

Forestdale
Heights
Lodge

KOL ECHAD

פורסטדייל
הייטס
לודג'י

קול אחד

September 2010

Elul 5770/Tishrei 5771

From your
Forestdale Heights Family



May you have
a Sweet & Healthy New Year
Shanah Tovah

DINNER/BUDGET MEETING: MONDAY, SEPTEMBER 13

KOL ECHAD COVER ART

rosh-hashanah-sounding-of-the-shofar, © Ilunia Felczer.

If you wish to purchase her artwork, please contact,
Ilunia's Art, Watercolors & More, www.iluniasart.com

Thanks goes to Bonnie Kates for discovering
this talented artist on the web.

At A Glance

September 13	Budget Meeting
October 4	Dinner Meeting
November 8	Dinner Meeting
December 6	Dinner Meeting
January 10	Dinner Meeting
February 7	Dinner Meeting
March 7	Dinner Meeting
April 4	Dinner Meeting
May 9	Dinner Meeting
June 6	Dinner Meeting

Yearly Advertising Rates

Full Page	\$200
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10 issues published every year

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Kosher Food Bank

At our March meeting it was decided that **Forestdale Heights** will be supporting the Pride of Israel Kosher Food Bank, which serves between 135 and 145 people per week. Members are requested to bring an item of **non-perishable kosher food** to each lodge meeting. The food items should bear one of the **kosher certifications** (examples shown below). Donations of sealed toiletry items are also welcome. Donations will be collected at each meeting and delivered the following day by Carl Zeliger.



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.

Editor: Jeff Rosen
Advertising: Harvey Silver
Editing Staff: Bonnie Kates, Lisa Rosen

President's Pen



Yes, its summer-time, and the livin' is easy. I hope your summer is fun, healthy and you're all enjoying our great weather. With the summer season winding down, my thoughts are turning to Forestdale

Heights Lodge and the work we have ahead. As I said at installation, we have a strong and committed core of members.

However, we need volunteers; we need ideas. When you come to the first meeting,

come with an open mind and ideas for CVS and fundraising programs. Think of any speakers you may have heard that would be a great fit for our lodge. If you have ideas you wish to share with me ahead of time, email me at: raym@tes.net

Please let Albert know whether you will be attending the meeting, so he can order the correct amount of food. Also please do not forget your kosher non-perishable food item for the food bank.

With all of you to help me, we're going to have a great year ahead.

Rosalie and I wish everyone *L'Shanah Tovah* – Good health and prosperity to all.

Ray Moscoe

**Greetings from Israel
Shanah Tovah**

**Ilunia's Art wishes you a sweet, healthy and prosperous year.
May the sound of the Shofar arouse the heavens
for the coming of Messiah speedily in our days**

Ilunia



For a Sweet Year



Editor's Desk



We're back!

After a well-deserved break, Kol Echad has returned for yet another season. It's now been 19 years since the president of the lodge asked/invited (threatened?) me to get involved with the lodge's communications. We're all a little older now, but still going strong after all this time.

It promises to be an interesting year with a new president at the helm of the good ship, Forestdale Heights. Like those who have come before him, Ray Moscoe will bring his own unique style to the position and take the lodge in new directions, to hopefully, boldly go where no one has gone before.

All that is still ahead of us though. Before we can go forward, let's take a few minutes to catch up.

I hope everyone had a great summer. I know I did. I always find it a welcome change of pace to shut down Kol Echad for a few months and not deal with the deadline pressures and putting this bulletin together.

Starting the summer, I headed south for a few days to attend the annual conference of the American Jewish Press Association. This is the professional body for North American Jewish newspapers and I always find that it recharges my batteries to meet with my colleagues in Jewish journalism.

This year's conference was in Phoenix and I was thrilled to accept an award on behalf of The Canadian Jewish News. While a few other Canadian Jewish newspapers belong to this organization, ours was the only Canadian paper to win an award.

No sooner had I returned home, and then it was time to start thinking about a major milestone in my daughter's life – her graduation. I realize that all of you have gone through this before, but it was a very heart-warming event.

Shortly after that, Lisa, Jordana and I headed to Stratford to see Evita and Peter Pan. Both were very different and good in their own way. This was the fourth summer our family has spent a weekend in Stratford and was just as enjoyable as in previous years. I really enjoy the festival, even if I refuse to attend a Shakespearean production.

The weekend getaway was the perfect start for my summer vacation. Like last summer, I chose to take three weeks off work. It was great and truly relaxing (As I am writing this, the summer hiatus is about to end).

