

KOLECHAD

February 2013
Shvat/Adar 5773

FORESTDALE HEIGHTS LODGE, B'NAI BRITH CANADA

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.

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Jeff Rosen

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Marc Kates

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Debbi Silver



COVER ART

Kol Echad invites 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 photo is all about hamentashen, the tasty treat for Purim, which falls in February this year.

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

| | |
|-------------|-------------------------------|
| January 27 | Fallsview Casino Outing |
| February 4 | Nominations & Dinner Meeting |
| February 23 | Purim Megillah Reading |
| March 10 | Elections & Breakfast Meeting |
| April 8 | Speaker & Dinner Meeting |
| May 6 | Dinner Meeting |
| June 3 | Dinner Meeting |
| June 9 | Social Outing at Woodbine |

Dinner at 6:30; Meeting at 7:15

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

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On **Saturday, February 23** at 7:00 p.m.
FORESTDALE HEIGHTS
will be hosting its annual Megillah reading
at 4300 Bathurst Street

If you are coming, please RSVP
to Carl Zeliger at (905) 669-2732
or email [**czeliger@wza.ca**](mailto:czeliger@wza.ca)
(*Volunteers please arrive by 6:45 p.m.*)



PRESIDENT'S PEN

On Vacation – Will Return



EDITOR'S DESK



Have you ever lost or misplaced something, only to find it years later? This is exactly what happened to me during the holiday season just past. In this case, though, the recovered item was not an object,

but an article I wrote when I was still a reporter with *The Canadian Jewish News*. It brought a smile to my face and made me really think about life. Actually, considering the number of articles I wrote for *The CJN* during my five years as a reporter, I'm surprised this has not happened more often.

This particular incident started a few days after Christmas Day when we went on a family outing to see the movie, *Les Misérables*. If you enjoy musicals or theatre, you will love this movie. The acting was amazing and the process of having all the actors sing live to the camera (as opposed to recording the songs in a studio) definitely made this a better movie by allowing the actors to do what they do best – act – while singing the songs.

The three of us came out of the theatre talking about what a great movie we had seen. Eventually the discussion turned to the theatrical production of *Les Miz*, which took over the Royal Alexandra Theatre for many years.

Although we had seen it on one of its Toronto productions years ago, the exact date eluded us. Of course, this was all a mystery to Jordana.

This got me thinking more about the play and it dawned on me that I had reviewed the play. So, I went online to Multicultural Canada, a website that includes, among other things, a record of every multicultural publication in Canada. I typed “Les Miz, Jeff Rosen” into the site’s search engine and...presto, out came the article, “Les Misérables’ message

provides hope for the future, published in the January 7, 1993 issue of *The CJN*.

(www.multiculturalcanada.ca/node/725406)

I read the article by the then 34-year-old reporter with interest and, although this may sound conceded, was impressed by the review.



Continued on next page

It touched on important themes of being able to adapt to change, no matter what life throws at you, and the importance of never giving up hope. Certainly, the message of *Les Miz* is just as important today, as when it was first penned by its author Victor Hugo in 1862.

This got me thinking about how much my life has changed since 1993. I was married just over six years, our daughter had just celebrated her first birthday and we still had three of our parents with us. We certainly had no idea of the tsunami of life-altering

events that would hit our family in the years following.

I guess the thing that has kept me sane, kept me on an even keel these past two decades, is that I still believe in the central tenants of *Les Misérables*; one should never give up hope. No one knows what the future holds and therefore we should remain optimistic that life will improve.

I'm certain that Jean Valjean, the central character in *Les Misérables*, would approve.

Shalom,

Jeff Rosen

FHL ALLOCATIONS

If you are interested in the Lodge allocating funds for a particular charity, please draft a proposal, including the charity's name and the amount requested, and forward it to Carl Zeliger, (905) 669-2732 or email czeliger@wza.ca. All proposals will be examined and voted on at an upcoming meeting.

MARCH MEETING

Please note changes for our March meeting.

We will be holding a breakfast meeting on Sunday, March 10
at 4300 Bathurst Street at 9:30 a.m.

