

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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At A Glance

September 14	Budget Dinner Meeting
October 5	Dinner Meeting
October 18	Toronto Marathon CVS
November 9	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 th Installation

Kol Echad Deadlines

September 14	October Issue
October 12	November Issue
November 9	December Issue

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President's Pen



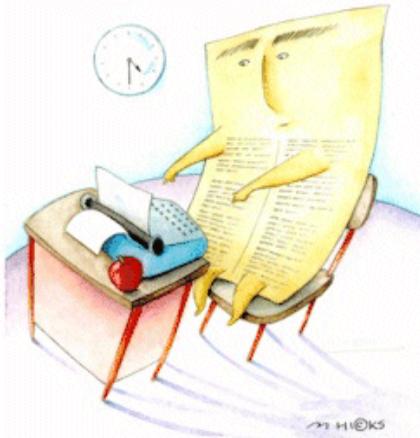
Well, the “summer” is almost over and the New Year is fast approaching. Here in the Pupko household, as in too many lodge members’ homes, the usual *Rosh Hashanah* wish for a healthy

coming year was reinforced this summer in July when I spent a glorious nine days at Princess Margaret with a flu. Whether it was swine flu or not was never decided, but the majority opinion was that flu in the summer was most likely swine flu. Aren’t I lucky? Since I have been home there have been good days and bad days but generally I have felt pretty good, except that I don’t have much of an appetite, and I haven’t paid as much attention to lodge matters as I had hoped.

OK, enough complaining. All this explains why we definitely need a New Year filled with health and happiness. I know there are many of you who feel the same way, dealing with various health problems.

The summer has not been all-bad. We started June with Ruth and Albert’s brother Allen’s wedding. It was an outdoor wedding and we spent most of the day

hoping that the threatened rain would hold off – and it did! Later in June, there were a number of retirement parties at CHAT as the Principal retired, the former Principal (who has stayed on at CHAT to help develop curricula for a changing student population) retired, and at least seven senior teachers retired. That’s roughly 275 years of teaching experience and administrative leadership that has to be replaced. It is always a joy to see colleagues retire and be able to enjoy what



they have worked so hard to achieve, but it is also sad to say good-bye to colleagues that you have worked with and developed personal and professional relationships. This is true not only in teaching but in all jobs, but in teaching it all comes at the same time. Usually at this time, I would be writing

handouts for the first day of classes, thinking about lessons, planning test dates and assignments. Therefore, for CHAT the start of the new school year will also see major changes in administration and teaching staff. It will be a challenge.

For the lodge there is not yet much change. The executive is the same so there is consistency.

Continued on next page

The challenge for the New Year is to the members to come up with some new ideas for fundraising and for speakers at meetings (especially if it also involves fundraising) We already have some events planned – the bingo at 4300 Bathurst every month and the Toronto Marathon in October – and others have been discussed. Nevertheless, in September we need to try to solidify ideas. Remember, our first

meeting will be September 14. See you there.

From Ruth, Aaron, and me to all members, their families and friends, Shanah Tovah and all our wishes for a happy, HEALTHY, prosperous, and peaceful New Year.

Irv Pupko

FHL Rosh Hashanah Greetings Sale

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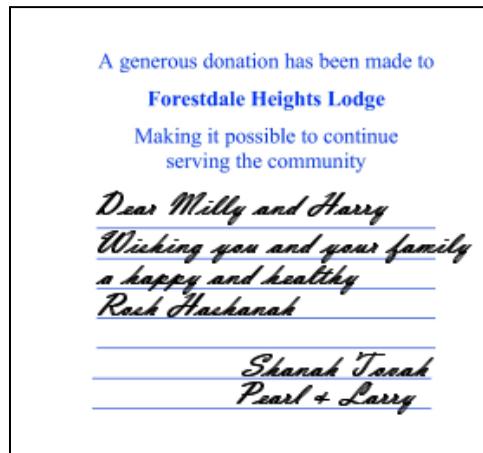
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Editor's Desk

Why would anyone want to head to a tropical climate during what are usually the hottest months of the year in Toronto?

