

Forestdale Heights Lodge, B'nai Brith Canada

KOL ECHAD

December 2018

Kislev/Tevet 5779

Volume 17, No 4



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PRESIDENT'S PEN

Stewart Indig



The year 2018 seemed to arrive very quickly and is leaving just as fast. I cannot believe it is December already. A lot has happened in the past year. Toronto's homicide rate is higher than ever. Doug Ford won the leadership race for the Ontario Progressive Conservative Party. He then won the provincial election and became premier of Ontario. The minimum wage was frozen at current level. Marijuana became legal. Doug Ford cut the Toronto city council almost in half and John Tory was resoundingly re-elected as mayor for another four years.

Some of you may believe that some or all of these are bad things. I will not debate politics here. You have the right to your own opinion.

On a personal level a lot of good things happened in 2018. I was nominated and re-elected president of Forestdale Heights Lodge for another year, making me the longest serving president in the Lodge's history. I had the Bariatric sleeve surgery. Five months after the procedure, I am down 97 pounds. My daughter Barb gave birth to Jordyn and now we have four beautiful granddaughters. The only negative event for us this year was that our home was broken into. Thankfully, nothing of great monetary value was taken although a lot of irreplaceable personal items were stolen.

Still to come this year is our annual Chanukah Party, which is always a great event. Once again, it will be held at the home of Marla and Mark Spergel. We also have the annual delivery to the emergency personnel, and lastly helping at the Yellow Brick House – a mitzvah deluxe! The Lodge has run several CVS events this year and all were successful. My hat goes off to the members who took part in the various events.

So, what does 2019 hold? I cannot predict the future but the Farmer's Almanac is calling for a cold snowy winter. Pertaining to the Lodge, what do you want to see happen next year? My wish list is for more speakers, more fundraising, more members, and even more participation. You see, all I want is more, more and more.

Cathy and I wish you all a Happy Chanukah. We look forward to seeing you at the Chanukah Party. We also want to wish you all a very Happy New Year! May 2019 be a great year for you and your families.

KOL ECHAD

Kol Echad is the official publication of Forestdale Heights Lodge, B'nai Brith Canada.

It is published 10 times a year.

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

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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AT A GLANCE

December 10	Chanukah Party & Meeting
January	No Meeting
February 11	Nominations & Dinner Meeting
March 11	Elections & Dinner Meeting
March 20	Purim Programme
April 8	Dinner Meeting
May 5	Toronto Goodlife Marathon
May 13	Dinner Meeting
June	52 nd Annual Installation

All Dates Subject to Change

Dinner at 6:30; Meeting at 7:15
Dinner Charge: \$10

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at salompiaff@rogers.com or call (905) 597-1999

As part of Kol Echad's revised printing schedule, the January 2019 issue will be mailed **only** to advertisers. As usual, the next issue will be available for everyone to read and download from the Lodge's website at www.kolechad.ca.

Back issues of Kol Echad going back to September 2010 can be found online at kolechad.ca/backissues.htm.

We will resume our regular printing schedule in February and will run until our summer break in June.

As for the current postal situation, all we can say is that November (and December) issue(s) are in the mail. Stay Tuned.

EDITOR'S DESK

Jeff Rosen



Whoever said, *“The more things change, the more they remain the same,”* obviously had no idea what life would be like in the first quarter of the 21st century.

I remember a time when every mall, had its own bookstore. A visit to Yorkdale was not complete without a stop at Coles or W.H. Smith & Sons. More often than not, I would emerge with a new book, which allowed me to explore “strange new worlds” without leaving the comfort of my childhood home.

When Yorkdale underwent its first expansion, one of the first casualties was Coles, as the bookstore became the entrance of the mall’s new wing. Needless to say, it was then that I decided that not all progress was good.

In the mid-1990s, Chapters was born, buying out and merging with Coles and W.H. Smith (by then Smithbooks). Abandoning the small store concept, Chapters changed formats, setting up larger box stores with a greater product selection, a place to sit, relax and enjoy a coffee while perusing a paperback. The new concept was fantastic.

In 1997, Chapters was joined by Indigo. This was even better as it meant even greater choice in price and products. However, by early 2001, Indigo had bought out Chapters, which meant that everyone was basically selling the same product. The former did leave some stores to operate as Chapters, but others were eventually closed or rebranded as Indigo. As for the original companies, they are still alive and well, operating in smaller markets. Hardly a year goes by when I do not find a new book at the Coles outlet in Stratford, Ontario.

