

KOLECHAD

January 2012
Tevet/Shvat 5772



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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Debbi Silver

SLATE COMMITTEE MEETING

The annual meeting of the Slate Committee to recommend the executive for 2012-2013 will be held on January 4, 2012 at the home of Harvey Silver, 27 Elise Terrace at 7 p.m. Please RSVP to 416-223-0780 or debbisilver@rogers.com.

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. To read more about the food bank, please go to <http://bit.ly/n8GhVZ>.

AT A GLANCE

January 4	Slate Meeting
January 9	Dinner Meeting
January 10	Bingo
February 6	Slate Presentation & Dinner Meeting
March 5	Nominations & Dinner Meeting
April 2	Elections & Dinner Meeting
May 6	Toronto Marathon
June 3	Woodbine

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
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PRESIDENT'S PEN



For me, Chanukah, “the miracle of lights,” means a happy festive season with family parties, gifts for the children, games, and eating potato latkes. It also includes the beautiful ceremony of lighting

candles, one for each night for the eight days of Chanukah.

Though not a Biblical holiday, the reason Jews celebrate Chanukah is far deeper and may have implications for all of the great world religions. Chanukah means rededication – to our faith and freedom of religion.

In 175 B.C.E. (before the creation of Christianity or Islam), Judaism was the only monotheism in the world. A cruel, ruling Assyrian monarch over Judea was Antiochus, who tried to wipe out Judaism and the Jews. On the pain of death, he outlawed Jewish customs such as Sabbath observances and even possession of a Bible.

Antiochus’s fanatical oppression sparked a successful revolt led by Matathias and a group of Jewish fighters known as the Maccabees. They overcame their enemies and restored the Temple in Jerusalem where Jews worshipped.

The Temple was rededicated with the burning of the eternal light, thus the “miracle of lights” came into being. A single container of oil enough for one day, mysteriously burned for eight days, when finally the new supply of oil arrived.

For Jews around the world, Chanukah stands for freedom of religion. It is a reminder to rededicate to faith: the belief in one G-d and the Ten Commandments, moral conviction, giving charity to the poor and performing other good deeds as well as loving thy neighbour as thyself - not bad lessons for these times. Now that we have a granddaughter to whom we can pass along the traditions of Chanukah, we often celebrate the holiday with other branches of the family, especially those with little children.

We make potato latkes. (Last year’s batch was half-raw and this year, they were much better – crispy!) We sing all the favourite songs, light candles and rejoice in being Jewish. Thankfully, living in Canada, we are free to put our menorahs in the windows and continue our beautiful traditions. I hope you had a wonderful Chanukah and may we all continue to celebrate in freedom.

Ray Moscoe

COVER ART

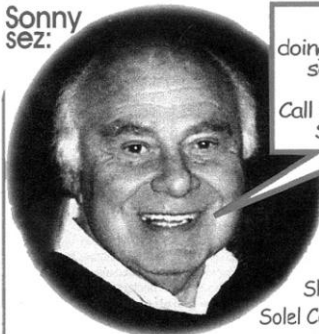


Artist Alex Levin created this month's cover. Levin was born in 1975 in Ukraine and by the time he was six, he knew that he was called to be a painter.

Levin's works are on display in private and public collections and galleries in Israel, Belgium, U.S., Australia, and Russia. His paintings have been reproduced on the covers of books and other printed materials.

Levin is represented by Tribes Fine Art Gallery, Tel Aviv. For further information about this artist, contact Info@tribes-gallery.com or go to www.tribes-gallery.com

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EDITOR'S DESK



Where did the time go? I blinked and she was just emerging into this world. I turned around and wonder of wonders, she was standing on her own marveling at her own achievement. From that point on, there

was no stopping her as standing gave way to walking and later running. Twenty years on, she has yet to stop.

I started thinking of this special passage of time – two decades – last month as Lisa and I headed to Oakville to celebrate Jordana's 20th birthday.

My daughter has always said, "Daddy doesn't do well with change," a statement which I have never refuted. However, I also know that decades ago, before Lisa was part of my life and Jordana was the name of a character in Leon Uris's book, *Exodus*, I thrived on change, exploring the unknown. That wanderlust led me to start my journalism career in Saskatchewan. Somewhere along the way things changed. I'm no expert, but perhaps it's a symptom of age.

However, I digress from my tale.