Indeed, why would anyone choose to do so?

I was asked just that question a few months ago as Lisa and I were contemplating our summer vacation plans. This was to be our first vacation together in about a decade (more about that later), so obviously it was special.

In the end, we chose to stay at the Riu Palace in Aruba. Considering the state of our weather in June and July, we can now look back smiling, knowing that we enjoyed at least one week of steamy, hot weather while our friends and family coped with cooler than normal temperatures and rainy days and nights back in Toronto.

I do hope that everyone did enjoy the summer months. Aruba was a real paradise. We enjoyed the sun, (over 90 degrees most days), pools and beaches, did some shopping and touring. It's a fascinating place, Aruba. For those not aware, it is linked to the Netherlands and



its residents are well educated and versed in a number of languages. Children coming out of school are required to learn four languages: English, Dutch, Spanish, and the native tongue, Papiamentu.

Speaking of offspring, while Lisa and I were basking in the tropical sunshine, our daughter embarked on the summer vacation of her life with USY. Departing Toronto on July 1, she headed to New York to meet up with the group who then

spent two weeks travelling around Lithuania, Poland and the Czech Republic. Next, she travelled to Israel for four weeks of *davening*, touring, hiking and learning about the Jewish state. I am sure she created memories that will last her a lifetime.

Unfortunately, all good things must end. The break in routine was great for all of us.

The time out from Kol Ehad was also wonderful. After finishing off our summer issue at the end of June, I closed the files on our bulletin and for almost a month did not give it a second thought.

Continued on next page

No deadlines, no bothering columnists for their material, or thinking about how I would fill the next issue.

It did give me some time to sit back and think things through. The bulletin serves a useful purpose; it provides important information about the lodge entertains members and from time to time can even be educational.

However, I often wonder if our website serves an equally important function. It is used very sparingly by members. Would it be missed if it were no longer around? I realize that we were one of the lodges in the forefront of employing the use of a separate website to disseminate lodge information. However, is the site still relevant? It is something that is sure to provide food for thought in the coming weeks and months ahead as we embark on yet another year in the life of our lodge.

I hope that everyone takes the opportunity to make full use of their lodge

membership. It should not be enough to simply pay your dues, sit back, and read Kol Echad every month. To remain an active vibrant lodge, we require everyone's participation.

If there is a social or CVS program that you are interested in launching or taking part, you simply have to come to a monthly meeting and join the discussion. All contributions are welcome.

Every year a few members wind up doing the bulk of the work, while too many sit on the sidelines citing their lack of time for not getting involved. Well guess what? Our members are getting older, many are suffering from various physical ailments, and they simply can't do it anymore.

After our failed merger attempt with another lodge years back, we came away renewed and vowed to make Forestdale Heights a stronger and more vibrant lodge. I know that these were not mere words but sincere pledges by all our members.

We must remember why are members of this great lodge and work to ensure it remains a strong body in the year to come.

I hope each and everyone has a healthy and happy New Year.

Shanah Tovah

Jeff Rosen



Did I Mentschen?



Ben's Top 20 Most Beautiful Things in the World

1. When your husband, wife, fiancée, or significant other smiles at you in a loving way.
2. A good looking cheque that has your name on it. A healthy bank balance is also part of this one.
3. A sumptuous meal that someone very good at cooking has prepared in your honour.
4. People that make you go "yowzah"
5. A beautiful picture of your family.
6. A picture of General Moshe Dayan posing in front of the Western Wall after capturing east Jerusalem.