(Don't forget to change your clocks before you go to sleep the night before)

**Be sure to RSVP to Albert Ohana
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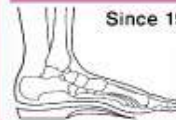


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SLATE COMMITTEE

The Slate Committee met on January 6 and has recommended the following individuals serve on the executive of Forestdale Heights Lodge for 2013-2014:

President: Harvey Silver

Senior Vice-President: George Garten

Vice-Presidents: Richard Kotzen, Ruth Pupko, Jeff Rosen

Treasurer: Charlene Garten

Financial Secretary: Stuart Indig

Recording Secretary: Position to be filled at nomination meeting

Trustees: Elizabeth Bloom, Ivan Bloom, Rhona Leviston, Barry Gordon, Sandy Gordon

As immediate past president, Ray Moscoe, will serve as chaplain

Nate Salter is chairman of the Board of Governors

Nominations will be formally held at our February 4 meeting.

VENDOR MARKET IN THE MANOR

The 2nd Annual Vendor Market In The Manor will be held at 15 Hove Street on March 3, from 11 a.m. to 4 p.m.

This annual marketplace is made up of vendors displaying their products and/or services. Some of the vendors that will be participating are Tupperware, Pampered Chef, Avon and Epicure Selections, as well as a variety of other products and craftspeople.

A portion of the proceeds will be directed to B'nai Brith Canada and their social service programmes, including the Glassman Senior Outreach Centre and the Chanukah and Purim Basket Deliveries. Another portion of the proceeds will be directed to Uptown Chabad to help support a variety of synagogue and community services and programmes.

Vendor inquiries are welcome. To get a table, the cost is \$50 per table prior to January 30. After that, the price is \$75 per table. A product list is required and table and chairs are provided.

Free admission to the public

For more information, please contact Sandy Gordon
at 416-605-0868 or [**sandygord@gmail.com**](mailto:sandygord@gmail.com)

NOTES FROM NATE

December 26, 2012



It is kind of funny, sitting here writing this column, not knowing if I will be among the living when it is published in January. Yes, my fellow Forestdale-niks, once again we have had a front row seat at the Pearly Gates, having had our stent, installed in March, plug itself up, which resulted in both a stroke and a heart attack at no additional charge this time around.

I guess they had all the writing jobs filled, because I got to stay around for a while, but it sure got me thinking. As much as it would be nice to schmooze with Irv (Pupko), Bonnie (Kates), Norm Aronson and Al Ryder, or to see my Daddy, Mommy and my uncles again, the thought of leaving my darling wife, my beloved daughters, their husbands and my five wonderful grandkids had me crying.

I came to the realization that at 70 years of age, with my health challenges and the fact that all my grandkids arrived in my 60s, I was not likely to see bar/bat mitzvahs and weddings. The last couple of health incidents drove this reality home. I am not a big softy, but that reality made tears come

to my eyes, because I so wanted to share the naches of these events.

Then I began to look back at my life and I realized that I had made a difference in many ways. I loved the Lodge with a passion and felt so sad that I could no longer contribute at the same level, praying that others will step forward to carry on. I got to enjoy my automotive obsession both with my car club, my car collection and my bi-weekly column in *Old Autos*, where just like in Kol Echad, I could relive stories of my Golden Years in the *goyshe* side of my life, sometimes surprising myself at the memories of those years.

I thank G-d that I had a successful business, which allowed me to retire at 60 upon its sale and my subsequent appraisal of classic cars business kept me busy to the point that I never noticed that I had retired. I had five good years of travelling, sharing good times with my beloved Andrea and the kids before my health failed, and now I have been suffering the consequences.

I have to tell you the funny part of this. While I was in York Central, Ruth Goldberg, wife of past president Al, was in for the same reason, in the same ward, with the need for angioplasty.

Continued on next page

When the dust cleared, Andrea and I would visit them and they would visit us.

It sure made the days easier as we reminisced about the early years in the Lodge and the programmes we attended and ran.

So my fellow Forestdaleniks, say a kind word for me. I will do my utmost to stay on this side of the grass as long as I am able, and as long as Jeff will

run my byline, I will fill space in Kol Echad, with my slant on things. But if things don't go so well, I hope my scribbles brought you a laugh and that my time in our Lodge made a difference.

I don't know if it means anything but Pincus told me not to buy too many green bananas.

Nate Salter

BINGO

Bingo – Tuesday, February 12

4300 Bathurst Street.

Please arrive by 7:15 p.m.

For more information, contact Richard Kotzen,
(416) 783-2737 or richkotzen@rogers.com



Please join your Lodge Brothers and Sisters
on Sunday, January 27 as we head to

NIAGARA FALLSVIEW CASINO

To participate in this outing, you must book
the bus on your own by calling Safeway Charters
at **(416)593-0593** two days before the programme.

