

KOL ECHAD

September 2012
Elul 5772/Tishrei 5773



FORESDALE HEIGHTS LODGE, B'NAI BRITH CANADA

Jeth

**Mayor Frank Scarpitti
and Members of Council**
Wishing you a very Happy New Year
L'Shanah Tovah Tikatevu



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MARKHAM

PRESIDENT'S PEN



Spending time watching the Olympics in August brings to mind excellence - not only in sport, but also in life. Watching all the young people in competition was inspiring - their drive, their determination,

their focus and giving their personal best. Many athletes displayed warmth especially when supporting their own competitors, offering hugs and congratulations, while others displayed humility. Clearly, they were grateful for the opportunity to compete and took the opportunity to express their appreciation to their families, and loved ones who supported them.

I wonder if we can take this same spirit into our own lives with any goals

we have in mind. Can we bring determination and excellence into our jobs, or volunteer work, into our families through our relationships, and into our communities through supporting others? I say, "We can."

Now in this season of Rosh Hashanah and Yom Kippur, we look at making our lives more satisfactory - through our thoughts, actions and as community members in B'nai B'rith. What will your plans be for this season? Now is the time to make them, so that we can renew our spirit and our love and support for Israel.

On behalf of my family, and myself, I wish everyone a happy, healthy and prosperous new year. In addition, I know we all wish for peace in Israel.

Ray Moscoe



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KOL ECHAD

Kol Echad is the official publication of Forestdale Heights Lodge. It is published 10 times a year.

We welcome all articles and letters from members of the Lodge.

All material submitted is subject to editing.

The editor may consult with members of the bulletin committee regarding 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

Marc Kates

Irv Pupko

Lisa Rosen

Debbi Silver



COVER ART

For the past two years, Kol Echad has used Jewish-themed artwork to adorn its covers. We are now moving in a different direction, inviting members to submit photographs, which will be considered for the cover of Kol Echad. Digital photos should be e-mailed to jelijo@sympatico.ca.

This month's cover captures the bimah at Congregation Mikveh Israel in Philadelphia.

KOSHER FOOD BANK

Forestdale Heights is a supporter of the Pride of Israel Kosher Food Bank. Members are requested to bring an item of non-perishable kosher food to each Lodge meeting. The food items should bear a kosher certification. Donations of sealed toiletry items are also welcome. Donations collected at each meeting will be delivered the following day.

AT A GLANCE

September 10	Opening Dinner Meeting & Speaker
October 15	Dinner Meeting
November 5	Dinner Meeting & Speaker
December 3	Dinner Meeting
January 7	Dinner Meeting
February 4	Slate Presentation & Dinner Meeting
March 4	Nominations & Dinner Meeting
April 8	Election & Dinner Meeting
May 6	Dinner Meeting
June 3	Dinner Meeting

Dinner at 6:30; Meeting at 7:15

Dinner Charge: \$7.50 members; \$10 non-members

YEARLY AD RATES

Full Page	\$200
Half Page	\$100
¼ Page	\$50
Business Card	\$40

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EDITOR'S DESK

As anyone who has let a vehicle sit idle for too long a time can attest, problems are sure to develop. The battery becomes weak and may die, tires lose pressure and may warp, plugs can go bad and the fuel pump can quickly break down.

In a way, those who occupy these moving machines are not too different. We are meant to keep going, continuously moving forward.

It's also a lot like our beloved Lodge and editing this bulletin in particular. It's always wonderful stepping away from the helm of Kol Echad for two months a year. There are no deadlines to think about and definitely no pressures.

Then the end of July rolls around and, like the automobile that has remained in the garage too long, I find it difficult getting the old "thinking machine" running smoothly on all cylinders in order to produce a quality production for yet another season.

Slowly though, I can feel the cobwebs being blown out of this old clunker as this column comes together, new columns appear in my e-mail



inbox and material begins to fall into place.

We start this new season with our annual High Holiday greetings. I am thrilled to announce that not only have we raised more money from our members this year, but also that a greeting ad from the City of Markham has resulted in Kol Echad greatly

exceeding previous years fundraising efforts.

