

Forestdale
Heights
Lodge

KOL ECHAD

קול אחד

פורסטדייל
הייטס
לודג'ה

September 2008

Elul 5768/Tishrei 5769



BUDGET MEETING

Monday, Sept. 8
15 Hove

6:30 p.m. Dinner
7:15 p.m. Meeting

Please RSVP to Albert Ohana
at salonpiaff@rogers.com or
call 416-494-2636

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

| | |
|----------------------|--------------------|
| Monday, September 8 | Dinner Meeting |
| Monday, October 6 | Dinner Meeting |
| Monday, November 10 | Dinner Meeting |
| Monday, December 8 | Dinner Meeting |
| Saturday, January 31 | Night at the Races |

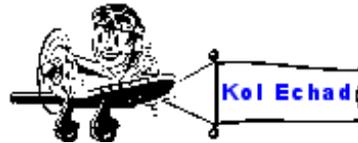
Kol Echad Deadlines

| | |
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| October Issue | September 9 |
| November Issue | October 7 |
| December Issue | November 11 |
| January Issue | December 9 |

Kol Echad Yearly Advertising Rates

| | |
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| ¼ Page | \$50 |
| Business Card | \$40 |

10 issues published every year



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President's Pen



Ah, here it is the middle of August and “summer” is coming to an end. Actually, there are, as we all know (?), three summers.

First, there is the official “climatological”

summer, which includes June, July, and August. This is the time the weather services use to determine things like “driest summer” on record. Of course, this year was the wettest summer on record, continuing the pattern set this winter for snowfall. While the constant rain might have been good for our lawns and gardens it was not great for those who like to sit out in the sun, read a book or have a barbeque. This is one summer I will be glad to see end.

The second summer is the “school” summer, July and August. For many of us with grown children this is really just a continuation of the regular year, with perhaps some weekends at the cottage. For those with children still in school, this is a chance to send them off to camp and to get some quality time with their spouses. They will be sorry to see this summer end.

As a teacher, this is supposed to be my vacation but, you might be surprised to know, I find it much too long. There is only so much I can do in nine straight weeks. I can read, watch TV, and spend time with Ruth as she recuperates from her knee replacement, but

after about five weeks I am ready to get back to CHAT.

Luckily, this year there is the Olympics and I have been watching them every day. It has been an interesting Olympics with some spectacular performances, but the atmosphere is somehow lacking this time. Usually I would also watch baseball, but who wants to watch the Blue Jays, or even my favourite team, the Yankees (I am from the Bronx after all) this year. Luckily, this summer too, will soon be over and I look forward to getting back to work.

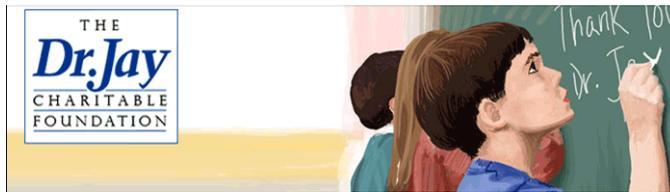


Finally, there is the “calendar” summer, June 21 – Sept. 21. This is sort of artificial, based mostly on the orbit of the Earth around the Sun, and doesn't really mean much except that this year the beginning of autumn coincides with Rosh Hashanah (almost). This is my favourite time of year. The early autumn weather is fresh and brisk and invigorating for the body, while Rosh Hashanah is fresh and invigorating for the soul. This is a time when we start anew, we are refreshed both mentally and spiritually, and we continue to have hopes that the New Year will bring peace and prosperity to Israel, Canada, and the rest of the world. This summer too will soon end, but this time I look forward not so much to the end of summer, but more importantly to the beginning of a new, and always a better, year.

Irv Pupko

Be sure to be at our October meeting
on Monday, October 6

When our guest speaker will be
Dr. Jay Batcher,
a founder of the Dr. Jay Foundation



At our meeting, Dr. Batcher will discuss the foundation and its role in building playrooms at a number of Toronto hospitals. The playrooms are supervised play care centres for sick children or children of parents or siblings undergoing cancer treatment.