Continued on next page



Although I never did like the reduced competition, I reluctantly adjusted to the new reality. However, the last few years have not been kind as Indigo started to reduce their literary content in favour of fluffy pillows, socks, and other assorted paraphernalia. I blame the growth of e-readers for this change. Now I realize that a lot of people prefer to download books rather than to buy the real thing. However, it's just is not the same thing. With a real book, you do not have to worry about damaging it if you leave it lying around the pool at some beach resort. A real book also allows you to bend the spine, without worrying about damaging any circuits.

The situation became even worse this past year as the company closed and relocated the outlets closest to my home, thereby making it harder to drop in for a quick purchase. It does not make life easier to have to trek to the new Indigo outlet at Hillcrest Mall (instead of Yonge-High Tech Road) or to drive to Fairview Mall instead of Bayview Village.

My daughter, Jordana, likes to say, "Daddy does not do well with change." There is no disputing the fact. I also realize that as time goes by I understand my parents and grandparents even better when they used to "complain" about how fast life was changing around them.

I'm not asking for much though: just the ability to walk into a nearby bookstore and purchase the latest Stephen King or Clive Cussler classic. It shouldn't be that complex.

Be well & have a Happy Chanukah. Talk to you in 2019!

(As for the quote, it is credited to Jean-Baptiste Alphonse Karr, (1808 - 1890) and is a translation from the French, "*Plus ça change, plus c'est la même chose.*")

COVER ART

The final month of the year brings the Festival of Chanukah, with the first candle lit the evening of December 2. The holiday concludes on Monday, December 10.



HARMONY

Rosalie Moscoe

In Rabbi Yossi Sapirman's words, the week following the Pittsburgh Massacre, was bittersweet as five B'nai Mitzvahs were celebrated at our synagogue. A week after the tragic event, shuls across North America were called to hold a memorial service at their next Shabbat service. Our shul, Beth Torah, had 600 people in attendance for an extraordinarily moving service. We were honoured by the presence of Marco Mendicino, our local Member of Parliament, and Mike Colle, the city councillor for the area. They each gave moving speeches and pledged solidarity with their Jewish community members. They sat on the bimah along with our executive and past presidents.

One particular moving story was the unbelievably kind act that was carried out by a large number of the Muslim members of the Imam Mahdi Islamic Centre on Bayview Avenue. They stood outside and guarded the perimeter of Holy Blossom Temple during the Shabbat service on that very day of the memorial services. Apparently, when a mosque was bombed in Quebec last year, members of Holy Blossom guarded their Muslim Centre on Bayview Avenue as an act of solidarity. This truly was people helping people.

We had a "missing Torah formation" ceremony led by the president of the shul, Andrew Weisberg. Eleven Torahs were marched around the synagogue by former presidents (both male and female), symbolizing the 11 people murdered – without the crowns on them, symbolizing the sense of loss we all felt. There were poignant readings, music, and the realization that this scourge called anti-Semitism is not new, and that other religions experience massacres and losses in Canada and throughout the world. It was also the bar mitzvah day for Harley, a brilliant young man who recited his portion flawlessly. We even concluded with a joyous rendition of *Siman Tov u'Mazel Tov!*

It was a Shabbat service to be remembered.

NOVEMBER MEETING



At our November 12 meeting, seven members present were treated to a delicious dinner from Chicken Nest. As we again lacked quorum to vote on matters (even though we gained one member who arrived after dinner), a brief discussion on Lodge affairs was held with no votes being cast. Among other issues discussed was the necessity of creating new fundraising programmes. On the matter of Kol Echad, it was agreed that – despite the current postal disruption – the bulletin would still be put in the mail, and that advertisers would get a notice stating that an electronic version was available for their viewing. As we could not vote to disband the popular EMS holiday gift programme, consensus was that the status quo would prevail and no changes would be made this year.



NOVEMBER MEETING



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FOOD SENSATIONS

Roast Turkey

Recipe Source: Food.com

<http://www.food.com/recipe/always-perfect-roast-turkey-507154>

Ingredients

- 1 (10 -24 lb) whole turkey (thawed or fresh)
- 1 -2 tablespoon olive oil
- kosher salt, to taste
- fresh coarse ground black pepper, to taste



Directions:

1. Important info: Be sure that your oven is clean as this is cooked at a constant very high heat and you don't want to have a smoking oven!. Bring the bird to room temp before roasting as it will cook more evenly and quicker.
2. Preheat oven to 475 degrees for 30 minutes.
3. Remove and discard truss that holds turkey legs together. Pull or trim off and discard any excess fat in neck or body cavity. Remove giblets and neck (use for gravy or in stuffing if desired).
4. Rinse turkey inside and out with warm water and pat dry with paper towels.
5. Place a roasting rack in a 13 x 16 x 3-inch roasting pan (set rack sides so the bird is a minimum of 2 inches from pan bottom).
6. Rub turkey skin generously all over with olive oil and sprinkle with salt and pepper. Set bird breast-side-up on rack. Pull wings away from body, then firmly twist them to push the wing tips under the bird (I find this easier to do before placing the bird onto the rack).