We will be meeting at the Tim Horton's on
Red Maple Road (Yonge & Hwy 7) between 9-9:15 a.m.
The bus departs at 9:30 and we should get back to the city
around 6 p.m. after leaving Niagara at 4:30 p.m.



Stewart,

The staff, volunteers, women and children send a sincere thank you to you and your team for the generous donation of time that was offered during the busy holiday season. Kathy



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William Blair
Chief of Police

File Number:

December 31st, 2012

Harvey Silver
Senior Vice President
Forestdale Heights Lodge
27 Elise Terrace
Toronto, Ontario
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Dear Mr. Silver:

We are in receipt of your letter recognizing our officers for the work that they do in protecting our citizens.

I appreciate your kind words for our officers and your gift to the Station. It is always pleasant to hear from the members of our community.

May joy and peace be with you and the members of your lodge throughout the coming year.

Yours truly,


Tony Riviere
Staff Inspector 918
No. 33 Division

/pq



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SANDY'S SCRIPT



When you look back over the last year you might ask yourself, "Have I done something to make a difference in my own life or the lives of others?" Sometimes, if we follow the right paths, we touch the lives of others without even being aware of it. This is what it is all about! When giving tzedakah, the highest level is when you wish not to be recognized for your good deed. The same holds true in our day to day living by just being pure and simple, being a good person. We are not always aware of the positive impact we might have on another

human being! Nor should we have to be, just by being good to others; the goodness will come back to you!

This past New Year's Eve we had the occasion to be amongst a small group of people just getting together to enjoy the company of others. I knew some of the people not too well and others not at all, but that didn't matter! We were a group of folks joined together out of interest and caring for one another with no ulterior motive, but to enjoy the evening with nice people. This we did, but you see, they didn't know what impact they had on us!

Until the next time,

Sandy Gordon

GOOD & WELFARE

Birthday

Ruth Pupko

February 14



Forestdale Heights Lodge expresses condolences to the family of former member Jerry Lewkowicz. May you have no more sorrows.

Forestdale Heights Lodge welcomes prospective new members Morris and Deena Stein.

If you have any special moments in your life that you wish to share with the Lodge, please send announcements to jelijo@sympatico.ca.

JEWISH HUMOUR

Don't miss our April 8 meeting, when **Alf Kwinter** will speak on:



THE HISTORY OF JEWISH HUMOUR

Alf Kwinter was born in Vienna in 1945. Although he took great pride in his Austrian heritage, he found that the cultured life of the city did not meld with his other interests and he eventually made the decision to emigrate to Canada bringing his parents with him. He began telling jokes on the boat from Europe to help pay for the family's passage when it was discovered they did not have enough points to come Business Class.

Alf grew up in a Yiddish speaking home in downtown Toronto and attended King Edward Public School and Harbord Collegiate. His parents were broken-hearted when he decided to forsake a career in comedy and go to law school, graduating from U of T Law in 1970. His real legal education comes from the years working in his father's store in the Kensington Market.

He is a founding partner in the firm of Singer, Kwinter and is certified as a Specialist in Civil Litigation by the Law Society of Upper Canada and a past director of The Advocates Society.

His first love however, is comedy and he has appeared in synagogues throughout Toronto and across Canada.

TORONTO MARATHON

Sunday, May 5

Forestdale Heights Lodge has participated in the Toronto Marathon for over seven years. Our Lodge is responsible for the first water station at Mel Lastman Square.

Arrival time at the water station is 6 a.m. and we are usually done by 9 a.m. The fun continues afterwards when we often go out for breakfast.

If you can volunteer your time for this great CVS project, please call Harvey Silver at (416) 223-0780 or email at harveysilver@rogers.com.

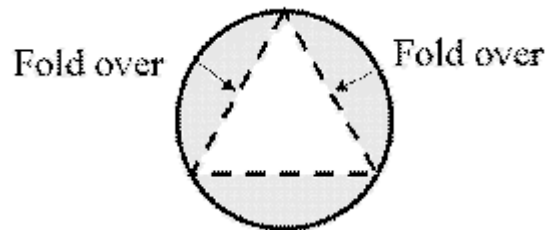
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1 cup sugar
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Jam, Apricot Jam, Orange Marmalade, Cherry
Pie Filing



Preheat oven to 350 degrees.
Cream sugar, oil and shortening.
Add eggs and juice and mix well.
Blend with dry ingredients and roll into a ball.
Divide into four parts.
Roll out each piece very thin (1/8 inch) on a floured board (it works best if you refrigerate the dough for an hour first).
With the rim of a cup or glass (depending upon the size you desire), cut the dough into circles.
Place 1/2 to 2/3 teaspoon of the filing of your choice in the middle of each circle.