*The Dr. Jay Charitable Foundation provides
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Editor's Desk



Can you feel the change in the air? The days are getting shorter and cooler and the leaves are either changing colour or will start very soon.

While I love autumn with its beautiful range of colours, summer remains my favourite season. Given the choice, I would vote for year-around summer, minus this year's rain of course.

This past summer, like others, was a wonderful time in the Rosen household and I was able to engage in one of my favourite pastimes, travelling. Since Lisa and I got married almost 22 years ago, we have been fortunate to get away and take a summer vacation. I am not talking the kind where you spend hours at an airport answering questions from immigration officials who are required to leave all semblance of their humanity at home.

What I love is getting into a car and heading somewhere, anywhere different. It is great not being constrained by airline schedules, baggage rules and regulations and official documents.

Still, that is exactly how it all began this summer as I headed south to Washington, D.C. as *The CJN's* representative at the

American Jewish Press Association's annual conference. Every year they hold their get-together in a different city and it draws over 100 representatives from the Jewish press from across North America.

Unfortunately, only a few Canadian Jewish newspapers belong to the organization and *The CJN* is the only Canadian paper represented most years.

If you have not visited the American capitol, I would recommend it highly. There is so much to do there and most of it is free, including the Smithsonian Museums and the Holocaust Museum. I also got to visit a new museum called the Newseum, dedicated to the history of journalism and news. It includes a portion of the Berlin Wall and a transmission tower that survived atop the World Trade Centre.

I was also able to take in the Spy Museum, which is devoted to the spy business.

No sooner had I returned home, then a few days later our entire family was off for a weekend of theatre in Stratford. While both *Cabaret* and *The*

Music Man are musicals, they are so very different, but both excellent productions. If you have the chance and enjoy good theatre, then I recommend them highly.

Continued on next page



Now where is this family vacation I was talking about earlier? This year was slightly different as Jordana had her first summer job, working at a day camp.

Although she insisted that we leave and enjoy time away from the house, we decided to cocoon this year and play tourist in Toronto.

All in all it was wonderful. Lisa and I visited the ROM and the Distillery District. While a lot has been written about the museum's new entrance, I found it a little underwhelming. If this is what they are hoping will draw tourists, I suggest they go back to the drawing board. I was also disappointed in the fact that the museum's main restaurant was closed on the day we were there. How do you close an eating facility in a tourist attraction? It just does not make sense.

While most of the time was spent in the city, Lisa and I did get away overnight to Port Hope, just east of Oshawa. For those unaware, Port Hope is a beautiful little town and we enjoyed its numerous antique shops. We stayed in a bed & breakfast - a first for us - and saw Same Time, Next

Year. While over 30 years old, the play does not seem dated.

What was also unique about this experience is that it is the first time we left Jordana home alone overnight. We called home only once and she came through the experience fine, encouraging us to stay away longer.

A week after we arrived home, we were off once again, for a weekend away at Fern Resort in Orillia. This was our 10th visit and probably not our last. Each has been unique and quite memorable. What was particularly satisfying for me was meeting with one of the resort's owners, who agreed to sell my book of photos that I have taken there. So, if you happen to visit the resort, maybe you would like to support a struggling artist.

Unfortunately our weekend ended far too quickly and we were home, this time for good, as our suitcases were finally put back into storage.

Like summer itself, all good things finally have to come to an end.

Shalom

Jeff Rosen

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Random Musings



Despite a supposed increase in the quality of knowledge and access to information in the 21st century, I find there to be an appalling lack of common sense.