On top of all this, Harvey Silver has brought three new advertisers into our fold. We welcome Maple Auto Parts, 3M Drugs and Dr. Darrin Milne/Injury Management to our stable of advertisers who help sustain this great publication.

As to what helps sustain this "old" editor, as I noted earlier, having two months without deadlines certainly goes a long way, not only in these pages, but also on the job front as well. As in past years, I was fortunate to get away from my office for three weeks. It was truly a fantastic experience, not thinking about work and not checking office e-mails.

Continued on next page

Of course, our week in Philadelphia played a big part in my rejuvenation. It is a fantastic city, rich in history, both Jewish and general. I recommend it for everyone. Of particular interest was the National Museum of American Jewish History. We found it fascinating to learn about the role Jews played in the history of the U.S.

Moving forward into the 2012-13 season, I'm sure it will be another great

year, starting out with a fascinating speaker in September on the Jews of Jamaica.

On behalf of Lisa and my daughter Jordana (who is out of the house, but not out of our thoughts), I would like to wish everyone a sweet and healthy new year.

Shanah Tovah

Jeff Rosen

SEPTEMBER OPENING MEETING

Please join us at our September 9 dinner meeting as we launch the 2012-2013 season with guest speaker Willy Lindo, who will give a talk on

Growing up Jewish in Jamaica



Mr. Lindo, who was born and raised in Kingston, Jamaica, will discuss the history of the country's Jewish population; how Jews have been treated in this Caribbean country over the years and Jewish life in Jamaica.

If you plan to attend what promises to be a fantastic start to a new season, please RSVP to Albert Ohana at salonpiaff@rogers.com or call (416) 494-2636.

COMING IN NOVEMBER

Please join us at our November meeting, when Holocaust survivor, George Scott, will be our honoured speaker. Further details to come in next month's bulletin.

Stay tuned.



ALLOCATIONS

At the June 11 meeting, the Lodge approved two allocations recommended by our temporary Allocations Chair, Carl Zeliger. The approved allocations were made to Imagine a Cure for Leukemia and the International Schizophrenia Foundation.

Further allocations will be made later in 2012.

Here, Rosalie Moscoe is seen explaining the important work done at the International Schizophrenia Foundation.



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NOTES FROM NATE

Never letting the truth get in the way of a good story



Oy, the agony/Oy, the ecstasy, and that is only describing the *farshimelt* weather in July. How hot was it?

It was so hot that Moishe's chickens were laying hard-boiled eggs!

Hello my fellow Forestdaleniks. It's hard to believe that our editor is making me write an article for the fall edition already, but such is the life of a poor *farshvitsed* underpaid, overworked columnist in Kol Echad. I hope that in spite of the *meshugane* heat that you had a good and fun summer. I know I did, and summer is going so fast that I have a hard time keeping up. The first guy that calls me an *alter kakker* is gonna get such a smack.

July was a very busy month for our family as we celebrated daughter Deborah's birthday and two days later the missus, Andrea, got to blow out her birthday candles. As well, it was middle daughter Heather's anniversary and later in the month, it was grandson Benji's, along with our brother-in-law, Arnie's lady, Heidi's birthday.

I don't claim to know it all, but after the *gehakte tzuris*, we went through earlier in the year, what a welcome

and enjoyable relief. At my age, when somebody says to me, "Let's party! party! party!" in my mind it involves eating lots of cake, blowing out lots of candles and having the family together to enjoy. Then again, at my age, it's the most fun a guy can have with his clothes on.

One of the highlights of my summer was taking all three Toronto grandkids and assorted mommies and daddies to TooGood Pond, just north of Unionville. This well hidden, beautiful little oasis of nature is where we went to feed the "duckies" and the kids with big bags of popcorn and bread. Of course, we had a blast. It was only on the way out that we saw the sign "Do not feed the birds." Gevalt! My only excuse would be that none of the grandkids could read yet. Fortunately, nobody stopped us so we went into Unionville for a nice lunch to make it a perfect family day.