When do our offspring actually grow up, make that change from teenager to young adult? I'm sure life experiences have a lot to do with the metamorphosis for I noticed the change last year when she started college. Suddenly, her world and

worldview expanded as she left home to live in residence. As a result, she definitely was not the same person when she came home for the summer last April.

This past school year has only accelerated that maturation process as she moved out of residence into an apartment. All of a sudden, she was responsible for running her own place, all the while juggling schoolwork.

The change was obvious to both Lisa and me. However, we were still surprised when she informed us about her decision to travel to Sydney (Australia, not Nova Scotia) over the winter break. Even when learning the final cost of the flight, she remained determined to visit her cousin in "a land down-under."

You know, when starting out as parents everyone gives you plenty of advice and there are more than a couple books available to help prepare for the transition. However, there are no guides, no fountains of wisdom, when your child leaves childhood and starts his or her own life. It's all guesswork. All we can do now is to be there to offer advice (when asked) and hope for the best.

Still, she's had a good upbringing and a strong base to start her off on her own path. I guess you can't get better than that.

Shalom

Jeff Rosen

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SANDY'S SCRIPT



Baby its cold outside!

I think that as we get older, the cold goes through our body at a faster rate. Our inner thermostat decreases as we age.

Yesterday and today (December 10 & 11) were our first really cold days. If I feel the cold now, what's it going to be like when we have a wind chill of 30 below or more? I think I have to get weatherized. A house and car can be weatherized – why not me? We buy warm coats and boots for our cold winters but still, we feel the cold. There is no relief! O.K. my down jacket does help but I can't wear it all the time. Even the house sometimes has a chill after furnace servicing and the thermostat is always set at what is a comfortable level. This "old" business is not fun.



Growing up, our mothers would have a checklist before we left the house. "Wear your warm coat, scarf and gloves and don't forget to wear your boots," my mom would say. No matter how cold it was (even living in the Atlantic Provinces), I always felt warm living in a province almost completely surrounded by the water.

I think there is something in furnace and duct cleaning as well as doing a winter tune-up for a car. So for me, I think I'll wear sweaters and make sure I wear hat and gloves, and cover my head, wear warm boots and hopefully my inner thermostat will adjust

itself accordingly.

Wishing everyone a very toasty winter season!

Until the next time.

Sandy Gordon

Woodbine 2012

Sunday, June 3, 2012

Cost \$40/person, which includes buffet lunch, programme and reserved seating.

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DECEMBER MEETING



Clockwise from top left, former FHL and BBC president Gabe Nachman, former FHL president Michael Kates, former FHL president Stan Horowitz and Rhona Leviston and Richard Kotzen.

DECEMBER MEETING



Clockwise from top left, Charlene and George Garten, Debbi and Harvey Silver, guest speaker David Andreoli, who spoke on dealing with your personal finances. Below, Gabe Nachman and Stan Horowitz. For more photos, go to kolechad.ca.

[Photos by Jeff Rosen]



CHANUKAH PARTY 2011



The (Jewish) stars were out in full force on the evening of Sunday, December 18, as about 20 members of Forestdale Heights Lodge and their spouses gathered for our annual Chanukah party at 10 Tangreen Circle. Everyone mixed, mingled and schmoozed, before settling down to a wonderful dinner of salmon, salad, vegetarian lasagna and, of course, latkes.

After dinner and dessert were complete, everyone played bingo and competed for a variety of interesting prizes. While there were many close calls, patterns soon emerged as both Ivan and Elizabeth Bloom emerged victorious, as did Lisa and Jeff Rosen (Lisa actually won two games!)

Evie Isenberg won the door prize, consisting of two tickets to any Blue Jays game in 2012.

Special thanks go to Evie and Sid Isenberg and Harvey Silver for making the Chanukah party such a success and for George and Charlene Garten for being such gracious hosts. Additional photos available at kolehad.ca.



**Report &
photos by
Jeff Rosen**

CHANUKAH PARTY 2011



NOTES FROM NATE



It is the start of a new calendar year, and believe me, it couldn't come a moment too soon.

Maybe it is because of the age I have reached or maybe just the current circumstances, but the last two months have seen me at far too many funerals and shiva houses for friends and relatives.