7. Using aluminum foil, form caps over the tips of the end of each drumstick. If any parts of the turkey extend beyond pan rim, fashion a foil collar underneath to make sure drippings flow back into pan. Do not tie legs together (stuff if desired, in which case you will close body cavity. These days I always cook the stuffing separately).
8. Insert an oven-safe meat thermometer near the center of the breast through thickest part until the tip touches bone, which is most accurate spot to check doneness.
9. When oven temperature is reached set pan on the lowest rack in a 475° oven. Roast, checking as directed during cooking, until thermometer reaches 160° (my built in oven probe says NOT to touch bone, maybe it's a difference in thermometer types?). Halfway through roasting time, rotate pan in oven to assure even cooking and browning. If areas on turkey breast start to get browner than you like, lay a piece of foil over the dark areas.
10. Remove pan from oven, set in a warm spot, and loosely cover pan with foil to keep it warm. Rearrange oven racks to accommodate potatoes and dressing. Decrease oven temperature to 400°. Let turkey rest 30 to 60 minutes. The resting period will allow the internal temperature to reach 165°, the USDA safe cooking temperature for poultry.
11. Drain juices from body cavity (often plentiful in unstuffed birds) into roasting pan. Transfer turkey to a platter or rimmed cutting board. Set aside juices for gravy.
12. Cut off turkey legs at thigh joint. If joint is red or pink, return legs to the oven for 3 to 5 minutes (at 400°) or heat in a microwave oven for 3 to 4 minutes. Carve the rest of the turkey. Carving juices may be clear to pink or rosy, this is fine as long as the thermometer temp is where it should be.

Nutrition

- Low in fat
 - High in protein
 - Source of iron, zinc, phosphorus, potassium and B vitamins
- 

AS I SEE IT

Marc Kates



“This is what hate and love look like.” This is how I explained to my 9-year-old what he was seeing in front of him, as we stood at the makeshift memorial outside of the Tree of Life Synagogue in Pittsburgh. My son and I were in Pittsburgh on a hockey tournament by coincidence, less than a week after the horrific act of violence that turned out to be the worst attack on Jews in U.S. history. I have to be honest that I groaned months ago that hockey has taken control of my life, not to mention the bank account, and that here I would be in Pittsburgh with nothing but hockey, hockey and more hockey. I was wrong.

Following the tragedy, I took my 9-year-old to the Toronto community rally in Mel Lastman Square. I needed him to witness the power of community solidarity against

hate and to show him that anti-Semitism will not be tolerated, even though there are those who will still do harm to us because we are Jews. He stood watching representatives of different ethnic groups and officials from various levels of government express their anger against intolerance, plus their compassion and empathy for the Jewish community.



Continued on next page



Packing for the tournament, we packed a yohrzeit candle and kippot. Being in the city where the violence had occurred, I was resolved to take time away from the tournament to express our solidarity with our grieving brethren. We stood at the memorial, read poems and notes, and saw the piles of flowers, cards and candles. "This," I told my son, "is what hate and love look like." We saw people of different ethnicities sharing moments and hugs.

On Saturday night, we attended the Leafs-Penguins game. Our team had brought with us signs expressing our unity with Pittsburgh. A gentleman in the next box saw our signs and wanted to meet us. We quickly learned that he

was one of the first responders to the shooting, and that he too had been struck in the arm with bullets. He shared with us his first-hand account of the horror, but also balked at the notion that he was a hero, and that other people are more deserving of that title. Despite the fact that we lost the tournament, the valuable lessons learned and sharing those important moments are the life lessons that I want my child to carry with him through life. There will always be hate in the world, but love will always triumph.

More photos by Marc Kates can be found on next page, as well as at <http://kolechad.ca/asiseeit.htm>.



AS I SEE IT

In Pittsburgh





Chanukah Party

Festivities will take place on

Monday, December 10, 6:30 p.m.

in conjunction with our monthly meeting.