After a week of unwinding, Lisa and I headed to the Bahamas for a week of sun and relaxing. This was our second visit there, our first time being in 1988. The two trips could not have been more different. I chalk it up to age, experience and a willingness to try new things. This time out, I even went snorkelling.

Continued on next page

It was a fantastic experience and I would recommend it to anyone contemplating it.

Of course, all good things must come to an end, and the call to return to work beckoned.

August promises to be an interesting month as we prepare to launch our daughter off on a new stage of her life. After initially being put on the waiting list for residence at Sheridan College, she eventually moved up the list and finally got the call that she had been accepted. That means as of September 3, Lisa and I

will be empty nesters, starting a new stage in our lives.

It promises to be interesting and exciting and comes just as we say goodbye to 5770 and prepare to usher in the new Jewish year. I hope that 5771 brings only good things, health and happiness to everyone in the lodge and nothing but prosperity to Forestdale Heights. We all deserve it.

Shanah Tovah

Jeff Rosen

Goodlife Fitness Toronto Marathon Sunday, October 17

Forestdale Heights Lodge will be helping out at Mel Lastman Square in the early morning. Please contact Harvey Silver 416-223-0780 or harveysilver@rogers.com if you are interested in helping out.

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As I See It



I love everything about autumn, from the harvest moon to the fresh-picked apples and the unique smell of the crisp fall air. I adore the changing seasons. I look forward to saying goodbye to the laid-back lifestyle of

summer and welcome the routine and familiarity that comes when autumn arrives.

The Jewish New Year comes in the fall, reminding us that this is a time not only to celebrate the miracle of life, but also to contemplate the somber reality of our mortality. As autumn leaves fall from the trees and the foliage dies away, we as humans contemplate the meaning of life and of our own mortality.

It is said that Rosh Hashanah is the day G-d created the world and the day he created Adam. On this day every year, G-d takes stock of his creation and everything and everyone in it. G-d reviews the status of his creation and determines if he or she merits another year in this world. This is the time for serious reflection, self-examination, and reconciliation. It is a time for us to consider our past sins and seek forgiveness and repair our relationships from the hurts that we may have inflicted upon others and how we may have disappointed G-d.

Rosh Hashanah is a festival rich in customs and symbols. The most well

known is the dipping of apples in honey. Another food custom for the High Holy Days is to bake challah, not in the traditional braided loaves that are customary for Shabbat, but rather in round loaves. The round shape is symbolic of the cyclical nature of life and the coming of a new year. Another explanation is that the round challah looks like a crown and reminds us that G-d is king, and how everyone is judged by G-d, based on his or her actions during the previous year. The resulting judgment is inscribed by G-d and a person's future is determined for the coming year.

Though that judgment is inscribed, it is not yet sealed and can still be changed at least for another 10 days. G-d waits until Yom Kippur to seal the book for the year.

Summer is behind us and all that remains is its sweet memory. Rosh Hashanah is upon and we need to recall it is a time of joyful celebration; it is a time of hopefulness, renewal, good wishes, and sweetness. The important message to consider is how we live our life in order to live it better and how our lives are lived in relationship to G-d and to those around us. At this time of year, we try even harder, so we can enter into the New Year spiritually and emotionally cleansed.

Continued on next page


Another year has passed and our Canadian soldiers are still in Afghanistan and the conflict in Iraq continues. At the writing of this column, a string of Katyusha rockets aimed at the resort cities of Eilat and Aqaba in Israel, have taken place. The world is in much need of repair. It is a time of reflection and resolution, a time of joy and hope for the year to come, yet a dark cloud is hanging over the whole world, not just our Jewish community. May our brethren in Israel find peace this Rosh Hashanah.

As Rosh Hashanah dawns and the sound of the shofar fills the air, the efforts of our lodge to do *tikun olam*, must be stepped up. We can and need to make a difference. We need to be a light until our community, we need to help in repairing a fractured world.

I would like to wish you and your family many sweet moments to fill your heart, light to guide you through life, good health and peace to nurture your soul.

L'Shanah Tovah

Bonnie Kates



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WANTED

People to help run the monthly bingo program at 4300 Bathurst Street. Please contact Irv Pupko. All offers will be accepted. Our lodge will be in charge of the games the second Tuesday of each month starting at 7:25 p.m.



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High Holiday Recipes

Sweet Brisket



Brisket, when correctly cooked and cut, is festive, fragrant, flavourful, and fork-tender. This simple brisket recipe produces moist, sweet meat. Enjoy this popular cut of breast meat for Rosh Hashanah, or any Jewish holiday or Sabbath meal.