If nothing else, these sad events have given me an even greater appreciation of life and the good things that are still here in spite of the bad. Like some others in our Lodge, I am facing a life challenging illness, but every day when I wake up, I thank G-d for giving me another day to love and appreciate my wife, my children, their spouses and, G-d bless them, my grandchildren. While I am far from the man I was when I joined the Lodge in 1967, so far I am still here and still on this side of the grass. That is good.

In spite of the recent losses, I am a very fortunate man. I can still come to meetings, break bread with my Forestdale family, and listen to the kibitzing that has been part of my life for all these years. The decision to reactivate myself in the Lodge came after much soul searching. Maybe it was losing Bonnie that made me

rethink what I was doing. Bonnie was a friend, a confidant and a source of ribald email humour that I will dearly miss. The things that I perceived as aggravations, when looked at in the luxury of time, became mild annoyances, when compared to not being a part of my Lodge.

In looking back over the 4+ decades I have been a part of Forestdale Heights, I realize that my life and my family's life has been changed for the better by all those wonderful people and their families who were and still are my Lodge brothers and sisters. I can fondly look back at the adventures and yes the misadventures we shared over the years.

I look back at the past decade, since I supposedly retired and see how my life has changed. My wife and I have gone from being newlyweds in January 1968, to a family of 13 that gets together to celebrate simchas, holidays and other important events in life.

That my friends, is what it's all about and it doesn't get a lot better than that. When you add my Forestdale family, the picture is complete.

Continued on next page

So be forewarned that a certain, rotund, balding past president will be bringing his offbeat humour and experience to the meetings, will be striving to exhibit his verbosity and fractured “Yinglish” under this byline and once again be a full-fledged Forestdalenik. To my fellow members, remember as I gather material for future articles in Kol Echad, that under my byline in Old Autos where I have been writing for two decades, are the words “never letting the truth get in

the way of a good story.” Jeff says best I add them to this column as well.

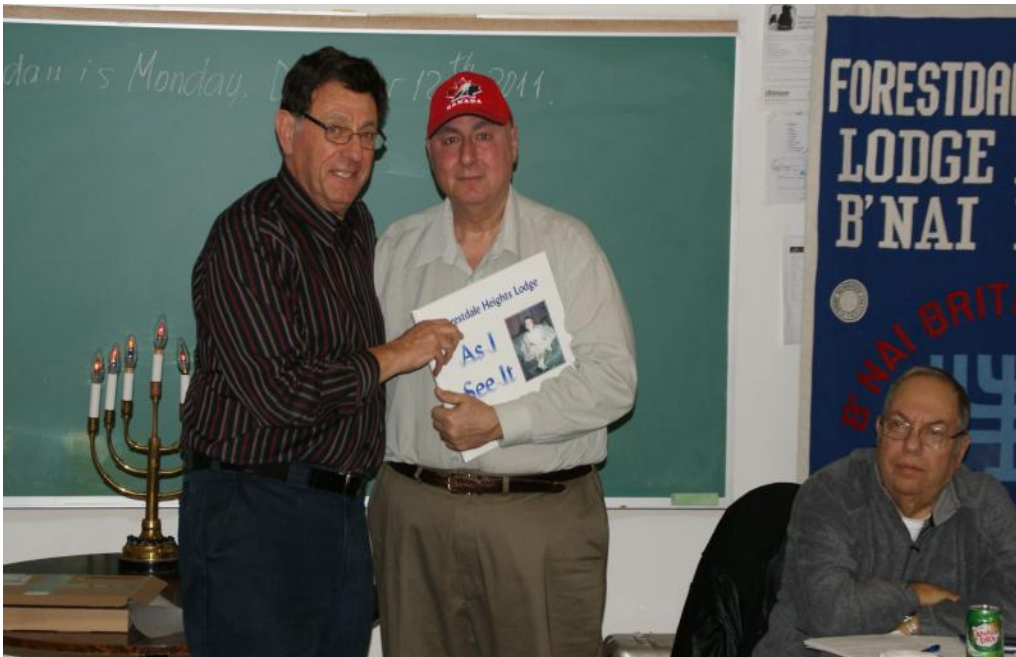
So Happy New Year and I’ll see you in the buffet line at the next meeting.