The party will be held at the home of
Mark and Marla Spergel, 229 Maxwell Street.

Cost: \$15 per person.

If you plan on attending, please
RSVP Stewart Indig, stewart.indig@gmail.com



FOOD SENSATIONS

Maple-Roasted Sweet Potatoes

Recipe Source: Eating Well

http://www.eatingwell.com/recipes/maple_roasted_sweet_potatoes.html

Makes: 12 servings, about 1/2 cup each

Ingredients

- 2 1/2 pounds sweet potatoes, peeled and cut into 1 1/2-inch pieces (about 8 cups)
- 1/3 cup pure maple syrup
- 2 tablespoons butter, melted
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- Freshly ground pepper, to taste



Directions

1. Preheat oven to 400°F.
2. Arrange sweet potatoes in an even layer in a 9-by-13-inch glass baking dish. Combine maple syrup, butter, lemon juice, salt and pepper in small bowl. Pour the mixture over the sweet potatoes; toss to coat.
3. Cover and bake the sweet potatoes for 15 minutes. Uncover, stir and cook, stirring every 15 minutes, until tender and starting to brown, 45 to 50 minutes more.

Nutrition

- Sweet potatoes are loaded with Vitamin A. They also have manganese

**Rosalie Moscoe's note: Instead of using butter, you can instead brush potatoes with olive oil if desired.*

FOOD SENSATIONS

Banana Oatmeal Chocolate Chip Cookies

Recipe Source:

http://www.health.com/health/gallery/0,,20463963_7,00.htmlanana Oatmeal Chocolate Chip Cookies

Makes: 16 cookies

Ingredients

- 1 cup oat flour
- 3/4 cup old-fashioned rolled oats
- 1/2 teaspoon baking powder
- 1/3 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup raw sugar
- 1/3 cup canola oil
- 1/3 cup plain soy milk
- 1/2 teaspoon vanilla extract
- 1/2 ripe banana, cut into small pieces
- 1/4 cup chopped walnuts
- 1/3 cup semisweet chocolate chips



Directions

1. Preheat oven to 350°. Combine first 6 ingredients (through sugar) in a bowl. Whisk together oil, soy milk, and vanilla in a separate bowl. Add wet mixture to dry ingredients; stir to combine. Fold in banana, walnuts, and chocolate chips.
2. Line a baking sheet with parchment paper. Scoop dough onto pan with a small ice-cream scoop. Bake 25 minutes or until golden brown, turning baking sheet halfway through. Let cool on a wire rack.

Nutrition

- This recipe is low in saturated fat
- Walnuts have high amounts of omega-3 and manganese
- Bananas have high amounts of potassium

**Rosalie Moscoe's notes:*

Alternative ingredients – for canola oil, substitute for olive oil; for raw sugar substitute with coconut sugar; for soy milk substitute with almond or rice milk, for walnuts substitute with pecans

For more recipes, go to

<http://www.kolechad.ca/holidayfood.pdf>



CVS@CHANUKAH



In keeping with Lodge tradition, members will be delivering gift parcels to the brave men and women who dedicate their lives to keep our streets safe. These people include police, firefighters and paramedics. If you know of a station, you would like to deliver a parcel to, please contact Harvey Silver at debbisilver@rogers.com.

SLATE COMMITTEE

In keeping with Lodge tradition, FHL's slate committee will meet in January to choose a slate for the Lodge's 2019-2020 executive. The committee is chaired by Harvey Silver, chairman of the Lodge's Board of Governors.



TORONTO MARATHON

Sunday, May 5, 2019

Forestdale Heights Lodge has participated in the Goodlife Toronto Marathon for many years. Our Lodge is responsible for the first water station behind Mel Lastman Square.

Arrival time at the water station is 6:00 a.m. and we are usually done by 9:00 a.m. The fun continues afterwards when we often go out for breakfast.

Be sure to mark the date in your calendar for this popular CVS project.

FUNDRAISING

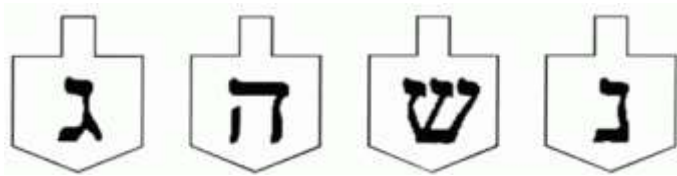


Forestdale Heights Lodge is once again selling the popular Entertainment books. This year though, all sales are being done on-line. Lodge members should log on to the Entertainment website and make purchases in Canadian funds. The site also allows for the purchase Entertainment books for other cities.

