

KOLECHAD

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STATE OF ISRAEL IS BORN

The first independent Jewish State in 19 centuries was born in Tel Aviv as the British Mandate over Palestine came to an end at midnight on Friday, and it was immediately subjected to the test of fire. As "Midnight Times" (State of Israel) was proclaimed, the battle for Jerusalem raged, with most of the city falling to the Jews. At the

same time, President Truman announced that the United States would accord recognition to the new State. A few hours later, Palestine was invaded by Moslem armies from the south, east and north, and Tel Aviv was raided from the air. On Friday the United Nations Special Assembly adjourned after adopting a resolution to appoint a med-

iator but without taking any action on the Partition Resolution of November 29. Yesterday the battle for the Jerusalem-Tel Aviv road was still under way, and two Arab villages were taken. In the north, Acre town was captured, and the Jewish Army consolidated its positions in Western Galilee.

Most Crowded Hours in Palestine's History

Straw Thursday night and this morning Palestine went through what by all standards must be among the most crowded hours in its history.

For the Jewish population here was the largest ever in the history of the New Jerusalem. Jews and Arabs were in the like manner like of centuries ago before. Their numbers to a fully equipped major foreign force. The country is now a city, with a foreign population that could not be known, with its administration also Thursday morning, was whether or not to what extent the Arab One and the Other. Outside would never be allowed to continue the process and would not proper respect for the dead. Orders on some of these matters questions have now been received.

JEWIS TAKE OVER SECURITY ZONES

The battle for Jerusalem, which began when the British withdrew in 1948, continued all the Friday and yesterday. The capture of Jerusalem and the surrounding of major parts were still being held in the early hours of this morning as the battle moved to the east.

Residential districts in Tel Aviv and other cities in Palestine by the U.N. Trustees Commission. In being about a "peace tent" were brought to light when the Arab representatives failed to agree within the specified time limit.

The Friday morning, Jewish forces entered the Security Council and State C. It is necessary the trustees resigned from their post. This operation was almost finished, but beyond the western edge of Beer C. State occupied the area in Jaffa Road. The area was then back and the Trustees that was now taken.

Egyptian Air Force Spitfires Bomb Tel Aviv; One Shot Down

At least, the 54 Spitfires, including 10, reported on 2 British Spitfires shot down the Tel Aviv had been reported close to the city. The Spitfires were shot down and the Egyptian pilot was killed.

In the first half, the plane crashed from a height of 200 feet. The Spitfire landed, while the others stayed in the air. Little damage was done. In the second attack, the plane crashed in the air, the pilot was killed, and an RAF plane was shot down. The Spitfire was shot down by the British. The Spitfire was shot down by the British. The Spitfire was shot down by the British.

U.S. RECOGNIZES JEWISH STATE

WASHINGTON, Sunday.—The House after the announcement of the British Mandate over Palestine, the White House today issued a formal statement in which President Truman said the U.S. Government would recognize the Provisional Jewish Government as the de facto authority governing the Jewish State.

The U.S. is also considering giving the same recognition to the Provisional Jewish Government as the de facto authority governing the Jewish State.

Proclamation by Head Of Government

The creation of "Midnight Times" the State of Israel was proclaimed at midnight on Friday by Mr. David Ben-Gurion, first Prime Minister of the Jewish Agency Executive and now Head of the State's Provisional Council of Government.

The first act of the Council of Government, as announced by the head, was to declare all legislation of the British Mandate, particularly the provisions for the Jewish Agency Executive, null and void.

In the declaration of independence, Mr. Ben-Gurion called on the Arabs of Palestine to restore peace, equality and full civic rights and full representation in all governmental organs of the State.



David Ben-Gurion, first Prime Minister of the Jewish Agency Executive.

On Friday afternoon, the U.N. Council of Jewish Agencies in Acre, some 400 miles from Jerusalem, announced the Jewish State and its official name as "State of Israel". The name was chosen by the Jewish Agency Executive in a special session in Tel Aviv on the evening of the 14th of May. The name was chosen by the Jewish Agency Executive in a special session in Tel Aviv on the evening of the 14th of May. The name was chosen by the Jewish Agency Executive in a special session in Tel Aviv on the evening of the 14th of May.

In the afternoon, the Security Council and State C. It is necessary the trustees resigned from their post. This operation was almost finished, but beyond the western edge of Beer C. State occupied the area in Jaffa Road. The area was then back and the Trustees that was now taken.

