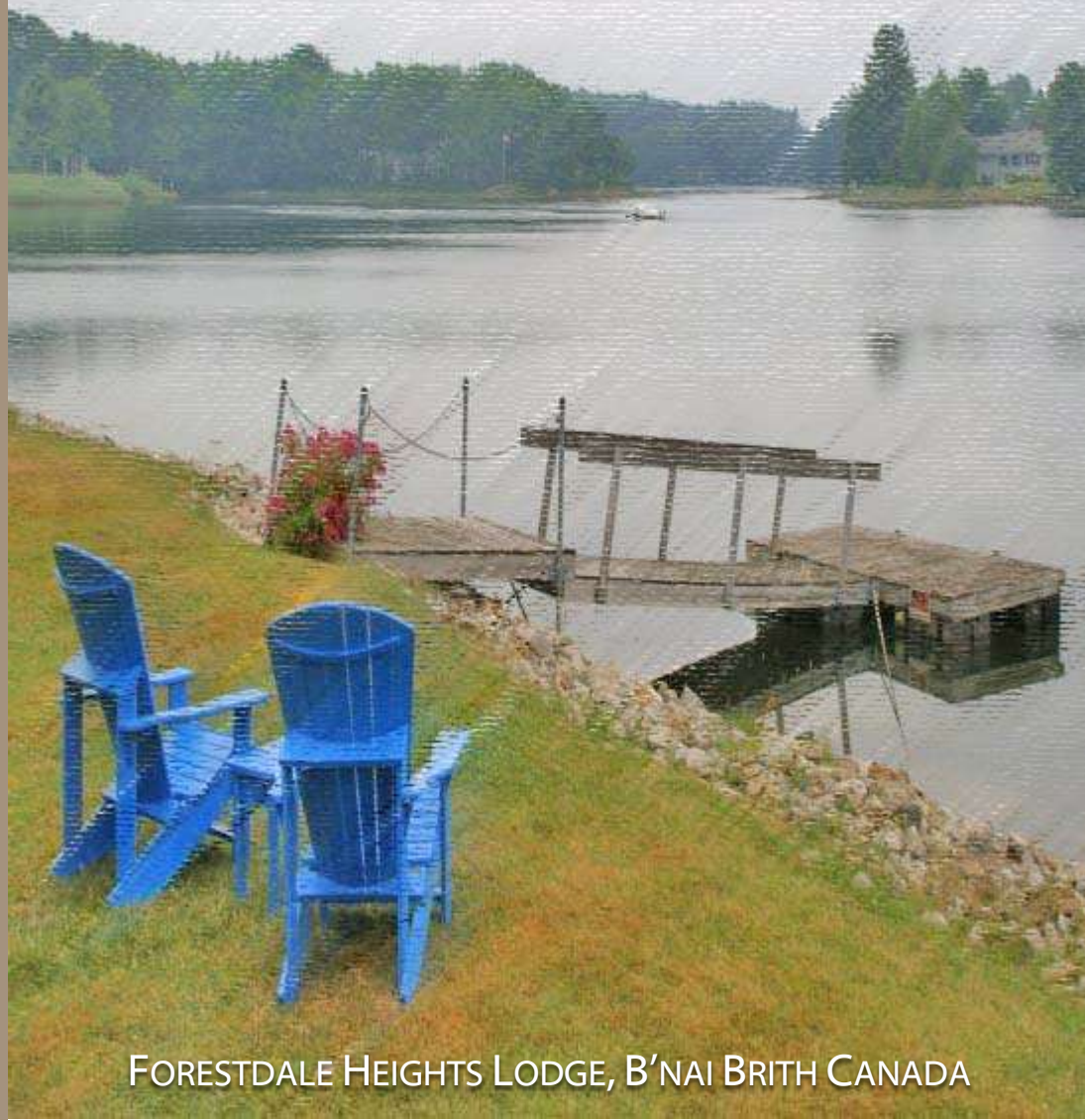


KOL ECHAD

June 2012
Sivan/Tammuz 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.

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. Beginning this issue, we are moving in a different direction. We are 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. All submissions may be “enhanced” for our purposes.