7. A clean kitchen and house.
8. Your favourite suit, dress, sweater, t-shirt or whatever. If it makes you happy to wear it, it's beautiful. If others tell you that you look great in it, even better.
9. *Shabbos* candles.
10. Your dream car.
11. The *Torah*.
12. Gratitude.
13. Love.
14. Art that you love. Or a film.
15. Appreciation.
16. A present.
17. Someone you love achieving something that you respect them for.
18. The Israeli flag.
19. Stephen Harper. Just kidding.
20. You.

Ben Greisman

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As I See It



Many of us make a beeline out of the city, this time of year, when we have the opportunity to do so. Every once in a while, I like staying in town and becoming a tourist in my own city. There is much to discover and

or rediscover in Toronto.

This summer we decided to stick around town. Well....that's not exactly the whole truth. We had made plans to spend two nights in Stratford, then two nights in London, booking hotel reservations in each place. The remainder of the week was going to be a scenic drive around the western portion of the province and settle into any hotel that caught our fancy. We had planned to take in some theatre, and do the tourist things, but the weather reports made us change our plans. It seems the week we had planned to take off, was going to be rain each and every day, with thunder showers, and more of the same stuff for the whole week.

We could have just stayed home, and attended to household chores, but we both needed to have a change from our usual routine. Therefore, we booked ourselves into the Prince Westin for some R & R. We did manage to swim between bouts of

rain, even though they were short. We enjoyed the sauna and the fine dining.

We continued to monitor the weather and it seemed that we would not be getting a break, so we headed home for two nights. By the weekend, Environment Canada was predicting the sun to shine. We packed up our bag and headed off to the newest Sheraton along the airport strip. The weather gods did provide us with some sunshine minus the humidity and all was good. We surrendered to more leisurely meandering and ventured down to Yorkville for lunch one afternoon. We walked the streets and savoured the sights, sounds and the exhilarating taste of what Toronto has to offer.



The summer is special in and around town. There is an energy that radiates from the city and we became a part of it. There are bus tours, boat cruises, little ethnic neighbourhoods to visit, museums, and shows galore in which to lose yourself. There is Summerlicious, The Jazz Festival, A Taste of the Danforth, and so much more to see, do and explore.

We took in some movies, went to see the new shops on Don Mills, browsed the book store, picked up some new reads and just spent a leisurely five days out and about town, enjoying what is in essence, our own backyard.

Continued on next page

What a great cosmopolitan city, we have, that has a style that is authentically Toronto and more importantly, Canadian. I loved the hustle and bustle of just being a tourist in my own town.

As summer begins to fade, and we begin to prepare for *Rosh Hashanah*, I wish you and your family continued

growth in your commitment to our faith, our lodge, and our community. May the world become a better place for us all where peace is valued among neighbours. I wish you and all your loved ones, a sweet New Year, one of good health, joy, and much laughter.

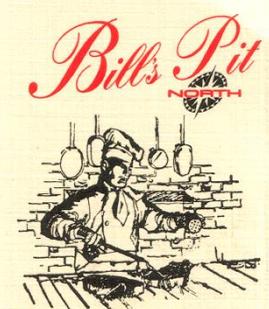
L'Shanah tovah tikotevu

Bonnie Kates

Lodge Meeting

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

Monday October 5
Dinner 6:30; Meeting to follow
15 Hove



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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.

Nu, just a second there mister! Wasn't there supposed to have

*been *nuch*, a summer between Pesach and the High Holidays, *Shoyne*, you maybe forgot this year?*

Now I have been hanging around this planet for nearly 66 years and trust me when I tell you I don't know where the past months have disappeared. One minute I am eating *matzah* and *kvetching* and two minutes later the wife is telling me to put on the shirt and tie and get ready for *shul* for the high holidays. Maybe as you get older time goes quicker, but somewhere I missed the nice part called summer that usually comes in between. It might have something to do with all that liquid sunshine we have been getting, but I am not sure. I'm going to have to ask the wife, because according to her she has all the answers. Me, I am

getting so old and decrepit, I forget the questions.

