

October 2009

Tishrei/Cheshvan 5770

## COME JOIN THE FUN



**GoodLife Fitness Toronto Marathon**  
Sunday, October 18 @ 7 a.m.

Forestdale Heights Lodge will be volunteering at a water station at Mel Lastman Square in the early morning. Please contact Harvey Silver if you are interested in helping out.

**416-223-0780 or [harveysilver@rogers.com](mailto:harveysilver@rogers.com)**

# KOL ECHAD



Kol Echad is the 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 writers and do not reflect the views of either Forestdale Heights Lodge or B'nai Brith Canada.

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

## At A Glance

October 5	Dinner Meeting
October 18	Toronto Marathon CVS
November 9	Dinner Meeting
December 14	Chanukah Meeting
January 11	Opening Meeting 2010
February 8	Nomination Meeting
March 8	Election Meeting
April 12	Meeting
May 10	Meeting
May 30	44 <sup>th</sup> Installation

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### Kol Echad Deadlines

October 12	November Issue
November 9	December Issue
December 14	January Issue

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10 issues published every year



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# President's Pen



So here I am on Sunday night, the day before our first meeting of the season and the evil taskmaster (that's Jeff) wants columns for Kol Echad by tonight. As usual, I have left everything to the last minute and it's been a

boring summer so I have nothing to write about.

However, it is *Rosh Hashanah*, and for me that means not only the beginning of the new Jewish year, but also the beginning of the new sports year. The Blue Jays have done their annual fold so baseball isn't very interesting, unless you are a Yankee fan (me) or a Yankee hater (everyone else). Maple Leaf fans have already decided that the Leafs will win the Stanley Cup this year, or at least make the playoffs so we will have to see how long this bandwagon lasts. The Raptors should be a playoff team this year. The fall and winter sports seasons in Toronto are promising. The Argos? They really need a coach who knows three down football.

So, what else is there to look forward to? An ELECTION! \$350 million to change nothing. Even if the Liberals "win" a minority, will anything really change? Parliament these days is a disgrace, but an election won't change that. The recession seems to be bottoming out, but there are still few jobs to be found. The U.S. can't decide whether health care should have public funding (like, say, Canada) or should continue to be run by the insurance companies. It is really pretty nasty.

Speaking of nasty – how about the protests over TIFF picking Tel Aviv as a focus city. TIFF has become one of the premier film festivals and to have these protests take away from the enjoyment of the films is a shame. However, this is Toronto after all – the home of Israel Apartheid Week, so maybe we shouldn't be surprised.

Enough doom and gloom. From the Pupko family to all our members and friends – *Shanah Tovah*. Have an easy fast and a health, happy, and peaceful New Year.

*Irv Pupko*

# FHL Committee Chairs 2009-2010

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## Good & Welfare

### Birthdays

Rosalie Moscoe	October 4
Carl Zeliger	October 12
Sandy Gordon	October 15
Ivan Bloom	October 30
Nate Salter	October 31

### Anniversaries

David & Arna Gorender	October 26
Harvey & Debbi Silver	October 28



# Editor's Desk



What would you do if you could defy the laws of nature and slip back in time a year or two to meet a younger version of yourself. How about 10 years?

I have been a science fiction fan for as long as I can remember, going back to the 60s where I

sat with rapt attention as Captain James T. Kirk led the USS Enterprise on voyages through to the final frontier. Even back then my favourite episodes involved time travel. Since then, my fascination with this particular sub-genre has only grown.

Over the years I have seen H.G. Wells, *The Time Machine*, in a number of its incarnations and watched as Tony Newman and Doug Phillips tumbled helplessly along the infinite corridors of time in *The Time Tunnel*. I would be remiss if I did not mention that I have also prayed for the safe return of Dr. Sam Beckett during his many *Quantum Leaps* and sat on the edge of my seat as Marty McFly tried to get *Back to the Future*.

A few years back a relatively unknown author named Audrey Niffenegger came out

with what turned into a runaway bestseller, *The Time Traveler's Wife*. The tale is about a man who is unable to remain in one period for any length of time. In the course of his life he zips back and forth from his present to his past and future where he repeatedly meets his wife and watches her grow into an adult.