Prep Time: 15 minutes

Cook Time: 4 hours

Total Time: 4 hours, 15 minutes

Ingredients:

- 1 7-8 pound brisket, washed and drained
- 1/2 cup oil
- 1/2 cup Coca-Cola
- 1/2 cup dry red wine
- 1/2 cup honey
- 6-8 Tbsp. ketchup
- 2 onions
- 1 tsp. paprika

Preparation:

1. Place brisket in a roasting pan. Chop all seasonings in food processor and pour over brisket. Cover and marinate in the refrigerator overnight.
2. Preheat oven to 325° Fahrenheit (165° Celsius).
3. Bake at 325° Fahrenheit (165° Celsius) for approximately 4 hours, or until a digital instant-read thermometer inserted into the center of the brisket reads 190° for well done.
4. When cool, thinly slice the brisket against the grain. It is very important to slice the brisket correctly. If the meat is not sliced against the grain, it will be tough.

Tip: It is best to prepare the brisket a day before it is served as the taste is enhanced after it sits in the fridge.

Bonnie's Yom Tov Challah

- 1 packages dry yeast
- 1 1/4 cups warm water
- 1/4 cup honey
- 1/2 Tbsp. salt
- 2/3 cup oil
- 2 eggs
- 4 1/2 cups flour
- Glaze
- 1 egg yolk, beaten
- 1 tsp. water
- Poppy seeds or sesame seeds

Bread Machine:

Use the same recipe, only dissolve the yeast in water along with the honey, and let it stand for 2 minutes, until it foams. Pour it into the bottom of the bread machine bowl and add the remainder of the ingredients. Let it mix and knead as per the bread machine instructions. When finish mixing, form into the braided shape, glaze and bake in your oven at 375 degrees for 45 minutes to 1 hours.



Dissolve yeast in water in a large bowl. Add honey and let stand 2 minutes, until yeast foams. Add salt, oil, and eggs and mix well.

Gradually add flour, 1 cup at a time, mixing after each addition. As mixture gets stiff, use floured hands and begin kneading. Knead for 7 minutes, turning dough over often.

Let rise in greased bowl until doubled in size, approximately 1 hour. Punch down dough.

Divide dough into thirds, shape as desired, and place in greased pans or on baking sheet. Let rise again until doubled in size. If you place the dough into a flat bottom round bowl after it is braided, it will come out as a crown challah.

Preheat oven to 375 degrees.

Brush with glaze. Bake for 45 minutes to 1 hour.

High Holiday Greetings



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



*The Silver family wishes everyone
a very Healthy and Happy New Year
Harvey, Debbi, Lisa
Mark, Shawna, Zoe, Jaime and Ezra*



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

*As we celebrate the High Holidays, and look forward to the coming year
may God bless all of our Forestdale family, with health, happiness and joy
and may we spend another joyous year of sharing good times with each other*

*Andrea & Nate Salter
Shari, Dave and Kate Stephens
Heather, Rob, Justin and Owen Kugler
Deborah, Dave, Benji and "?" Reine*



Stan Horowitz and Terry Goldfarb



*Shanah Tovah
to all our family
and friends*



*Best wishes for a
Happy & Healthy
New Year*

George & Charlene Garten

**Jeff, Lisa
& Jordana Rosen**



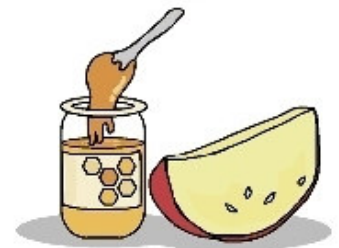
*Best wishes for a year
of health and happiness to all*



Wishing you all a sweet year
of good health, happiness
much laughter and joy
L'Shanah Tovah
Bonnie & Michael Kates



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



Rhona Leviston & Richard Kotzen



*Wishing you all
a very Happy and Healthy New Year
from Honey & Albert Ohana & family*

High Holiday Greetings

לשנה טובה תבתיבו
L'Shanah Tovah Tikatevu

*Ivan and Elizabeth Bloom
wish all members
of Forestdale Heights Lodge
and their families
a very Happy and Healthy New Year*



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

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



*Wishing all a
Happy and Healthy New Year
Shanah Tovah
Arthur and Sherice Eisenbaum*

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



*Best wishes for a
Happy and Healthy New Year*

**Barry & Sandy Gordon
& Family**



שנה טובה

*Lloyd and Jacquie Lindsay
wish the members of FHL
and their families*



a Healthy and Happy New Year



Rosalie Moscoe
RHN, RNCP, Speaker
Registered Nutritional Consultant
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*Wishes everyone good health
and a Happy New Year*

Remember When...