Consider first, the idea that we try to decrease unwanted chemicals in our environment. I agree and am concerned. For at least 30 years I have been concerned about too many toxins and pollutants in our water and air, and on our land, and have taken appropriate precautions, as well as been supportive of multi-faceted approaches to clean up the environment. However, while we try to solve this problem, why do we create another - the proliferation of weeds? Surely we can clean up the environment safely without giving allergy and asthma sufferers more frequent trips to the ER. After all, these maladies can be acutely life threatening.

On a similar note, our zeal to protect individual rights is commendable in a democracy, but why do the rights of society as a whole sometimes get ignored? It used to be a priority when establishing rules and regulations, and developing laws that the protection of the public, save in exceptional circumstances be paramount. I am thinking of, as a prime example, the permission to allow a propane factory to be situated in the heart of a residential area. Two lives lost, the cause yet to be determined, and I shudder when I think about the frightening

potential for thousands more casualties had it not been for the fact that explosions occurred in the wee hours of the morning while most slept.

I understand that it was within the legal rights of the company to have its facility located where it was. However, what is the sense of allowing this? We have enough problems in this world without creating more.

It is about time that laws go back to their original intent; that is, to protect the public. I do not want to interfere with people's individual freedoms within our democracy as long as they do not infringe upon the safety, rights, and freedoms of the public as a whole.

Can we please just use some good old-fashioned common sense when making decisions that will affect the lives of others? Perhaps those intelligent people, both elected and appointed, who serve the public can use their exceptional skills to effect such a change. Now would be the right time, while public awareness is high.



Elizabeth Bloom

Rosh Hashanah 5769



The High Holidays are just around the corner and Kol Echad is once again planning our annual Rosh Hashanah Greetings Issue.

Last year a few of our members requested larger greeting ads. This year we will be offering both standard business card and double business card size. Prices will be \$5 for the former and \$10 for the latter.

As Rosh Hashanah falls at the end of September this year, our October issue will be devoted to the High Holidays and

will include the special greetings.

Once you have decided on your greeting, please send wording to Jeff Rosen at jelijo@sympatico.ca. Payment must be made at a lodge meeting or sent to 150 Harris Way, Thornhill, L3T 5A8.







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As I See It



It seems this was the summer of funerals for our family. I know that death is part of the cycle of life but the real understanding of it; I just can't seem to make sense of it all. Within less than a month, we lost a dear and cherished aunt and uncle. They were brother-in-law and sister-in-law to each other. When someone we care for passes on, it still hurts. Even when we know they are ill, we are never prepared for the end. I can only imagine the pain that our remaining aunt is feeling at losing her sister and now her husband.

We teach our children how beautiful and exciting it is, to usher in a new baby in our family and our heart. We make this a celebration of the new life. Yet, at the other end of the cycle of life, no one prepares us for the loss of someone we cared deeply about.

At *simchas*, be it a bar or bat-mitzvah, a wedding, are rites of passage that involve feelings of loss as well as happiness and joy. Moving from childhood and passing into adulthood, is natural and easy. Yet some of us mourn the passing of moving on from one stage of our life to another. We love to share these life experiences with family and our friends. It is pleasant to be with someone who is happy and experiencing so much *nachus*.

Yet, when sadness dawns, especially at the time of a death, we feel very uncomfortable. Most of us find it extremely difficult to comfort those we truly care about.

Death too, is a rite of passage. Funerals, *shivas* and the year of mourning that follows a death are times that we must share with friends and relatives, with the same commitment and closeness we share at times of joy and celebration.

The only thing more painful than living through the grief of someone we loved is living through grief completely alone. We are often at loss when in the company of someone who has recently experienced a death in the family. We wonder what to say, how to say it, or even if we should say it. While our intentions are to console and comfort our family and friends, it is difficult to know the best way to do this.

The paradox of being in mourning is that often the very person who would provide comfort in such a time of emotional distress, are the very people who we miss so much.

Auntie Shirley and Uncle Joe, you both will be deeply missed by us. The hole left in the family circle will never ever again be complete.

Bonnie Kates

Sandy's Script



What an eventful summer I have had!