This past summer the book became a successful movie. There is always a debate when a book is transformed into a screenplay. Which is better, the book or film? Rarely have I seen a movie that can hold a candle to the original story. It is in the mind's eye where characters come to life. The best computer-generated special effect usually pales in comparison to that of a person's imagination. Still it was an enjoyable movie and may eventually prompt me to pick up the book to re-read it for the fourth time.

I'm like that. I get a book that fascinates me and the story stays on my short list for a re-read.

This list is a short one and includes a little known tale called *The Mirror*, by Marlys Millhiser. The story is about a grandmother and granddaughter who switch bodies on the eve of the latter's



**Continued on next page**

wedding and how they must cope with their new lives in different times. Another of my classics is *A Shortcut Through Time*, by Charles Dickinson about a town riddled with unstable time pockets. It results in residents moving backward and forward through time.

Its fascinating stuff and I wonder what I would actually do if I met up with a past version of myself. Would I warn them about some event to come? I would like to think that I would be able to keep quiet. As any good fan of time travel knows, the space-time continuum is like a house of cards. You change one thing in the past and it changes everything.

I guess I'll stick with the present. For all its troubles and foibles, it's still a pretty good world. There are simply too many who don't realize how good they have it in the here and now. While life may not perfect for any of us, there is no way to know if things would be that much better if we were able to change one variable. So, as we start the year 5770 in the Jewish calendar, remember to appreciate what you have, love the people in your life, hold them close, and cherish them. After all, we're here for a good time, not a long time.

*Shalom*

*Jeff Rosen*

***P.S. In case this is being read by my past or future versions of myself, please ignore everything I have said.***

## Rosalie Moscoe

RHN, RNCP



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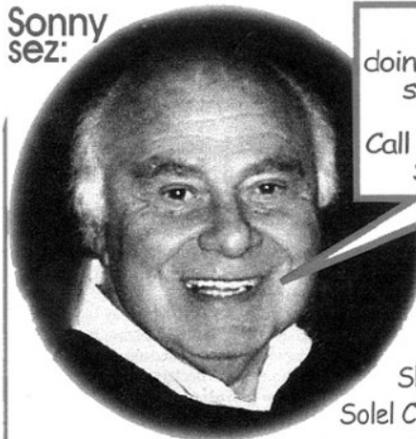
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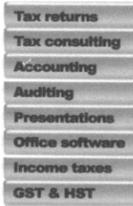
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# Notes from Nate



*News and views of Forestdale Heights Lodge from a past president who is still alive and kvetching in Thornhill.*

**Gevalt!!** I am getting so forgetful now I couldn't remember if I

had written my *Yom Tov* column for Jeff or not. You know they say with old age comes wisdom and maturity, to which I reply *du bist michigah?*

From where I sit old age comes with aches and pains as memory slows down. On the bright side, it is nice to get a cheque from the government every month. Better than that, at this point in life one gets to be a *Zaidy* with all the benefits and *naches* that comes with that title. You may ask what all this has to do with *Yom Tov*. I like a good question that I can answer once in a while.

I recently went to the *feld* to visit my parents' graves in anticipation of the holidays as I do every year. Royal York Road today is a busy modern thoroughfare. Buried among the luxury town homes though still sits the old Hebrew Men of England cemetery.

I remember as a boy going out there into the wilderness to visit my grandparents prior to the High Holidays. For many years after the demise of the congregation, it was a strange feeling to

realize that there were no new burials, because by the mid-80s all those who had been members - people who I had known from *shul* - were now all interred.

Now with another *shul* taking over the grounds, once again the population is starting to grow. What that does of course is make it a little harder to find my parents and family, where at one time they were all together at the end. My wife also does something when she goes to visit her late father at Downsview. Each year she leaves a plastic wrapped picture of the grandkids on his stone when she visits.

There is something very special about this time leading up to *Yom Tov*. I find that I am drawn unlike any other time of year, to go and connect with my parents. It is then that my mind flows with the memories of my youth. In my heart I share the joys and sorrows of the past year as I stand before them. I firmly believe that it is this connection to our past, just prior to *Yom Tov*, that keeps Judaism alive. This is a personal moment for all of us as we contemplate and comfort our own soul and appreciate our parents who made us who we are today.

This time of year also lets us thank G-d for what we have and for those who we love and share our lives with.