On August 1st, Harvey and I joined the Kates', Rosens and Ruth Pupko on a picnic at the Mill Pond in Richmond Hill. It was a most pleasurable afternoon. The sun was hot, the shade under the trees was a perfect spot to eat and schmooze the afternoon away.

Our conversation kept coming back to "remember when Forestdale Heights did this or that....." One of the main things that I remember was the barbeques, which the lodge did for 4300 Bathurst and at the Torresdale building. It was a wonderful feeling to help those in need. I am not a member of the Lodge but don't quite understand why these kinds of programs are no longer available to the residents.

At the most recent installation, President Ray Moscoe, commented on the same thing. Ray would like to see programs such as our Chanukah party for "our" grandkids or maybe some Reena clients.

Forestdale Heights Lodge participates in many community service projects, but let's remember the ones of the past.

Debbi Silver

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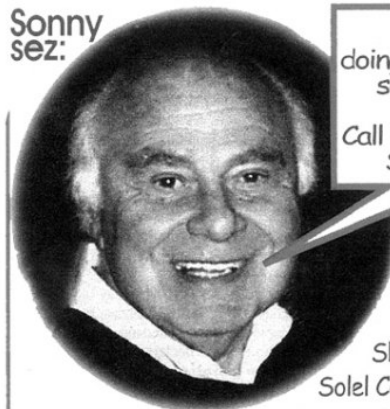
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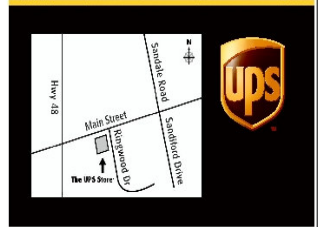
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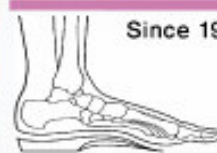
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Rosh Hashanah Funnies

Taking a few crumbs to Tashlich from whatever old bread is in the house lacks subtlety, nuance and religious sensitivity. Instead, consider these options this year for Rosh Hashanah:

For ordinary sins, use White Bread
For exotic sins, French Bread
For particularly dark sins, Pumpernickel
For complex sins, Multigrain
For twisted sins, Pretzels
For tasteless sins, Rice Cakes
For sins of indecision, Waffles
For sins committed in haste, Matzah
For sins of chutzpah, Bread that's fresh
For substance abuse, Poppy Seed
For committing arson, Toast
For committing auto theft, Caraway
For being ill tempered, Sourdough
For silliness, Nut Bread
For jingoism, Yankee Doodles
For excessive use of irony, Rye Bread
For telling bad jokes, Corn Bread
For hardening our hearts, Jelly doughnuts
For war-mongering, Kaiser Rolls
For immodest dressing, Tarts

For causing injury or damage to others,
Tortes
For promiscuity, Hot Buns



For being holier than thou, Bagels
For unfairly upbraiding another, Challah
For trashing the environment,
Dumplings
For sins of laziness, Any Very Long
Loaf
For lying, Baked Goods with
NutraSweet and Olestra
For the sins of the righteous, Angel Food
Cake
For selling your soul, Devils Food Cake
For lust in your heart, Wonder Bread
For inhaling, Stoned Wheat

Remember, you don't have to show your crumbs to anyone.

Notes from Nate

*News and Views of FHL from a past president,
still alive and kvetching from Thornhill*



Azoi!! Once upon a time, it used to be the arrival of the CNE in mid-August that sent a chill through the *kishkas*, because it was the official sign that summer was ending, school was

starting, and the lazy hazy days of summer fun were over.

In later years, it meant taking the *goldeneh maidelech* to Buffalo to dress them up for school, with new outfits. Then of course, the mad dash to Grand and Toy for the endless supply of pencils and notebooks. In later

years, it was packing the girls up, lock stock and daddy's wallet for the trip to university residence, which of course was not in Toronto. As a result, mommy, and daddy became intimate with the roads leading to Western in London and McGill in Montreal. The amazing thing is the stuff that took a mini-van to send to school, took a whole truck to bring home and somehow squeeze back into the house.

Funny thing is I miss those days. Nowadays, the only harbingers of the impending end of summer, is the email from our *farblunget* editor to remind me that I need a column in for the September High Holiday issue and a bill from the ministry of transportation. From our beloved MOT I got a lovely birthday wish and a reminder to please send them enough *gelt* to plate all seven of my cars by the end of October. I think school was going to be cheaper.