Don't get me wrong; given how the old body is trying to fail me, being here for another *Yom Tov* is indeed for me a bonus. Last year I also got myself an education at *Yom Tov*. I take about a gazillion different medications during my day. Last *Yom Kippur*, as I always have I took my medications with a sip of water and off I went to *shul*.



Boys and girls let me tell you that all that medication on an empty stomach tends to knock one on one's *tuches* about mid-service.

Fortunately, I was still mobile enough to walk out of the service

and collapse into a chair in the lobby. There the wife, G-d bless her, got some fluid into me and got me home where for the first time in my life, I ate on *Yom Kippur* and the crisis passed.

Later my doctor gave me a real dressing down for not eating when taking my meds and told me that when one is in a physical problem, one does not fast

Continued on next page

regardless of religion and beliefs, unless one wants to visit head office very quickly ahead of schedule.

So even though this year, we will again be breaking the fast with the family at daughter Deborah's home, I am going to feel guilty when I get there because I will be missing my splitting headache and upset stomach. Worse than that, all that beautiful food won't be quite as delicious as it would be to one who has been fasting

for 25 hours. Isn't this old age stuff just a hoot?

Anyways my fellow Forestdaleniks, to all of you and all of those you hold dear, may this New Year bring you both peace and joy and the good health to enjoy both. Let us pray for a year of sharing with all of our fellow members as we continue to carry on our Forestdale traditions with our friends.

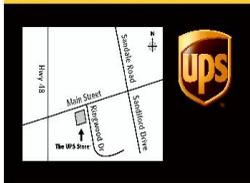
L' Shanah Tovah

Nate Salter

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High Holiday Greetings



*The Pupko family wishes all members
of Forestdale Heights Lodge
a Happy and Healthy
New Year*



*Ray and Rosalie Moscoe
wish our Forestdale Brothers, Sisters and their families
a Healthy, Happy and Prosperous New Year
Shanah Tovah!*



***From our house to yours
we wish you a very Happy and Healthy
New Year***

***The Silvers
Harvey, Debbi, Lisa, Mark, Shawna
Zoe and Jaime***



**Jeff, Lisa
& Jordana Rosen**



*Best wishes for a year
of health and happiness to all*



*May you all be blessed
with a very happy
and healthy New Year*

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

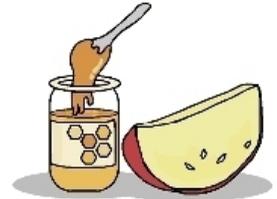
**לשנה טובה תכתבו
L'Shanah Tovah Tikatevu**

*Best wishes for
a Happy and Healthy New Year*

Ivan and Elizabeth Bloom



*Best wishes for a year
of peace and serenity,
health and happiness
to all our friends*



Ben Greisman & Jessica Wexler

**Bonnie & Michael Kates
& Family**



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

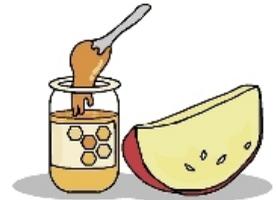
Stan Horowitz and Terry Goldfarb



*Shanah Tovah
to all our friends
and family*



*Best wishes for a year
of peace and serenity,
health and happiness
to our friends and relatives*



Rhona Leviston & Richard Kotzen



*Best wishes for health, happiness
and prosperity to all
Shanah Tovah*



Elliott Moldaver and Arna Sloan



*Albert & Honey,
Sherri, Danielle, Jamie,
Reich, Jacob & Joshua
Rebecca, Stu, Dankevy,
Ethan, Lilah*

Happy & Healthy Holidays



*Best wishes for a
Happy and Healthy New Year*

**Barry & Sandy Gordon
& Family**



*Noreen & Harold Cohen
wish everyone a happy and healthy new year*

*May all of us and all of Israel be inscribed
and sealed in the Book of Life and Peace*