**Continued on next page**

While the services in *shul* are sometimes long and tiring, the real focus is on family and friends. With the exception of *Yom Kippur* we eat and enjoy our families unlike no other time of the year. We are indeed blessed to be in a country that lets us celebrate in our own way and allows us to proudly proclaim our Jewish

heritage without fear of reprisal. We are truly blessed and we should embrace this time of year with joy among those who we love.

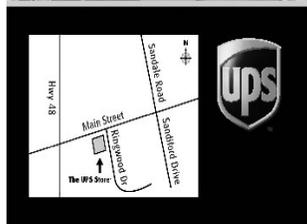
To my fellow Forestdaleniks, Please G-d a year of health, happiness, and peace. May all of you go though life with a smile of contentment and a heart filled with joy.

*Nate Salter*

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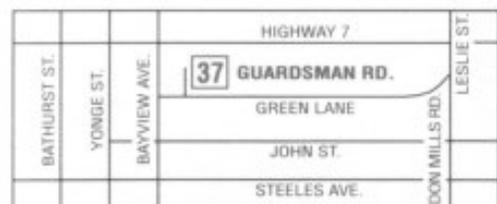
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# Fall Garden and Landscape Maintenance Tips

As the end of summer approaches, the growing season comes to an end. Nevertheless, don't put your garden and lawn care tools away just yet. This is a good time to scrutinize your garden and yard for landscape maintenance purposes.

Providing fall preparations for next year's growing season will help ensure a graceful entry into the following spring, with a green lawn and garden space nearly ready for planting. Just follow the helpful tips below:

Don't wait until spring for garden preparation, and to divide your overgrown perennials; do it now. This not only provides a jump-start for quicker blooms, but healthier blooms, as well.



Move potted patio and hanging plants indoors, or bury the pots in the ground in regions with less intense winters so that plants will survive.

Slugs breed in the fall. If slugs are a big problem for your garden, this is a good time to set out traps, but only if absolutely necessary. Beneficial bugs and small creatures will also be put at risk. You can make a slug trap by filling an empty (unwashed) tuna tin

with beer. Place the tin in a shady spot in the soil so that the rim is at ground level. Maintain the trap every few days by emptying it out and refilling it.

Because trees and shrubs continue to lose moisture in the winter, this is a good time to give them a watering boost. Part of your landscape maintenance should be to deeply water trees and shrubs before hard frosts begin.

If you have flowering shrubs, some of them might need fall pruning. Spring-flowering shrubs begin to develop flower buds that won't open until the following spring. These type shrubs should be pruned early; immediately after flowering. Pruning them too late risks removal of developing buds for next year's flowering season. Summer-flowering shrubs, however, develop buds during the early spring. The best time to prune them is during the dormant season; just as fall turns to winter or late winter is fine.

Rake leaves off your yard. Apply a thin layer of well-aged manure to the lawn to promote new spring growth and improve underlying soil.

As part of garden preparation for the following spring, use the leaves raked up from your lawn as mulch for flowerbeds. Not only will tender perennials be protected through the winter, but also the decaying leaves will help build soil nutrients. Dry, excess leaves can be bagged in airtight bags to add to compost piles later.

*Courtesy HandyCanadian.com*

# Forestdale Funnies

## *Sukkot*

An observant Jew, who lived on Park Avenue, built a Sukkah on his balcony. Some of his 'high society' non-Jewish neighbours brought him to court.

They claimed that the Sukkah on his balcony was an eyesore and was having a negative impact on the value of their homes in this posh neighbourhood.

In court, the man was very worried about the outcome. It was the eve of the eight-day holiday, leaving him no time to make alternative arrangements, in case the judge ordered him to take down the Sukkah.

He prayed for help. And Hashem listened.

Judge Ginsburg, who was Jewish himself, had a reputation of being a very wise man.

After hearing both sides, he turned around to the observant Jew and scolded him:

"Don't you realize that you live on Park Avenue, and not in Brooklyn? There is a certain decorum, which is expected on Park Avenue. You have no right to be putting up an ugly hut on this lovely street without a building permit authorizing it. I hereby rule that either you remove the hut, or I will fine you one thousand dollars.

You have exactly eight days to do so! Next case!"

\* \* \*

## *Love Your Mother*

Little Hershkele Stankow was shopping with his mother, much to his dismay.

When they walked past a toy store and Hershkele saw a new toy he really wanted, he begged and pleaded and pulled on his mama's arm until she said, "Sorry Hershkele. We are not here to buy you a toy."