WOODBINE 2012

Sunday, June 3

Cost \$40/person, which includes buffet lunch, programme, and reserved seating. Doors open at 11:00 a.m. Please RSVP to Evie Isenberg evieishome@rogers.com or (905) 770-3100. Afterwards, read all about it only at kolechad.ca

AT A GLANCE

June 3	Woodbine
June 11	Dinner Meeting
September 9	Opening Dinner Meeting
October 15	Dinner Meeting
November 5	Dinner Meeting
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

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B'NAI BRITH NEWS



B'nai Brith Canada presented Forestdale Heights Lodge Brother Carl Zeliger with Volunteer of the Year award at its annual policy conference on May 20.

Also at the conference, Forestdale Heights Lodge was presented with B'nai Brith Canada's Communications Award. This is the first time the Lodge has won this award since it changed its name from The Horizon to Kol Echad, back in 2002.

In 2001, B'nai Brith Canada awarded our website the first Interactive Communications Award – Website Excellence at their annual convention and The Horizon received an Honourable Mention in the print category.

Congratulations to Carl Zeliger and to everyone involved in Kol Echad, both to those who submit written material and those who labour behind the scenes to polish this publication to perfection.

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PRESIDENT'S PEN: INSTALLATION 2012



I feel it's been another successful year for Forestdale Heights Lodge both socially and for CVS. In our Lodge, we are blessed to have dedicated, caring, and reliable members who are always there to help out when needed. I thank you.

This past year has been a personally fulfilling one for me even though I was away for three months! Everyone stepped up to the plate to run the meetings and continue the good work, and I truly appreciate it.

We've had good programmes and terrific speakers. Of course, we can't

forget the great food at each meeting, organized by Albert Ohana and his committee. I appreciate the ongoing taking of minutes by Michael Kates this year after a difficult year. Thanks also to Lisa Rosen for keeping on top of the membership list, continually updating and keeping track of paid members. And a hearty thanks to Irv Pupko for his many years of service as treasurer. We truly appreciate all Lodge members' contributions.

Forestdale Heights Lodge always keeps CVS close to our hearts. The Jewish Food bank - a project that we have taken under our wing is now in its third year. Thanks to Carl Zeliger for organizing - along with George Garten - who always delivers the food and other items that members generously contribute. Also, thanks to the Lodge for their financial contribution to this good cause.

Thanks to Harvey, our members ran a critical booth at the Toronto Marathon and received accolades from runners and the organizers last year and this year as well. Even though it means getting up at 5:30 a.m. (or earlier), we were there to participate! It was a lot of fun and Forestdale Heights got good publicity.

Continued on next page

Once a month, thanks to Richard Kotzen and his committee, Stuart Indig and Barry Gordon, our Lodge continues to run the bingo programme at 4300 Bathurst Street.

Also, the Megillah reading was well received thanks to the efforts of Carl Zelig. I know the people in the building really enjoy these programmes. I was very proud of our lodge as we were well represented at B'nai B'rith's Basket delivery programme at Chanukah and Purim. These are programmes that our Lodge members love to do and I'm sure will continue for the coming year.

If you have any other ideas, please bring them forward to George Garten.

The communications for the Lodge, our web site and Kol Echad is bar none. I received a call that our Lodge has won the communications award from B'nai Brith Canada for its production of Kol Echad. Congratulations to Jeff Rosen, Harvey Silver and all the contributors to the publication. The award was presented on Sunday May 20 at B'nai B'rith's National Policy Conference, and I was truly proud. Thanks to both Jeff and Harvey for your outstanding work.

May we continue to go from strength to strength and if you have other friends or relatives who would

like to join our Lodge, please bring them forward.

Before concluding, I must pay tribute to Bonnie Kates, ל"ו, past president of our Lodge. She was sadly missed this year at our meetings; she helped me out a lot, always there when I needed her guidance, especially in my first term of office. She was truly a mensch, a guiding light for us all and I know is missed by everyone in our lodge and by all that knew her.

To conclude, thanks to my wife Rosalie, who is always there for me, willing to help out. I must say she's a great ghostwriter. Many thanks to Ruth Pupko, Albert Ohana and their committee for organizing this year's installation. You've done a great job.

I'm pleased to be your president for another term and have appreciated all your help. I promise to keep the traditions of B'nai Brith Canada "people helping people."

I wish everyone here along with your families, good health and an enjoyable, safe summer. I envision a productive, successful and gratifying year ahead for our Lodge.

Ray Moscoe

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EDITOR'S DESK



It's a familiar routine every spring as our favourite TV shows come to a close. Many of these sign off with a cliffhanger, which can drive loyal fans crazy, but help ensure they will be back come the new season in

September. Others times, our favourite TV characters say, "Goodbye, Farewell and Amen," as a storylines are wound up in a series finale.

