and Dave's home. What makes this even more thrilling is that on both nights we are going to have desert first, since little Benji will be with us. Yes, for the first time ever, this old *Zaidy* is going to have a grandson in his arms for *Yom Tov*. It doesn't get much better than this.

You know that this time of year we can look back and count our blessings and review our sorrows.



**Continued on next page**

More importantly, we can look forward to a fresh new year and the thrills and challenges it brings. All of us have had both positive and negative events in our personal lives, but the constant has still been our extended family in Forestdale Heights Lodge. While our numbers have changed over the past years, we still have a core of old and valued friends who we look forward to meeting with each month, to working with on special projects and yes, even disagreeing with at meetings.

At this time of year, even though we are spending more time with those we love, deep in our heart we know that our lodge brothers and sisters in Forestdale are all part of our extended family. Let us hope that in the coming year we can continue to share our lives as in the past and to make the memories that we so fondly share.

*Nate Salter*

*By the way did you know that the Jewish calendar shows this to be 5768 while at the same time the Chinese calendar shows by them its only 4704? The net result is that for over a thousand years the Jewish people had to do without Chinese Food. GEVALT!!!!!!!!!!*

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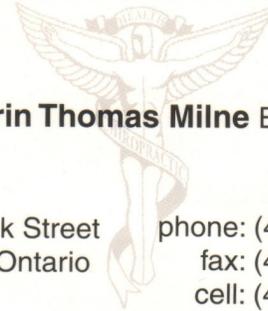
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# Sandy's Scripts



The niceties of people surprise me when I least expect it.

Barry was in the hospital on September 11 for a surgical procedure. I chose my mode of transportation to be bus and subway so I would not have to fight for a parking

space or deal with rush hour traffic.

The first day when I used public transit, I made it to the hospital in record time. Probably much sooner than had I driven and parked the car. On my way home via the subway it was a completely different situation. When I got to the station, I proceeded to put my token into the machine to release the turnstile but the token did not register. Fortunately, two people were there at the time. A young girl entered the turnstile using her monthly pass and saw my predicament. She offered me the opportunity to use it after she had gone through. A gentleman who was there at the same time walked on towards the trains once the girl assisted me.

The pass did not work, as there are signs "no pass backs please". The man who went on ahead must have looked back to see if I had gotten through because before I knew it, he was back at the turnstiles offering me a token!

Two people at the same time gave something of themselves to me - "*Chesed*".

In Shul during Rosh Hashanah when I was able to go, reflect and do all the things that we must do at this time of year, I realized that we encounter goodness every day of our lives. We just have to be accepting. It is so nice when a stranger offers a lending hand.

Barry had to remain in the hospital for two nights rather than the one night, which we originally anticipated. This meant he would come out of the hospital on the first day of Rosh Hashanah. We arranged for him to stay in the hospital in the morning so I could go to Shul. He had to wait in the lounge on his floor for me but that was not a problem. Again, kindness reappeared - our friends are just that "very good friends!" So many offered to pick Barry up from the hospital, but I couldn't and wouldn't ask anyone to do something for me on a *Yuntif* that I would not do myself. We got Barry home in time for lunch the first day of Rosh Hashanah and our circle was mended again.

Thank you to all our family and friends for your kindness expressed during this time.

Until the next time.

*Sandy Gordon*

# Random Musings



Okay, I have to admit it. I've become a bit of a pack rat. Somehow, since we moved into our second home in 1991, I've never been able to get a handle on our "stuff". It started with boxes from the move. I put some in the crawl space, intending to empty them in an organized manner, one by one. Well, unfortunately, many have never been emptied. Occasionally I give items to family members, and other times I donate to charity; but despite this, I keep adding more to replace them. Between the demands of work and the fast pace of life, and the day-to-day attempt to look after the basics of homemaking, things have admittedly spun out of control. No one could ever accuse me of being as organized as Martha Stewart.

I think my tendency to collect memorabilia began innocently enough, with discussions about how foolish each of us had been to throw out old items such as cast iron typewriters and sewing machines, old-fashioned heavy wood record players, etc. We realized too late the folly of tossing out valuable antiques that were later appreciated for their museum-quality beauty. Suddenly I began to see every item we'd purchased as a



potential collectible. Children's toys, books, games; supplies, clothing, and odds and ends...and the list goes on. When contractors would come to my home and see all the toys in the playroom, they'd ask how old my children were. I'd sheepishly reply; one's in law school, the other's in university.

Recently, I finally removed the autographed Sharon, Lois and Bram poster along with a picture of Beauty and the Beast from the wall. Enough was enough. It was about time I started growing up.

However, as I tried to manoeuvre between items at the entrance to the crawl space, in addition to the many boxes of items stored, my eyes spied appliances from the old home that we're too afraid to give away, worrying that they're no longer safe to use.



It doesn't help matters to know that the Antique Road Show regularly encourages people to search for valuables hidden in the deepest recesses of their homes.

**Continued on next page**

I certainly wouldn't want to make a mistake by getting rid of the wrong thing.

Now the irony of all this is that I've always prided myself on not being a very materialistic person. I've never felt the need to have the latest, greatest item. I've always thought the spiritual side of life was most important. However, for some reason, probably psychological in origin, I am having a great deal of difficulty sorting through my junk and my feelings about my junk. Part of the problem is sentimental in

nature. Some of it is pure indecisiveness. Suffice it to say, I obviously have a problem.