Hershkele pulled away from his mama in anger and said, "I never met a lady as mean as you!"

Taking his hand in hers, she gently retorted, "Hershkele, darling, someday you'll get married and you will ... you will!"

## Lodge Meeting

After the dawn of the New Year, after the fast has come and gone, but before the *Sukkah* has been put away, comes our monthly lodge meeting

Monday October 5  
Dinner 6:30; Meeting to follow  
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## **2009-2010/5770**

Rosh Hashanah	Sat. & Sun., September 19-20, 2009
Yom Kippur	Mon., September 28, 2009
Succot	Sat. & Sun., October 3-4, 2009
Shmini Atzeret	Sat., October 10, 2009
Simchat Torah	Sun., October 11, 2009
Chanukah	Sat., December 12, 2009
Purim	Sun., February 28, 2010
Passover (start)	Tues. & Wed., March 30-31, 2010
Passover (end)	Mon. & Tues., April 5-6, 2010
Yom Hashoah	Sun., Apr 11, 2010
Yom Ha'atzmaut	Mon., Apr 19, 2010
Lag B'Omer	Sun., May 2, 2010
Shavuot	Wed. & Thurs., May 19-20, 2010
Tisha B'Av	Tues. July 20, 2010

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# Sandy's Scripts



As I am writing this column just before *Rosh Hashanah*, I thought I would do something a little

different. I hope you will find it entertaining as well as meaningful.

I have been so busy over the last two weeks watching the U.S. Open. I haven't had a chance to do anything in the house by way of cleaning and cooking and many other things I should be doing.

However, *Rosh Hashanah* is a time of inner cleansing! A time to delve deep into our hearts and souls, a time to make amends, do more mitzvahs - if only just one you have never done before.....and be a better Jewish *Neshamah*.

Back to Tennis.

When a player takes the racket to play tennis, they know exactly where they want to put the next shot to their opponent. Whether the ball is in, out or a fault – their score will reflect that. So too is everything we do in life – your actions will reflect your result.

In tennis, they are measured by how many records they have broken and how many championships they have won. The best is how they have grown as a person to realize these achievements.

We can all be champions in our own right. I can't tell you what it takes – only you know that!

Until the next time.

*Sandy Gordon*

## Bingo

If you would like to help run the bingo program at 4300 Bathurst Street, please contact Irv Pupko. Our lodge will be in charge of the games the second Tuesday of each month starting October 13 at 7:25 p.m.



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# Health in Harmony

## 7 Ways To Exercise Your Memory



Losing your keys, sunglasses? Are you constantly in a 'hunt' mode? In our highly stressed society you're not alone. Use these following tips to regain or sharpen your memory.

1) **Get a medical check-up.** Memory loss can cause anxiety or depression. Brain tumours and hardening of the arteries cause blood flow and vital oxygen to the brain to be reduced. However, only 10% of people might suffer from true senility or memory-loss disorders. Your problem may just be over-stress.

2) **A key natural stress remedy** includes a feeling of being in control. To feel more in control and relieve stress fatigue, reduce commitments if your schedule is packed tight. Be realistic in what you can accomplish in a day.

3) **Improving your dietary intake** can enhance memory, protect and nourish your gray matter. Fruits and vegetables are brimming with antioxidants to protect aging cells against damaging free radicals-elements that break down cells. Blueberries benefit age-related cognitive

memory. Best vegetables include: kale, spinach, broccoli. B vitamins enhance memory and insulate nerve cells. Include whole grain pasta, grains, rice and beans, wheat germ, mushrooms and nuts. Bananas, liver and avocados also help.

Reduce refined carbohydrates such as sweets or white bread. They break down quickly which results in a rapid rise, followed by a drop in blood sugar – not good for many organs of the body.

**Dietary protein** rich foods such as beef and chicken are brain boosters containing Tyrosine, an amino acid. Other amino acids found in yogurt, turkey and low fat milk increase mental alertness and provide natural stress relief.

**The right kind of fat** in the diet is critical in creating and maintaining brain health. Omega 3 fatty acids that promote healthy hearts also help our brains. Eat cold water fish twice per week: salmon, mackerel anchovies, sardines and herring. Olive oils, freshly ground flax seeds are good plant sources of omega 3s.