Barry and I welcomed our first grandchild, Bracha Tikvah, born to our son Dave and his wife Karen on June 12. It was quite the thrill but Barry and I were both suffering

from either allergy or cold symptoms and had to keep our distance until we were feeling better. The baby naming took place at our shul (Uptown Chabad) and we still could not get very close to our granddaughter because we were not clear of our symptoms!

Fifteen days later I didn't want to leave Toronto and the little girl I was just beginning to get to know. Then I was off to Halifax to share in my brother's *b'nai mitzvot* of his son Zach and daughter Hannah.

I had a great flight which was on time and my brother was waiting for me at the baggage area. I had no idea what was going to change my weekend and how I would adapt. We had a great drive into Halifax and to my hotel where I was meeting up with my sister and her husband, Noreen and Harold Cohen. Jack (my brother) pulled up to the front entrance of the hotel, got my baggage out of the trunk (I always pack too much – I'm a just in case person!) and I took the handle of one of the pieces and proceeded to make my way to the entrance. Suddenly I tripped and fell. After the initial shock of the fall, I was helped up and hobbled into the front desk. Everybody came running to see how I was. I really didn't know what I did until I tested myself walking.

I could walk on my toes but could not use my full foot and when I did there was a pain shooting up the back of my leg. It was then I knew that this was not a sprained ankle.

To make a long story short, the hotel manager was very accommodating by supplying ice, food etc. to make me comfortable. I finally went to the hospital about an hour later and found out that I had a break and would require a cast.

My weekend did not suffer though and I had a great time. The hotel made a wheelchair available to me and Noreen and Harold were great in helping me both at the hotel, and when we attended the various events during the simcha. My thanks to them for all they did for me.

Back to Toronto and visits to the fracture clinics....a new cast that was to be on for four weeks until my next appointment. We rented a wheelchair so I could have some mobility as the doctor advised I was not to put any pressure on my foot! Crutches you say!

I don't think so, but I did use one crutch in the house and I looked like Long John Silver, the pirate of many stories.

Calls from my daughter were coming in every day with her concern for her mom and if I was going to be able to travel to Edmonton to be there for the birth of her twins.

Continued on next page

I kept telling her that I hoped my next visit to the fracture clinic would be to receive a walking cast. On Thursday, July 24, I went for my appointment and I received a walking cast (it's like a boot with all kinds of straps). But the hitch was that I had to stay off my foot for the next two weeks! I was just happy to be able to fly! My kids rented a wheelchair for me and I arrived in Edmonton on July 28. It was midnight and a friend of my daughter and her husband picked me up at the airport as my daughter was already in the hospital in labour. They decided to keep her the night and see how the labour progressed by the morning.

It was Tuesday the 29th of July and no more contractions. Since she was due to be induced on the 30th anyway, they kept her and began inducing her first thing Wednesday morning. During all of this, it was indicated that they needed to perform an emergency C-Section.

Two little boys were born that afternoon,

Colin was born at 2:18 p.m. and his brother Tristan joined the family ranks at 2:19 p.m.

Mother, father and two baby boys are all very happy and doing well.....not to mention the grandmother.

Until the next time.

Sandy Gordon



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Good & Welfare

Birthdays

Noreen Cohen

September 22



Anniversaries

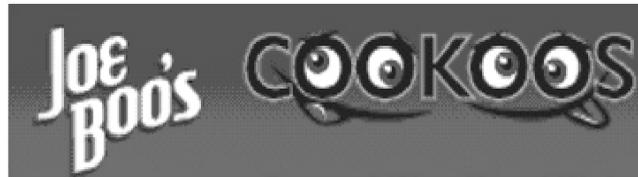
Morty & Dolores Green
Jeff & Lisa Rosen

September 2
September 21

Mazel Tov to past president Jeff Rosen, whose photography book is now on sale at Fern Resort in Orillia.

Mazel Tov to Sandy and Barry who recently welcomed baby boy twins into their family.