You know the end of July reminds me that mid-August is CNE time. While the show there is great, I also remember it used to trigger the need to dress up the kids for school, buy school supplies and start thinking about the arrival of fall. Now my kids are the ones going through the ritual and *Boobies* and *Zaidys* get to watch

Continued on next page

from the sidelines, having a laugh as history repeats itself. Soon fall will bring apple picking and a trip to the pumpkin patch. It seems every season offers the chance for family fun. As the little ones get bigger, the fun only keeps getting better.

Pretty soon, it will be time for our opening meeting, where everyone will still be sporting their summer tans and eager to share the stories of their summers. It also brings the High Holidays upon us and before you can say boo, another year is underway. You know something, I ascribe to the theory that life is like a roll of toilet paper: The closer to the end you get, the faster it goes.

The trick is to make every moment count and to instill joyful memories in your grandchildren.

Before I go, some words from our illustrious friend *Pincus Punim*:

Pincus was in bed with his wife Gittle and she says, "Pincus you don't hold my hanteleh like you used to." He gives a greps and grabs her hand.

She then says, "Pincus, you don't kiss me on the neck like you used to." He kvetches and gives her neck a smooch.

Then she says, "Pincus, you don't nibble on my ear like you used to."

She then exclaims, "Pincus, where are you going?"

"To get my damn teeth," he replies.

Mate Salter

JEWISH HOLIDAYS 5773

Rosh Hashanah New Year	September 17-18 <i>Monday-Tuesday</i>
Yom Kippur Day of Atonement	September 26 <i>Wednesday</i>
Sukkot Feast of Tabernacles	October 1-7 <i>Monday-Sunday</i>
Shemini Atzeret	October 8 <i>Monday</i>
Simchat Torah	October 9 <i>Tuesday</i>

All Jewish holidays begin at sundown on the evening before the date shown

HIGH HOLIDAY GREETINGS



Ray and Rosalie Moscoe
wish all our Lodge Sisters and Brothers
a healthy and prosperous New Year
Shana Tova!



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



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



*May the New Year bring health, happiness and peace of mind
to all of our extended Forestdale family*

May the coming year be filled with days of Naches and Joy
Nate and Andrea Salter
Shari, David and Kate Stephens
Heather, Robbie, Justin and Owen Kugler
Deborah, Dave, Benji and Abby Reine



HIGH HOLIDAY GREETINGS

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

Jeff, Lisa & Jordana Rosen



*The Silver family wishes everyone
a very Healthy and Happy New Year*

Harvey, Debbi, Lisa

Mark, Shawna, Zoe, Jaime & Ezra

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

Greetings from Carl, Debby,
Rachel, Rebecca & Josh Zeliger



Evie and Sid Isenberg

*Wish all of you a very happy,
healthy and prosperous New Year*



HIGH HOLIDAY GREETINGS



*We would like to wish
all our friends at
Forestdale Heights Lodge
and their families
a very Happy and
Healthy New Year*

Ivan and Elizabeth Bloom



*Best wishes for a
Happy and Healthy
New Year*

George & Charlene Garten

*Best wishes for a
Happy and Healthy New Year*

Barry & Sandy Gordon

& Family



*Wishing you all a sweet year
of good health and happiness*



Linda and
Allan Greenberg

*Wishing you all a sweet year
of good health, happiness
much laughter and joy*

Michael Kates
& Family



*Wishing everyone
a Healthy & Happy New Year*



Rhona Leviston
& Richard Kotzen

Stan Horowitz & Terry Goldfarb



To all our family and friends

Good health and Happy New Year



Cathy & Stewart Indig
& family



HIGH HOLIDAY GREETINGS

*Best wishes for a
Happy and Healthy New Year*



Jacquie & Lloyd Lindsay

Marla & Avery Matlow



*Wishing all our
family and friends
a Happy, Healthy
New Year*

My best wishes to all our dear lodge members and families
for a happy, healthy and peaceful New Year.

Rosalie Moscoe, RHN, RNCP

Speaker for Stress Relief & Nutrition

Registered Nutritional Consultant Practitioner

Author of Frazzled Hurried Woman! Your Stress Relief Guide to Thriving. . .Not Merely Surviving



*Shanah Tovah to all
members & their families*



FHL Executive



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info@torontomarathon.com

Hi Harvey,

On behalf of everyone involved in the GoodLife Fitness Toronto Marathon, I would like to personally thank everyone from your B'nai Brith Lodge for coming out and making this year's event a great success.