**Continued on next page**

4) **High quality multivitamin and mineral dietary supplementation** provides you with a good nutritional base. Especially helpful for memory, mood and brain efficiency are: Vitamin E, Vitamin C, Folic acid, Lipoic acid, CoQ10. B6 and B12 are necessary to promote normal homocysteine levels necessary for brain and heart health. Phosphatidylserine (PS 100) and lethicin aid brain health.

5) **Do crossword puzzles, Sudoku, or other word games.** Learn a language. Try to memorize people's phone numbers or do math without a calculator. Even playing cards has been shown to exercise the brain and grow neural connections.

6) **Stay away from aluminum.** Strong research exists in its connection with Alzheimer's disease. Avoid aluminum cookware, antacids, and drinks that come in aluminum cans. Use a roll-on or stick deodorant without aluminum instead of aerosols.

7) **Get back to a healthy lifestyle** with enough sleep and down time. Don't fill every moment with purposeful activity. Adequate sleep, 7 to 9 hours a night protects against distress and is vital for rejuvenation of the brain. Do some gentle exercise, like walking. Let nature nourish your body, mind, spirit.

*Rosalie Moscoe*

## Random Musings



"I put my bag in the bag of bags," my husband's voice rang out to me from the kitchen as he closed the pantry door.

I thought to myself, what have we come to, when we are able to talk like this, and understand perfectly well what the other means.

Is this the sign of a good marriage, or merely one that's lasted a very, very long time?

We've been married for 33 years now, and so, the ebb and flow of our banter fills our home with its own meaning, even if it appears a bit insane to the objective observer. Conversations like this pepper our days and this is what makes life special - the fact that no matter what mundane thing is happening at the moment, we still have something to share and say about it.

That, my friends, is real love.

*Elizabeth Bloom*

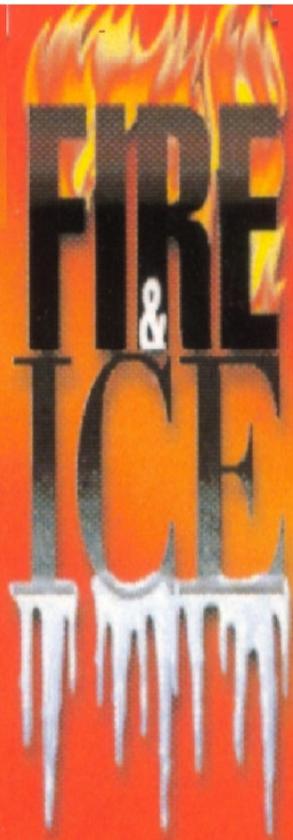
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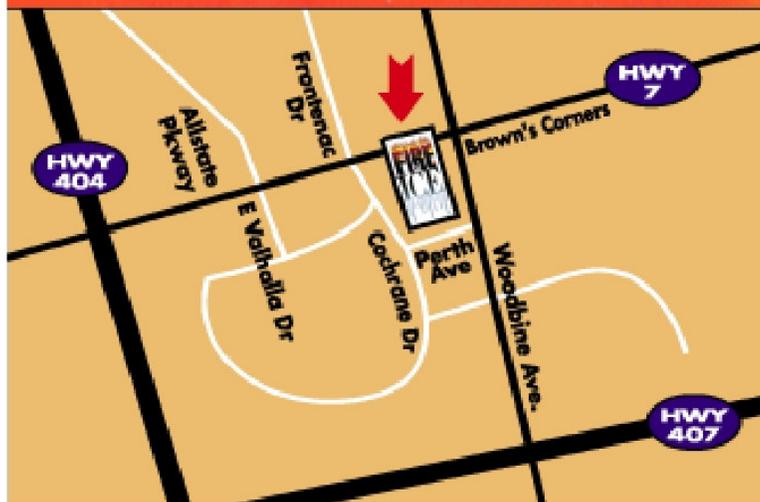
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Payment Method: Master Card, Visa, AmEx, Cash, Debit  
Average Price: Lunch: \$8-16  
(per person, excluding beverages) Dinner: \$10-18  
Catering: No  
Delivery: No  
Take Out: Yes  
Live Entertainment: No  
Liquor License: Yes  
Reservations: Recommended  
Patio: Yes  
Dress Code: Casual/Smart Casual  
Wheelchair Access: Yes  
Designated Smoking Room: No