Before I sign off, here is your Pincus Punim, thought for the month:

When a man is single, he is incomplete

Once he gets a wife, he is finished

Nate Salter



FHL President Ray Moscoe, left, presents past president Michael Kates with a copy of *As I See It*, a compilation of columns written by his late wife, Bonnie, and edited by Jeff Rosen. Another copy of the book will become part of the Lodge’s archives. To view book online go to kolechad.ca [Photo by Jeff Rosen]

Rosalie Moscoe
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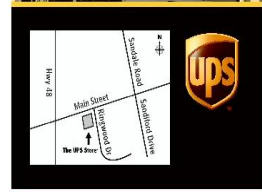
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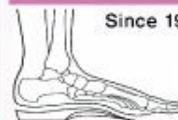
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GOOD & WELFARE

Birthdays

George Garten
Jaquie Lindsay
Liliane Budd
Stan Udell

January 1
January 12
January 17
January 30



Anniversary

Nate & Andrea Salter

January 14

Wishing a speedy recovery to Marla Matlow, Rosalie Moscoe and Irv Pupko.

*FHL expresses condolences to the family of former FHL member Marvin Gilary.
May they know no more sorrow.*



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December 1, 2011


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Dear Mr. Pupko:

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Yours truly,


Alan Marks,
Co-chairman,
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AS I SEE IT



This year, the notion of the passage of time has taken on new meanings for my family and me. When my mother was diagnosed last November, we knew the reality of this terminal

disease and that very few pancreatic cancer patients live beyond six months. My mother almost made it to a year. Expecting our daughter Eve in May made time very precious. Would my mother live to see her second grandchild? Indeed, she did, and was able to see her through almost the first six months of life. Both our son and daughter will not remember their bubbe, but they will come to get to know her through stories, our values and experiences.

The burial, shiva and the weeks and months since my mother's passing are all lessons I am trying to glean from. I

often compare this time frame to a final exam study period where each sentence is as valuable as the next. I learned the value of friendship, having or not having expectations, caring, kindness and love. I also learned about my mother. To me, Bonnie Kates was simply "Mommy." She was the one who kissed scraped knees, offered advice (whether solicited or not), and listened. The shiva afforded me new perspectives on her life beyond that of mother and wife.

How I wish I could debrief with my mother about all that has transpired these months. Time does roll on, and I am forever changed by her absence from my life. Even though I am still sorting out thoughts and emotions, I am only meritorious to offer this piece of advice: hug your loved ones a little tighter.

For a few fleeting nanoseconds, time does stand still.

Marc Kates

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Special thanks to Barry Gordon, Michael Kates, Richard Kotzen and Ray Moscoe for taking part in B'nai Brith Canada's annual Chanukah Basket Delivery.

HEALTH IN HARMONY



It seems that the health benefit of the apple – the fruit that Eve used to tempt Adam in the Biblical Genesis story of creation – is not to be ignored!

From promoting hair growth to keeping your skin from wrinkling to improving memory, protecting against cardiovascular disease and cancer, it seems this tasty fruit used in Mom's apple pie is a fantastic addition to the daily diet.

First introduced into North America in the 1600s as part of a healthy diet, apples just make sense. Scientific studies are confirming what our ancestors already knew – that for some reason those who ate apples (and other fruits) were healthier than those who did not.

Apples along with all fruits and vegetables contain antioxidants. Research clearly shows the benefits of these powerful substances to mop up free radicals that cause disease. Therefore, the advice from Health boards to eat at least five servings of fruits and vegetables is very sound. While apples are not the only foods that benefit health, evidence shows that it makes good sense to include at

least one apple a day. However, while apples contain natural sugar, which is better for us than a candy bar, sugar is still sugar. High amounts can raise circulating blood sugar, which promotes insulin production.

However, studies at the U.S. Department of Agriculture's Jean Mayer Human Nutrition Research Center on Aging based at Tufts University in Boston have linked the consumption of diets high in antioxidants with reduction in aging-related mental and physical degeneration.

In a Finnish study, researchers conducted another long-term study on the association of dietary consumption of flavonoids and subsequent heart attack mortality. The primary sources of flavonoids were apples and onions.

While oranges contain over ten times the amount of vitamin C than does an apple, the mighty apple contains double the amount of fiber than does the sun-kissed orange. A diet that includes foods that are rich in fiber can help lower blood cholesterol and prevent diabetes and heart disease. So the time is right to stock your fridge with rich, dark apples and eat them each day to increase your health and vitality.

Rosalie Moscoe



L'chaim!



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