At the Rosen household, our own favourite production is nearing a series finale after a 15-year run. On June 13, our daughter, Jordana, says goodbye to the world of academia, and sheds her school-age persona as she graduates from Sheridan College as an Early Childhood Educator.

Unlike Benjamin Franklin "Hawkeye" Pierce and Archie Bunker though, Jordana is one "character" that is not going to fade into memory. Actually, a better comparison would be to Dr. Frasier Crane, who moved from the safe confines of his favourite Boston watering hole, to fully embrace life in a new city. Jordana is about to start a new phase in her life, complete with challenges and responsibilities, which will help her grow and mature as an individual.

Whatever happens, I am positive she will continue to "turn the world on with a smile."

As for Kol Echad, this issue really is the season finale as we prepare to close down production for the summer months. However, we are not going to leave you with any cliffhangers. By the time you read this, installation will have come and gone (with our beloved president Ray giving his year-end update in these pages). I urge everyone to check with our website at kolechad.ca for Lodge updates during the summer months.

As for the missus and me, we are going to enjoy a few BBQs, head south for some needed vacation and enjoy the coming months.

All being well though, Kol Echad, complete with our entire cast of regulars – Ray, Rosalie, Nate, Sandy, Marc and me – will be back in the fall with a new season to inform, educate and occasionally frustrate you good readers.

Until then, I will leave you with the immortal words of William Dozier, who closed the weekly adventures of a certain Dynamic Duo:

"Tune in this fall – same Bat-time, same Bat-channel!"

Have a great summer!

Shalom

Jeff Rosen

NOTES FROM NATE

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



Gevalt! A poor old rotund reporter never gets a moment's rest from *nuch* a slave driver editor, already he is *kvetching* for an article for the June issue.

By the time you read these words, Installation 2012 will have taken place, but instead of being there to partake, this reporter is still doing lots of "take it easy time or else" since we have added a bout with pneumonia just for fun. You know, thinking back over the years, even going back to my installation as president in 1977, I can see that while times and styles have changed, installation has always had a very special place in the history of our lodge

Back in the day, when I was young and still had most of my fur, installation was an event when the *boychiks and the maidlekh* would get all *farpitzed* with, would you believe, black tie and gowns. The events were held at fancy, *schmancy* places like the Inn on the Park, Hy's Steak House, and Bumpkins or at the Four Seasons, complete with live band and open bar. (Remind me to tell you how I got incoming president Murray Fallen

totally *farshikert* on triple Bloody Marys and the interesting incoming president's speech he gave at the Inn on the Park.)

However, one thing has never changed. Standing up to be installed are those fellow Lodge brothers and sisters who have committed their time and effort during the coming year to allow the Lodge to continue to make its legend grow. Today, our membership is smaller and yes, all of us are a wee bit older, nobody was getting *farshikert*, nobody was super *fressing* as we used to, and ain't nobody was in a suit and tie, let alone, a tux. However, plain or fancy, we upheld our tradition and everybody had a good time. After 46 years, our Forestdale Heights Lodge continues to make us proud of our past and has us eagerly anticipating our future. It doesn't get much better than that.

Before I sign off for this issue some thoughts from *Pincus Punim*:

A member took Pincus aside and asked him if he ever cheated on his wife Gittle. He replied, so who should I cheat on, my brother-in-law?

Nate Salter

FHL INSTALLATION 2012

On Sunday, May 6, Forestdale Heights' members and their spouses gathered for the Lodge's premiere social event of the year, as the 46th annual installation was held at 4300 Bathurst Street.

In keeping with President Ray Moscoe's wishes, the event was small, but very elegant. It started as we enjoyed delicious hors d'oeuvres on the patio as the sun shone on Forestdale Heights. It could have been easy to feast on these starters, however most everyone resisted the temptation.

After moving inside to start proceedings, Rosalie Moscoe welcomed the 30 people in attendance and introduced Ruth Pupko, who conducted a well-run menorah lighting ceremony. Being a smaller group had its advantages, as everyone present was included in the ceremony.

Irv Pupko, returning as chaplain for the third year, led the opening prayer. While we were sure dinner was next on the agenda, you can never rush a great steak, so Ray – who agreed to serve for a third term – gave his president's address.

Then it was time for dinner (and what a dinner), consisting of either steaks, the size of dinner plates, chicken or fish, salads and potatoes.