We had 12,000 participants raising over \$1.5 million for cancer research and our affiliated charities. Once again, the water station at the start line went off without a hitch. The lodge's participation always helps to ensure a great start to the day for our participants.

We are already counting the days until Sunday May 5, 2013, as we will once again hit the streets of Toronto.

I look forward to keeping in touch during the year.

Michael Collins

Running First

THE WORKING LIFE

1. I can please only one person per day. Today is not your day. Tomorrow isn't looking good either.
2. I love deadlines. I especially like the whooshing sound they make as they go flying by.
3. Am I getting smart with you? How would you know?
4. I'd explain it to you, but your brain would explode.
5. Tell me what you need, and I'll tell you how to get along without it.
6. Accept that some days you're the pigeon, and some days you're the statue.
7. Needing someone is like needing a parachute. If he isn't there the first time you need him, chances are you won't need him again.
8. Last night I lay in bed looking up at the stars in the sky and I thought to myself, "Where the heck is the ceiling?"
9. My reality cheque bounced.
10. On the keyboard of life, always keep one finger on the escape key.
11. I don't suffer from stress. I'm a carrier.
12. Never argue with an idiot. They drag you down to their level then beat you with experience.
13. Do not meddle in the affairs of dragons, because you are crunchy and taste good with ketchup.
14. Don't be irreplaceable. If you can't be replaced, you can't be promoted.
15. After any salary raise, you will have less money at the end of the month than you did before.
16. The more crap you put up with, the more crap you are going to get.
17. You can go anywhere you want if you look serious and carry a clipboard.
18. Eat one live toad first thing in the morning and nothing worse will happen to you the rest of the day.
19. If it weren't for the last minute, nothing would get done.
20. When you don't know what to do, walk fast and look worried.
21. Following the rules will not get the job done.
22. When confronted by a difficult problem, you can solve it more easily by reducing it to the question, "How would the Lone Ranger handle this?"
23. Only the mediocre are at their best all the time.
24. There's a fine line between genius and insanity. I have erased this line.
25. If at first you don't succeed...skydiving isn't for you.
26. When everything is coming your way...you're in the wrong lane.

SANDY'S SCRIPT



My kids arrived from the west in the middle of July and everyone is well after a long road trip. The last couple of weeks have been a little hectic though, but marvelous! It's great

to have all our grandkids in the same city. Every day is an adventure, one I am not used to anymore, but the kids keep me young (so I think or hope). We have 4-year-old twin boys, Colin and Tristan, and a 22-month little girl who seems more like a three year old. I can't get over how this little girl Dalya, knows her *Bubbie* and *Zaida* so well. When I was last in Edmonton in March, she was hardly talking and now there is no stopping her. Since her birth we have seen her about five times - surely, hardly not enough to make a huge impression, I wondered. But with the aid of daily phone calls

and occasional Skype arrangements, this child knows us as if she has seen us every day of her life! Children are remarkable and resilient little tykes.

While the boys will be boys, the bond between twins is amazing to observe. I don't think the bond between close siblings is as strong. Oh yes, they have their squabbles and they always come out of them learning a life lesson. I don't believe that this could have been possible if not for their parents who have patience of gold.

Barry and I are glad to have them here in Toronto with us along with our son, his wife and children, Bracha and Dasi. Oh yes, G-d willing, another grandchild is due the end of August.

Hope everyone is having a great summer.

Until the next time.

Sandy Gordon

Shalom & Linda
Magazzinich

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FORESTDALE FUNNIES

Rabbinical Supervision

A Rabbi was walking home from the Temple and saw one of his good friends, a pious and learned man who could usually beat the rabbi in religious arguments.

The rabbi started walking faster so that he could catch up to his friend, when he was horrified to see his friend go into a Chinese restaurant (not a kosher one).

Standing at the door, he observed his friend talking to a waiter and gesturing at a menu. A short time later, the waiter reappeared carrying a platter full of spare ribs, shrimp in lobster sauce, crab rangoon and other *treyf* that the Rabbi could not bear to think about.