Despite all this, I intend to start sorting through things gradually this autumn, and the long Canadian winter should certainly be a good time to work indoors and get something accomplished. The one thing I will not be able to do is throw out books. That is where I must draw the line. We'll just have to buy more shelves.

*Elizabeth Bloom*

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**On Monday, Sept. 3, Bonnie and Michael Kates and Sandy and Barry Gordon headed downtown to take part in the annual Jerry Lewis MDA Telethon. The quartet took pledges from across the country and helped contribute to the overall success of the annual program. As well, there were draws for the volunteers and the foursome walked away with some great prizes. [Bonnie Kates photo]**





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**Seating is limited so buy your ticket today!**

*Space provided courtesy Forestdale Heights Lodge. Good luck on your program.*

# *B'nai Brith International*

## **B'nai B'rith International Revives Lodge in Poland**

B'nai B'rith International revived its lodge in Poland on September 9, which had been closed since before World War II. B'nai B'rith leaders from around the world were on hand for the momentous event.

"The pride emanating from the crowd of 37 new brothers and sisters as they became part of our worldwide family was exhilarating," said B'nai B'rith International President Moishe Smith. "It was a proud and honourable moment for me personally, and for all of B'nai B'rith."

Members of B'nai B'rith Europe and several leaders from B'nai B'rith International in Washington, D.C., including Executive Vice President Daniel S. Mariaschin, attended the installation.

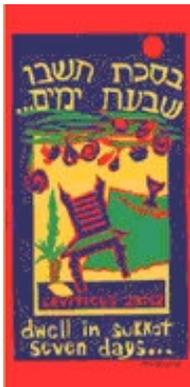
"The launch of our new lodge in Warsaw carries great significance," Mariaschin said. "Given B'nai B'rith's long, but interrupted history in Poland, the country's relationship to both the U.S. and Israel bi-laterally, and as a member of the European Union, and the revival of Jewish life there, the new lodge can act as an important participant in a wide range of issues on the B'nai B'rith, and broader Jewish agenda."

The new lodge President Dr. Andrej Friedman, and the Secretary General Malka Kafka worked hard to revive the lodge.

In 1938, by decree from the president of the Republic of Poland, all 10 B'nai B'rith lodges were closed down. This differs from the rest of Europe where lodges were closed down by the Nazi regime.

"As president of B'nai B'rith Europe (BBE) I think it shows, joyfully, that Jewish life in Poland is present and growing," said BBE President Reinold Simon.

"The presence of a B'nai B'rith lodge is also for BBE an important fact. We in BBE have been working on this for more than 10 years. The new board members are ready to enlarge their presence and we hope to see in the future new lodges throughout Poland."





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# RESERVE THE DATE



Saturday, February 2, 2008

Join Forestdale Heights



as we head to  
Woodbine Racetrack  
for our annual

## **NIGHT AT THE RACES/SLOTS**

*Stay tuned for further details*

# *Forestdale Funnies*

Mahmoud Ahmadinejad, Iran's latest President, called George W. Bush on the phone late one night.

"I've had a remarkable dream, Mr. Bush", he said, "and it's something you should know about."

"Well Mr. Mindinajar, what was your dream all about?", queried the President.

"I dreamed that the USA had gone through an enlightening reformation", he said, "and in front of every house was a huge banner."

"That's intriguing, Mr. Mindinajar. Tell me, what did it say on these banners?", asked Bush.

"They all said the same thing: Allah is God, Allah is great", stated Mahmoud, as if he could taste victory.

"It's quite odd that you should call me about a dream, as I had one the other night as well", said Bush.

"And what was your dream about, Mr Bush?"

"I dreamed that Iran had gone through a reformation as well, and on every house was a flagpole."

"So, what was on the flags?", asked the Iranian.

"I have no idea", said Bush, "I can't read Hebrew."

---

## RESERVE THE DATE



Coming soon in November

Forestdale Heights popular



## **SALON DAY**

*Stay tuned for further details*

## *Can You Hear The Music?*

Leonard Mayzel Ontario Lodge (LMOL) has graciously extended an invitation to join them for an evening of

### **CANTORIAL MUSIC**

to be held at 15 Hove  
on Sunday November 4, 7:30 p.m.

The cost is \$5.00 and refreshments will be served.

If you are interested in attending,  
please contact Bonnie Kates at  
(905) 669-2408 or [katesfamily@sympatico.ca](mailto:katesfamily@sympatico.ca)

*I hope FHL members will consider attending this exciting program. May this be the beginning of sharing joint programs with LMOL and other lodges in the BBC family – Bonnie Kates*

---

## *Holiday Food Ideas*

- **Honey Baked Chicken**
- 1 (3 pound) whole chicken, cut into pieces
- 1/2 cup margarine, melted (or oil)
- 1/2 cup honey
- 1/4 cup prepared mustard
- 1 teaspoon salt
- 1 teaspoon curry powder

### **DIRECTIONS**

1. Preheat oven to 350 degrees F (175 degrees C).
2. Place chicken pieces in a shallow baking pan, skin side up. Combine the melted margarine, (or oil), honey, mustard, salt and curry powder and pour the mixture over the chicken. Bake in the preheated oven for 1 1/4 hours (75 minutes), basting every 15 minutes with pan drippings, until the chicken is nicely browned and tender and the juices run clear.

Preheat oven to 275°F. Sprinkle with paprika. Place in oven uncovered. Bake 2 hours.

Freezes well.

Makes 30



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