They make a great Chanukah present for family and friends or even for you.

Go to <https://fundraising.entertainment.com/> to log in and make a purchase. Every online purchase benefits Forestdale Heights Lodge.

REMEMBER, FUNDS RAISED GO TOWARDS HELPING FHL



Yellow Brick House



Forestdale Heights Lodge is once again lending a hand at Yellow Brick House on Tuesday, December 18 from 4:30 to 7:30 p.m. This programme is a great example of our commitment to CVS. While we already have the maximum

number of volunteers allowed, I am sure that there will be other opportunities to help in years to come.

Thanks,
Stewart Indig,
President, FHL

CHANUKAH IS COMING UP!

DRIVERS NEEDED!

Come volunteer with us on Sunday, December 2nd at 10 AM
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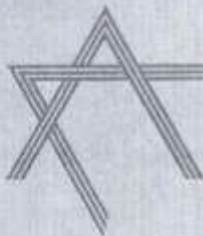
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FOOD SENSATIONS



Mom's Potato Latkes



Prep
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Cook
10 m

Ready In
25 m

Recipe By: Lindsay

"Latkes (potato pancakes) are a must have at Hanukkah, but really are wonderful any time of year! This is my mother's recipe, which is honestly the best latke I've had. I usually end up having to make a second batch because they disappear so quickly. I've tried other recipes and always return to these. Lovely topped with sour cream or applesauce."

Ingredients

3 cups shredded potato	1 teaspoon salt
1/4 cup grated onion	1/4 teaspoon ground black pepper
2 eggs, beaten	1/2 cup vegetable oil, or as needed
6 saltine crackers, or as needed, crushed	

Directions

- 1 Mix potato, onion, eggs, crackers, salt, and pepper together in a large bowl.
- 2 Pour enough vegetable oil into a skillet to fill about 1/2-inch deep; heat over medium-high heat.
- 3 Drop spoonfuls of the potato mixture, first pressing potato mixture against the side of the bowl to remove excess liquid, into the hot oil; slightly flatten the latkes into the oil with the back of your spoon so they are evenly thick.
- 4 Cook in hot oil until browned and crisp, 3 to 5 minutes per side. Drain latkes on a plate lined with a paper towel.

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TRIVIA

December is the twelfth and final month of the year in the Julian and Gregorian Calendars. December got its name from the Latin word *decem* because it was originally the 10th month of the year in the Roman calendar, which began in March. December's birth flower is the narcissus. Its birthstones are the turquoise, zircon, and tanzanite.



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TALKING POINTS

Debbi Silver



I'm looking out the window on November 9 and I'm watching the snowflakes come down. Really? Who's ready for this? Of course, we are because we can watch all of this from our window, and know that we don't have to shovel it, clean the gutters, or buy salt for the driveway.

It's now been three months since we moved into the condo. I can honestly say we are getting used to it. We haven't used any of the amenities yet, but hopefully, we will soon enough. Playing bingo in the building with Ruth Pupko has been fun, except she wins all the time☺.

In two weeks, we will be celebrating our second granddaughter's bat mitzvah. We are so thrilled. These are the times we should look forward to – **SIMCHAS**. My brother from Cincinnati will be in with his family. We can't wait to meet our great-nephew, who is 2½. My son and his family will be going to Israel in December to do the bat mitzvah all over again with many other families.

The mail strike has been bad for delivery of the Kol Echad. As of today, we haven't received our copy of the November bulletin. Hopefully, this will be resolved before the December issue goes to press.

Forestdale Heights Lodge is up and running for the 2018-19 year. Volunteers are going to help at the Yellow Brick House, chocolates will be given out to the EMS, fire and police personnel, and of course, we all can look forward to our Lodge Chanukah party at the Spergels' home. Take note of these programmes and give Stewart a call if you are interested in participating. We would enjoy seeing a big turnout for the Chanukah party. (See advertisement for particulars).

That's about it for now. For those of you going south, have a great winter; otherwise, we will see you soon.

Harvey and I would like to wish everyone a very healthy and happy Chanukah.

GOOD & WELFARE

Birthday

Albert Ohana

December 9



Anniversaries

Mark & Marla Spergel

December 7

Eddie & Marilyn Arkin

December 28

If you have any special moments in your life (or the lives of your children and grandchildren) that you wish to share with the Lodge, please send announcements to jelijo@sympatico.ca.



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