As his friend picked up the chopsticks and began to eat this food, the Rabbi burst into the restaurant and reproached his friend, for he could take it no longer.

“Morris, what is this you are doing? I saw you come into this restaurant, order this filth and now you are eating it in violation of everything we are taught about the dietary laws and with an apparent enjoyment that does not befit your pious reputation!”

Morris replied, “Rabbi, did you see me enter this restaurant?”
(Rabbi nods yes)

“Did you see me order this meal?”
(again, he nods yes)

“Did you see the waiter bring me this food?”
(again, he nods yes)

“And did you see me eat it?”
(nods yes)

“Then, Rabbi, I don't see the problem here.
The entire meal was done under Rabbinical supervision!”

GOOD & WELFARE

Birthday

Richard Kotzen

September 20



Anniversary

Jeff & Lisa Rosen

September 21



Belated birthday wishes to Charlene Garten, who celebrated her special day on August 2. Kol Echad humbly apologizes for the faux faux.

FHL president Ray Moscoe presented communications chair Jeff Rosen with the Communications Award at the Lodge's June meeting



Rosalie Moscoe

RHN, RNCP



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AS I SEE IT



Dear Chicago
Ganev,

Does your mother know what you did to me? I can't imagine anyone encouraging his/her child to grow up to be a thief. For around \$50 in cash, you caused me to

spend days on end trying to put my life back together. I had to have my in-laws courier me a new set of car keys as mine were in the fanny pack too. I am sure you also noticed the Epi-pen and the Coca-Cola kippa. Where are they now?

I feel violated and upset. Stealing from a man who is feeding his 1-year-old ice cream on a hot afternoon is just plain low.

I feel sorry for you. I am sure you were not given the same upbringing that I had. My parents taught me right from wrong. What values did your parents instil in you?

Despite your behaviour, I had a wonderful time in your city, and I

would recommend travelling there to anyone. Chicago is terrific, and I would like to go back there someday, as there are many more things to see and do.

As Rosh Hashanah approaches, we are supposed to engage in *Cheshbon Nefesh*, a personal accounting of our actions. Clearly, this would be a worthwhile endeavour for you. Anne Frank wrote the following in her diary: Despite everything, I believe that people are really good at heart. She was right. The people of your city who helped me and who were sympathetic reaffirms my faith in humanity.

When I look back this year, much has transpired, but I am fortunate to have a loving family who cares about me. I can only wish the same for you and for people the world over. May 5773 bring only joy, health, laughter, mazel and goodwill towards humankind.

L'Shanah Tovah,

Marc Kates



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HEALTH IN HARMONY



The High Holidays are an apt time for personal renewal. They always coincide with the start of a new school year, which seems so appropriate for me. Kids going to a new grade are excited

at the beginning of a new year - new teachers, new friends, perhaps new surroundings if the family has moved and a new curriculum. It's also a time of apprehension: Will everyone like me? Will I find friends; Can I really learn something new?

In some ways, Rosh Hashanah is like that - a renewal, planning for the year ahead, new projects, and perhaps apprehension - a challenge we undertake to become better people. We vow to gossip less, engage with others more, practise forgiveness - even to ourselves. For sure, it's an opportunity for personal growth and renewal.

It's an ideal time to make family and personal plans. What can you do together as a family that's exciting and

fun? Is there something you want to learn - Yiddish, Hebrew, salsa dancing or art lessons? Can you bring out the old clarinet or violin and play some tunes or take music lessons? Perhaps you can renew an old hobby or take up a new one. When you do something new, you get out of the rut of "same old" and feel a sense of renewal. Know that each year or each day you can begin again. This is what keeps life exciting.

I'll never forget signing up for tap dancing lessons a few years ago. I came out of the class uplifted, joyful and the music and steps danced in my head for days after the classes. We need to keep joy alive in our hearts; it helps to keep us young, in a good mood and in better health.

Wishing all of you and your families a happy and healthy new year - one that gives you a sense of renewal and hopefulness for the year ahead.

Rosalie Moscoe

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Be sure to check out our award-winning website for photos taken during our visit to Woodbine Racetrack in June, as well as from our recent BBQ at the home of Evie and Sid Isenberg.

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*Shana
Tova!*



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