Shanah Tovah U'mtukah



*Best wishes for a year
filled with peace, health,
happiness & sweet memories*

Lloyd & Jacquie Lindsay

TO OUR FORESTDALE HEIGHTS EXTENDED FAMILY

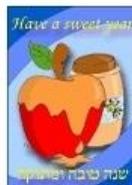
**ANDREA AND NATE SALTER,
SHARI, DAVE AND KATE STEPHENS,
HEATHER, ROB, JUSTIN AND OWEN KUGLER
AND DEBORAH DAVE AND BENJI REINE**



WISH EACH OF YOU AND YOUR FAMILY A HEALTHY, HAPPY AND JOY FILLED NEW YEAR.
MAY IT BE ALL THAT YOU WISH FOR AND MAY YOU FIND CONTENTMENT IN YOUR DAYS

*Wishing all members
of Forestdale Heights Lodge
a happy and healthy New Year
Shanah Tovah*

Harold & Hindy Davis



Marla & Avery Matlow
would like to wish all our friends
a very Happy and Healthy New Year



Holiday Favourites

CABBAGE SOUP

2 lb soup meat
2-3 soup bones
3 qt. water
2-3 medium beets, pared
½ head cabbage or ¾ bag cole slaw mix
28 oz. can tomatoes
6 oz tin tomato paste, if desired
½ cup brown sugar
3-5 grains sour salt or 2 tsp. lemon juice
Salt and pepper to taste



Place meat and bones in water and bring to a boil. Skim, and reduce heat. Add remaining ingredients. Cover and simmer for 3 hours. More sugar may be added, if desired.

CRANBERRY BRISKET

1 brisket
1 can whole cranberries
1 cup water
1 package onion soup mix



Mix cranberries, water, and soup mix in roasting pan. Add brisket and cover with mixture. Marinate at least one hour, but I prefer overnight in the fridge. Preheat oven to 325. Cook covered until done. The time will depend on the size of the roast. If it is a large piece of meat, you can double the mixture. For a special touch, add a bag of small baby carrots and small potatoes around the brisket.

Holiday Favourites

HONEY BAKED APPLES

- 6 green apples
- 1 1/2 cups fresh cranberries
- 2 1/4 cups water
- 3/4 cup packed brown sugar
- 3 tablespoons honey
- 6 scoops vanilla ice cream



Preheat the oven to 350 degrees F (175 degrees C).

Core the apples, and remove the peel from the top third of each one. Place them in a baking dish, and fill the core holes with as many cranberries as you can fit.

Meanwhile, stir together the water, brown sugar and honey in a small saucepan. Bring to a boil, stirring occasionally to dissolve the sugar and honey if necessary. Once it comes to a boil, pour the mixture over the apples.

Bake for 1 hour in the preheated oven, basting with the juices every 15 to 20 minutes. Serve with vanilla ice cream.

Good & Welfare

Birthday

Noreen Cohen

September 22

Anniversary

Jeff & Lisa Rosen

September 21



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Random Musings



It is probably fitting that in North America the Jewish New Year occurs close to, or during, autumn. For me, this time of year has always represented an opportunity for renewal and potential. It probably hearkens back to school days, with the flurry of preparation for new beginnings - when even the purchase of packages of fresh notebook paper, clean and ready to record new information, could capture the excitement of unknown possibilities.

At this time of year, G-d gives us

another chance to try to improve both our lives and the lives of others, another chance to do well, another chance to forgive and be forgiven. Whether the New Year and its season provide the motivation to take a course, the opportunity to make amends, or perhaps the resolve to be more charitable, the impetus for positive change is clear. We are fortunate to know that we are capable of changing for the better. It creates a feeling of hope and optimism.

As we find ourselves reflecting upon our lives, as we pray, both as individuals and in unison, let us all hope for a happy, healthy New Year, one that inspires us to feel optimistic and energized to accomplish wonderful things for ourselves, for our families, and for the world.