To shape into triangle, lift up right and left sides, leaving the bottom side down, and bring both sides to meet at center, above the filing. Lift the bottom side up to center to meet other two sides.



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AS I SEE IT



The Suez Crisis of 1956 brought about the concept of an armed international force to keep the peace for which Lester B. Pearson won the Nobel Peace Prize. In the decades since, the United Nations has been

unsuccessful and/or impotent in preventing armed conflicts throughout the world. With millions being spent on this international force that tries to police the world, perhaps it is time to re-examine its mandate. On a recent trip to the Dominican Republic, the new direction this police force should take became obvious — fashion policing.

I propose that these highly trained men and women use their policing skills for the betterment of all. They could be stationed at airports the world over and randomly pull aside people they believe are perpetrators of crimes against fashion. Indeed, this is a form of profiling, but everyone will be the beneficiaries.

Just imagine not having to avert one's eyes inasmuch as some portly proportioned man's speedos are removed from his luggage before boarding his flight to a tropical

destination. Likewise, the tight leopard print bathing suit, the sequenced suit and the vulgar white speedo can be eradicated.

Voluminous grandmothers need to be convinced through extreme measures perhaps, that bikinis have expiration dates at the best of times. "Cover-ups" should be just that. Belly-button jewelry and the mullet were just bad fashion choices to begin with.

I have never seen more white shoes (this time being worn by men) than nurses on the ward. Acid washed jeans went out in the 80s and smoking on the patio with other guests around is more than a simple faux pas.

Fashion aside, vacationing does need to have a strict code of conduct that should be policed. How sad is it that members of one family all sit around the dinner table ignoring the musicians making the rounds, solely occupied with their smartphones? Vacation time is the break we all crave. Let's not miss the opportunity to enjoy each other's company, and have a bit of R & R, but for heaven's sakes, please follow some common sense when choosing what you wear — world peace could depend on it.



Mare Kates

HEALTH IN HARMONY



Stress-Relief Tips for Worriers

In the Medieval Era, “worry” actually meant to choke or strangle. Ever lost your child in a shopping mall (and found them soon after), or waited up for teens to come home? If so, you understand about strangled feelings. Remember that you too took risks in your teenage years and you’re here to talk about it.

Excessive worry becomes anxiety. Chronic worry is dangerous since it causes you to constantly imagine negative, undesirable events; you become anxious, stressed and exhausted. Worry can prey so heavily on the mind that it can even immobilize you. It’s time to take control of your thinking instead of letting it take control of you!

Some Natural Stress-Relief Activities for Worriers

1. Take a worry apart. Analyze it, dissect it. Separate what is illusion, (your spin on the worry) and what is real. Get the facts. Use cool, rational thinking. Understand and dispel the illusion side of the situation; the reality remaining will be easier to handle. Taking action on a worrisome situation helps reduce worry and stress.

2. Breathe deeply to prevent the stress response from escalating. Take in a breath to the count of four, hold it to the count of four; breathe out to the count of five. Repeat many times until your racing heart calms down. Tell yourself, “I am calm, I can handle this difficult situation.” Positive thinking can help dispel worry. If you have a rocking chair, use it. The motion is soothing and can relieve tension. Otherwise, just sit down, cross your arms over your chest and rock back and forth.

3. Give away your worries to a Higher Power. You can pray, or just ask that the universe to take care of your worries for you. You can ask for protection too.

4. Allow yourself a distraction. We can only think of one thing at a time. Do something instead of stewing: read, watch a movie, listen to music, turn on the TV or clean out a cupboard!

5. Balance your blood sugar. Anxiety and panic due to worry can escalate with blood sugar spikes and dips due to hypoglycemia – low blood sugar. Don’t reach for sweets when stressed or upset. Reach for protein foods to stabilize blood sugar. Combine a protein food with a complex carbohydrate food such as roast potatoes, fruit or whole grain crackers for a balanced blood sugar level.

Rosalie Moscoe



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