If you have something special happening in your life that you would like listed in Good & Welfare, send it to 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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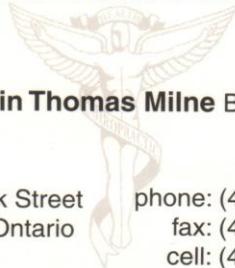


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Fabulous Funnies

Wally's Wedding Night

At 78 years of age, Wally married Anne, a lovely 25 year old. Since her new husband is so old, Anne decides that after their wedding she and Wally should have separate bedrooms, because she is concerned that her new but aged husband may overexert himself if they spend the entire night together. After the wedding festivities Anne prepares herself for bed and the expected 'knock' on the door.

Sure enough the knock comes, the door opens and there is Wally, her 78 year old groom, ready for action. They unite as one.

All goes well, Wally takes leave of his bride, and she prepares to go to sleep.

After a few minutes, Anne hears another knock on her bedroom door, and it's Wally.

Again he is ready for more 'action.'

Somewhat surprised, Anne consents for more coupling. When the newlyweds are done, Wally kisses his bride, bids her a fond goodnight and leaves.

She is set to go to sleep again, but, aha you guessed it..... Wally is back again, rapping on the door, and is as fresh as a 25-year-old, ready for more 'action.'

And, once again they enjoy each other.

But as Wally gets set to leave again, his young bride says to him, 'I am thoroughly impressed that at your age you can perform so well and so often. I have been with guys less than a third of your age who were only good once. You are truly a great lover, Wally.'

Wally, somewhat embarrassed, turns to Anne and says, 'You mean I was here already?'

The moral of the story: Don't be afraid of getting old, senior moments have advantages.

Retirement Planning

If you had purchased \$1000.00 of Nortel stock one year ago, it would now be worth \$49.00.

With Enron, you would have had \$16.50 left of the original \$1000.00.

With WorldCom, you would have had less than \$5.00 left.

If you had purchased \$1000 of Delta Air Lines stock you would have \$49.00 left.

But, if you had purchased \$1,000.00 worth of beer/wine one year ago, drank all the beer/wine, then turned in the cans/bottles for the aluminum recycling REFUND, you would have had \$214.00.

Based on the above, the best current investment advice is to drink heavily and recycle.

Notes from Nate



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

This past weekend for your Rotund Reporter was a miracle. While there was a time last year when we were did not think we would make it to see the birth of our youngest grandson, the apple of my eye, little Benji. G-d was kind and not only did we get to share the arrival of this little angel, but this past weekend we had the *naches* of celebrating his first birthday.

To make the weekend complete, my daughter Heather from Montreal came in with son-in-law #1 Robbie along with grandsons Justin and Owen. Have to tell you that our normally quiet house was in a total state of chaos and Andrea and I loved every moment. What used to be the three girls' bedrooms have now become a fully furnished guest room, a nursery and a big boy's room, so that when they come in all can sleep in comfort. The fun is going to begin when Owen is out of a crib, so its going to be either bunk beds or a trundle bed in the big boys room, because Benji and {?} are still going to be visiting and need the crib.

To add icing to the cake, eldest daughter Shari officially informed the world that come November the Salter family is going to see the arrival of our first granddaughter.

WOW. Just think, I was just getting used to buying boy toys.

Of course being the car nut that I am, this baby already has a pink Barbie VW electric car waiting for her arrival. Got to start them young. The big laugh is son-in-law Big Dave, Shari's better half who had a whole theory of child rearing that involved having the baby sleep in a dresser drawer, travel in roller suitcase and wear no diapers going Free Range. My only comment to him was to lay some cash on the table saying that he would be the biggest softie daddy of the three son-in-laws once this little lady makes her appearance. Not to take chances, we stepped up and ordered them the crib of their choice, cause no granddaughter of mine in sleeping in a drawer. When it comes to what daughters do to daddies I speak from 37 years of experience and, yes, I still love it.