Today, my grandkids in Montreal are in pre-school and kindergarten, so mommy Heather is playing the back to school game, proving, what goes around comes around. Our Benji and

Kate are too young to start the ritual and Benji's little brother or sister hasn't been born so he/she doesn't have his/her shopping list ready. You know something, I can hardly wait for this *deja-vu* in my life to take place because as sad as the end of summer is, it ushers in a start to another exciting new year.

Maybe it is not coincidental that the High Holidays are also falling at this time of year.

Continued on next page



They too are a new beginning and a chance to progress and do things better. Along with that of course comes the New Year for our beloved Forestdale. Let's see what Rompin Raymond and his henchmen have planned for the coming year. Knowing Ray as do, it will be done with class and trust me, it won't be boring. Remember in our Lodge there are three kinds of members; those who make things happen; those who watch things happen and then there are those who don't have a clue what has happened.

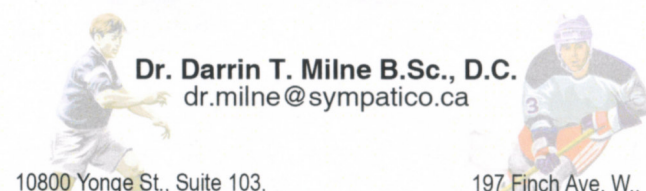
Let's hope the New Year moves more into the first two categories, because this year should be a blast.

To all my Forestdale family, my wish for the New Year, treat every day as a new beginning, live, love and laugh as if there were no tomorrow, and make every event that brings *naches* a cherished occurrence. When *tsooris* comes as we know it does, think of your family and good in your life and soon the *tsooris* will be gone.

Shanah Tovah

Nate Salter

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Stress Management Technique for Sleep Problems



Do you ever wake up in the middle of the night with so much on your mind that you can't sleep? Do you wander around, eat whatever is in the fridge or cupboard, and then feel guilty for overeating? You're upset and have many stress symptoms such as fast beating heart, headache, stomach or backache. Insomnia causes, can be many. One may be that you realize that many things are not going well in your life and you don't know what to do about it. Stress relief is nowhere in sight and your contentment factor is at an all time low.

Welcome to a time of discomfort, for it can be the start of something great – personal growth and ultimately . . . change! As humans we tend to fight it, hate to initiate it, even if we're unhappy. However, when we agree to face the demons that haunt us and make some plans, this very action can bring back a sense of excitement for living – and hope.

Rosh Hashanah is a perfect time for plans for personal renewal, a time for change.

What Can Help Sleep Problems?

First step is self assessment. Figure out what's haunting you. Is it your messy office, an unbalanced bank book, that unfinished novel, your bully of a boss, your son with two degrees who isn't working, or your expanding waistline? (Or is it all of the above?) Get your thoughts down on paper or

on your computer screen. Some items may be an easier quick fix than others. Perhaps you find yourself focusing on the one serious item that stands out, screams out to you for the greatest attention. Just pick something; set some goals; make an action plan. Otherwise the worry and negative thoughts whirling in your head all night will continue to not only drag you down, but also keep you up at night.

One of your action plans may be to initiate sessions with a psychologist to help you through the maze. You may need to unload the baggage of the past which often helps in facing difficult situations of the present. Another action plan may be to block out some time to clean up your office. Your one serious item may be to get some career counselling for your son. Perhaps you decide to search for a nutritional consultant and/or a fitness trainer to deal with your weight problem. Another simple yet important step may be to set up a savings account at your bank. Or if you have one – start making regular deposits!

Whatever path you choose to overcome uncomfortable feelings, recognize the discomfort as a good thing – your friend, perhaps your inner voice, (or *Hashem*) telling you to step towards a happier, more fulfilled future. Or at least, a better night's sleep.

Rosalie Moscoe

Good & Welfare

Birthday

Noreen Cohen

September 22


Anniversary

Jeff & Lisa Rosen

September 21

Mazel Tov to Harvey & Debbi Silver on the birth of their first grandson, on June 22.

Wishing a speedy recovery to Irv Pupko on his recent eye surgery.



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- **Web Memories** charts the history of the lodge's bulletin, looking back at past programs and columns;
- **Links to B'nai Brith web sites** from around the world;
- **World News and Sports** offers up-to-date news items;
- **Jokes & Recipes**;
- **FYI** offers interesting and unusual items of interest;
- **An FHL Blog** to allow members to comment on life in the lodge or anything that strikes their fancy.

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