After everyone had finally finished and was thoroughly stuffed, Michael Kates, ran the installation programme, first uninstalling the 2011-2012 executive and then installing the newly elected group who will lead the Lodge in 2012-2013.

Finally, Irv Pupko wound up the evening with the closing prayer after we enjoyed a delicious dessert table.

Like past installations, it was a fantastic evening. It was an especially great evening for Sid and Evie Isenberg, who generously donated the wine in honour of the birth of their first great-grandchild (the first member in FHL to have a great-grandchild). Special thanks go to Albert Ohana and his committee for making sure everything came together like clockwork and our chef for the evening, George Moir, who made sure no one, went home hungry.



Jeff Rosen

FHL INSTALLATION 2012





**More photos can
be found online at
kolechad.ca.
[Jeff Rosen
photos]**

GOOD & WELFARE

Birthdays

Stewart Indig	June 1
Harvey Silver	June 6
Jeff Rosen	June 12
Irv Pupko	June 27
Allan Greenberg	July 6
Lisa Rosen	July 30
Evie Isenberg	August 19
Stan Zeliger	August 19



Happy Birthday to all the “summer babies” in FHL

Anniversaries

George & Charlene Garten	June 2
Jacquie & Lloyd Lindsay	June 5
Carl & Debbie Zeliger	June 8
Barry & Sandy Gordon	June 15
Ray & Rosalie Moscoe	June 21
Ivan & Elizabeth Bloom	June 27
Marc & Anna Pollock	June 29
Irv & Ruth Pupko	June 30
Stan & Carol Udell	June 30
Michael & Carol Pacter	July 2
Albert & Honey Ohana	August 15
Stan & Janet Zeliger	August 16
Stewart & Cathy Indig	August 23
Allan & Linda Greenberg	August 27



Happy Anniversary to all those who celebrate summer anniversaries

Mazel Tov to Evie and Sid Isenberg on the birth of their first great-grandchild. FHL wishes a speedy recovery to Debbi Silver, wife of Harvey Silver.

SANDY'S SCRIPT



It seems the older one get the faster time goes by. Why is that? When we were kids, we couldn't wait for summer vacation. Then we would count the weeks until we

had to go back to school. Going back to class seemed so far away and the summer months seemed to last a lifetime.

This summer, we have really nice things happening!

Our daughter and family are moving to Toronto and vicinity. I can't say they are moving back, because they never lived here as a family. After 11 years of marriage and three kids later, I'm sure it will be an adjustment. This will happen sometime after the first of July.

Where are they going to live, you ask?

You guessed it! They will be staying with us until they find suitable housing. My son-in-law is a sought after computer geek – the headhunters are always hunting him down. As it stands now, we are not sure where he will be working. He is exploring those avenues.

Remember the song "See You In September?" Our son and daughter-in-law are expecting their third child due to arrive around the end of August/first of September. At that time, we will see a new little grandchild ...our sixth!

So, as this coming summer winds down, our family in Toronto will have expanded both in living in the area and having newly arrived!

We are so proud.

Wishing everyone a very happy and safe summer 2012!

Sandy Gordon



Shalom & Linda
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ROSH HASHANAH 5773

Kol Echad is currently planning our annual Rosh Hashanah Greetings issue.

We will be offering greeting ads in two sizes. (Prices are \$10 for business card size ads and \$15 for the double size.)

The greetings will appear in the September issue.

Submissions and payments will be accepted at our June 11 meeting, as well as by e-mail and snail mail during the summer. Final deadline for submissions is July 15. Payments can also be made at our September 9 meeting.

Once you have decided on your greeting, please send wording to Jeff Rosen at jelijo@sympatico.ca.

Payments can be mailed to 150 Harris Way, Thornhill, L3T 5A8.



FORESTDALE FUNNIES

Q: How do you prevent a summer cold?

A: Catch it in the winter!

Two Year Old

My two-year-old cousin scared us one summer by disappearing during our lakeside vacation. More than a dozen relatives searched the forest and shoreline, and everyone was relieved when we found Alex playing calmly in the woods. "Listen to me, Alex," his mother said sharply. "From now on, when you want to go someplace, you tell Mommy first, okay?" Alex thought about that for a moment and said, "Okay, Disney World."

The Beach

Our first day at a resort my wife and I decided to hit the beach. When I went back to our room to get something to drink, one of the hotel maids was making our bed. I grabbed my cooler and was on my way out when I paused and asked, "Can we drink beer on the beach?" "Sure," she said, "but I have to finish the rest of the rooms beforehand."