You know, in sitting back and looking at what my life has become, I can honestly say I am in awe of where life has taken me. When I wonder where all the years have gone, I only have to look at my three grown up daughters, now married and soon all with children of their own and I can see the cycle of life repeating itself. It is such a blessing for me personally to still be here to watch and participate in their lives and see them accomplish the things that Andrea and I did three decades ago.

Continued on next page

The only thing I can't figure out is how Andrea keeps telling me that she is still only 39, and here we just celebrated our 40th anniversary. Either one of us can't count or I was such a cradle robber.

While this time of year is busy for family, it also is time for the lodge to kind of settle down and regroup for the coming year. We had a dynamite installation, with all those present sharing many stories of the good old days. We saw the new executive take office and just like a *Boobie* and *Zaidy* we all are watching and sharing the next part of the Forestdale story. We are blessed with not only a new president and officers who have had many years of serving the lodge, but we also have members who appreciate not only our rich heritage, but more important, have the desire to carry on our traditions and continue to build our legend. There will be bumps along the way, but at the end of the day, we are still Forestdale Heights Lodge

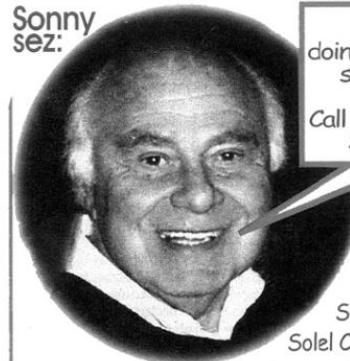
and we are family. I know that in order for the lodge to survive it is going to take the efforts of each and every member. If you have taken the time to pay your annual dues, consider it your admission ticket to the greatest show in B'nai Brith. If you don't want to head a committee, then join and be part of a committee. Come out to our dinner meetings and break bread with people who share your values, while at the same time hear first hand what your lodge is doing. Listen to exceptional speakers and learn things that will interest and intrigue you. Come out to our CVS programs and see what this lodge has built its reputation on, but most important realize that this is not my lodge or the executive's lodge, it is OUR lodge and it can be anything we want it to be with the help and participation of our fellow members.

Nate Salter

Dish: _____ Recipe _____ Serves: _____

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Sonny sez:



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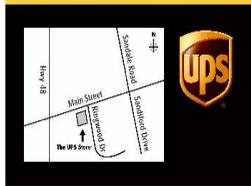
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Apple Cinnamon Kugel

A classic for the holiday table, this traditional Jewish dessert blends grated apples, sugar, matzo farfel, egg whites and cinnamon for a scrumptious kugel. Matzo farfel can be found in many grocery stores and specialty shops.

- * 1 cup hot water
- * 1 cup matzo farfel
- * 1/2 cup white sugar
- * 2 large apples - peeled, cored and shredded
- * 2 teaspoons ground cinnamon
- * 3 egg whites, stiffly beaten

Preheat oven to 375 degrees F (190 degrees C). Spray an 8x8-inch baking dish with non-stick cooking spray.

In a large bowl, combine the water and farfel. Add the sugar, apples, and cinnamon. Fold in the egg whites. Pour mixture into the prepared baking dish and dust the top with more cinnamon.

Bake at 375 degrees F (190 degrees C) for 45 minutes.

Preparation Time: 15 min.; Cooking Time: 45 min.

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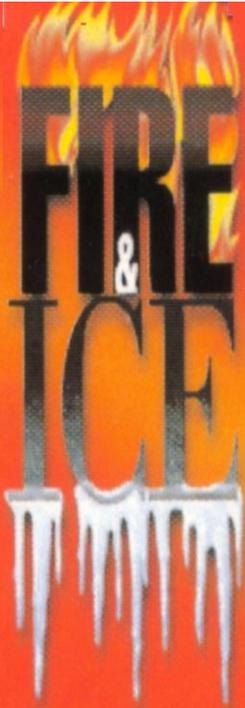
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