Elizabeth Bloom

Rosalie Moscoe

RHN, RNCP



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**Goodlife Fitness Toronto Marathon
Sunday, October 18**

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Sandy's Scripts



Due to Barry and me taking a trip across Canada, I am writing this column in the middle of July for a deadline of August 15th. By

the time this goes to print I would hope that the “garbage strike” is over!

I can't stand it! First the issue of no plastics bags when you make a purchase because it's not good for the environment – you can get them only if you pay for them. Now Mr. Miller is adding more fuel to the fire by holding back on giving the city garbage workers more money. It

looks like to me that he is creating a huge addition to a budget deficit for managing the clean-up costs of the mounds of foul smelling garbage at the drop-off sites. Now tell me, don't you think these sites are an environmental mess? We will end up paying the costs for them too. Not only do we normally pay for garbage removal we have to be the workers too! Now we have a new title, Waste Management Experts. What next?

City councillors received a wage increase. The garbage workers would like a little piece of the action, that's all.

Hope you are enjoying a great summer.

Until the next time.

Sandy Gordon

Committees

If you are interested in helping out on one of the lodge's many committees, please contact Irv Pupko at 905-709-2675 or i.pupko@rogers.com

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 in September.



Health in Harmony



To The High Holidays: A Time for Self Growth and Renewal

The High Holidays – a time of renewal and a chance to look within. What a wonderful gift the Jewish people have

been given, an opportunity within our religion for spiritual and personal self growth. Everyone is on their own path and spiritual renewal for one person may not mean the same for another. For one, it may mean getting closer to G-d, becoming more devoted, going to synagogue more often or being more thankful for all that you have. For another it may mean looking for meaning or purpose in life. Why am I here?

What purpose do I serve? What does *Rosh Hashanah* and *Yom Kippur* mean to you? Perhaps it's being with family, renewing lost ties.

Like a snowflake, you are unique, different from all others. There's no one quite like you in this entire universe – even if you have a twin. You are not just one of the hordes of many living day by day. Your life has meaning and there are always pathways each of us can take to make it even more meaningful. In this season you can think about what you could do to add a level of richness and depth to your life. Those who give service to others feel they are contributing, making this world a better place. This *mitzvah* has been the basis for Forestdale Heights Lodge's reason to be.

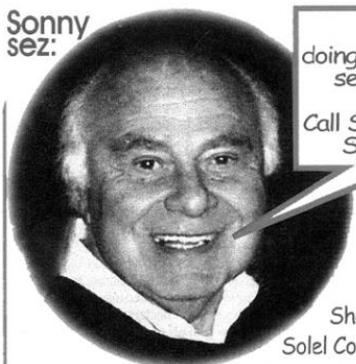
Do you have hope? Having hope is spiritual. So is prayer. When we feel that there is no hope, nothing else we can do in a situation, there is always prayer to soothe the soul. You can even pray for your own ability to cope, for strength, for some peace of mind.

During the holiday season, I wish for you great introspection, or at least some thought about personal direction or meaning. I hope and pray that this seed of thought from us all will lead to an increased collective consciousness, friendship and greater peace among human kind.

Ray and I wish all of you a happy and healthy New Year.

Rosalie Moscoe

Sonny sez:



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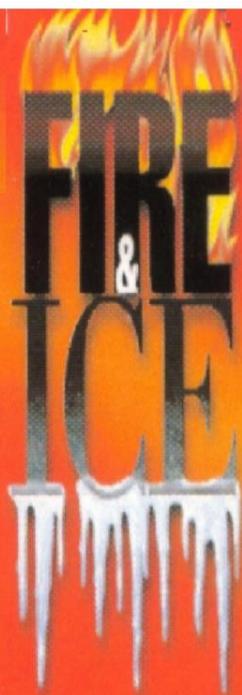
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Thank you!

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Reservations: Recommended

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Wheelchair Access: Yes

Designated Smoking Room: No