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TORONTO MARATHON

Toronto Marathon Volunteer Booth a Success!



The alarm rang this morning (thankfully), just as I had set it, so I could be on time for our CVS volunteer programme at the Toronto Marathon. It was 5:00 a.m. Sunday morning, May 6. Thanks goodness I had laid out my clothes the night before, and had breakfast ready for a quick exit. There was not even enough time to shave. However, I had to stop at Starbucks. I drove by two of them, but they were closed. Thankfully, I found a Tim Hortons for my morning coffee fix!

I arrived at 6:05 a.m. to see our Forestdale banner already hanging on a tree by our station. Our Lodge brothers, Harvey Silver (seen at left) Michael Kates, Stewart Indig, and dedicated volunteer Sid Isenberg were already setting up the station with tables and laying out the drinks. This is the sixth year Forestdale Heights Lodge had its booth in a prime location near the starting line. Harvey Silver has organized this event since we started volunteering for the Toronto Marathon and he has done an admirable job. Two of the Marathon organizers came by our booth to congratulate Harvey and our group for once again providing a necessary and excellent service for the runners.

We felt proud to be part of this event along with the participation of thousands of runners. Our Forestdale Heights Lodge banner was flying high. We look forward to participating in next year's run.

To view photos, go to kolechad.ca.

Ray Moscoe

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AS I SEE IT



I need to come clean with the readers of “As I See It.” I have often used the pages of Kol Echad as a means of teaching my Grade 8 English students the writing and editing process.

For the June issue, my students volunteered to be contributing authors.

We have been Mr. Kates’ students for the past three years. He taught us how to expand our vocabulary, speak without using the word “like” in our speech, and how to write a proper 5-paragraph essay with ease. In addition, Mr. Kates taught us many life lessons and how to approach difficult situations with an open mind.

Mr. Kates is preparing us for high school and what to expect when we leave our current Jewish day school. We feel a mix of emotions: eagerness, happiness, nostalgia, sadness and

anxiety. Up until this point, we did not truly appreciate the community and the Jewish environment in which we learn.

When Mr. Kates returned from paternity leave, we were ecstatic. It was a sense of relief to get back into our normal routine. He approached us with a special request of creating a daily minyan so that he could fulfil the obligation of reciting kaddish for his late mother. We agreed, feeling that it was our duty to support our favourite teacher. The fact that he treats us as adults and speaks honestly with us, increases our respect for him. We are a community that embodies our Jewish identity. Although we will not be together next year, we will forever be linked.



Even though I am the teacher, and they are my students, the teaching role has been reciprocated. I have learned much from them, and am enriched for having them in my life.

Marc Kates

HEALTH IN HARMONY

Easy Ways to Beat Job Stress



Work consumes so much of our life. The phrase “work/life balance” is a bit of a misnomer. It poses a contradiction as it implies that work and life are two separate worlds. In actuality,

we live in several worlds: emotional, physical, vocational, financial, relationships/social and spiritual. Stress can come from any of these aspects of our life. Be aware when one aspect infringes upon another – i.e. longer work hours, health issues, home responsibilities or relationship problems.

Tips to keep stress at bay:

- Commit to unplugging from your digital life each day – at home and at work (hint: turn off your phone). Use this break to focus on quality time with family and friends or just enjoy time to yourself without distractions.
- Examine your workplace infrastructure to determine where you can recruit additional support. Learn the art of delegating.
- Limit multi-tasking, which diminishes mental productivity,

elevates brain fatigue and increases stress.

- Take back your lunch. Do you regularly work through lunch and/or eat at your desk? Take a mid-day break, accompanied by healthy food choices. Whenever possible, join a group of colleagues or friends for lunch. Socializing is a natural remedy to stress.
- If your work situation allows and you don’t find it too distracting, occasionally work from home. Relieve yourself of the stress of the daily commute.
- Look to ancient wisdom – learn to meditate and quiet the mind of constant chatter/dialogue. Start by taking a few deep, full breaths each day – exhale through the nose.
- Exercise: It’s a life-long commitment to keep our bodies fit. A daily brisk walk is a great start.
- Limit alcohol and junk food.

Are you a procrastinator and think all these strategies are good ideas, but you’ll think about it tomorrow? Pick one item to build into your life and **START!** Your body and mind will thank you.

Rosalie Moscoe



Mazal Tov!

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