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2 Columns Cross Southern Border

In other parts of the city fighting raged on. Jews were shot and the British army moved in to the city.

Ettion Settlers Taken P.O.W.

Settling in the Beer Sheva area, the British army captured the area.

Special Assembly Adjourns

The U.N. Trustees Commission adjourned after adopting a resolution to appoint a mediator but without taking any action on the Partition Resolution of November 29.

COVER ART

Read all about it! Hot off the press! The state of Israel came into existence 68 years ago, on May 12, 1948. *Am Yisroel Chai!* Before then, we mark Yom Hashoah on May 5 and Yom Hazikaron on May 11.



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KOL ECHAD

Kol Echad is the official publication of Forestdale Heights Lodge, B'nai Brith Canada. It is also an associate member of the American Jewish Press Association.

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

May 1	Toronto Marathon
May 10	Bingo
May 15	Installation
June 6	Dinner Meeting
August 7	Lodge Summer BBQ
September 12	Opening Dinner Meeting
October 16	Breakfast Meeting
November 14	Dinner Meeting
December 12	Dinner Meeting
January 9	Dinner Meeting
February 13	Nominations/Dinner Meeting
March 11	Purim Programme
March 13	Elections/Dinner Meeting
April 3	Dinner Meeting
May 8	Dinner Meeting
June 4	Gala 50 th Anniversary Installation

Dinner at 6:30; Meeting at 7:15

Dinner Charge: \$10 members/\$15 non-members & guests

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EDITOR'S DESK

Jeff Rosen



The public desires change.

That became obvious last year when the Liberals, then standing as the third party in the House of Commons, catapulted over the Official Opposition NDP to form a majority government.

The public is seeing the same phenomenon as our neighbours to the south debate their political options for the next four years. In most electoral races, candidates like Bernie Saunders and Donald Trump would have already been pushed to the sidelines. Instead, Trump has crushed most of his mainstream opponents. His main opposition has come from a candidate even further to the right than himself. On the Democratic side of the ledger, Bernie Saunders continues to make impressive gains among his party's faithful.

What does it all mean?

Not being a maven in political analysis, I can only offer my own humble opinion. From where I sit, people are tired of the rhetoric, tired of what they see as the same old offerings from the parties they have supported for years.

It remains to be seen whether these outlying candidates will actually become their respective party's standard-bearers.

Whoever is nominated, and eventually elected as President of the United States, has to realize that the people want more than regurgitated pabulum. They are ready for the truth.

I imagine that Ontarians want this as well. Despite being a devout Liberal supporter, I also see the need for change. No matter how difficult, it is a necessary condition. The Liberals under premiers Dalton McGuinty and Kathleen Wynne have done some good things. However, they have also dropped the ball on too many occasions.

So, who will I pledge my support when Ontarians go to the polls in 2018? The NDP continues to be a non-starter in my books. That leaves the Progressive Conservative Party. However, their leader, Patrick Brown, remains an unknown on so many levels. He seems to keep missing the mark, with his latest musing on eliminating the Ontario government's plan to set up a provincial pension plan.

Continued on next page

I guess he does not realize that too many people do not have the same level of retirement comfort that he and his fellow MPPs enjoy. There is a real desire for change in this province.

Speaking of which, we are about to enjoy our own change, as a new executive is sworn in. Seeing so many new faces joining our executive gives me hope for the future of Forestdale Heights Lodge. After five decades in operation, we certainly need it. Membership may have dwindled, but those that remain are committed to maintaining this Lodge and carrying it into the future.

Spearheading this initiative is our new president, Stewart Indig. As the interim leader for the past few months, he has proved himself worthy of assuming FHL's top mantle. Now, as president, he will have the opportunity to guide and shape our Lodge as it enters its 50th year. Like the captain of a ship, it will be his ideas that will determine our direction.

It is up to all of us to support him and his executive in all endeavours. Why, you ask? Well, simply because it is 2016!

Be well.



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SANDY'S SCRIPT

Sandy Gordon



Pesach is coming, Pesach is coming! By the time you receive your issue of the Kol Echad, Pesach will be finished. At that time, we will say to ourselves, “Gee, that wasn’t too bad!” So what is it with Pesach that continues to intimidate women during this Yuntif?

So let me meander off a little bit and tell you...

Who does the cleaning or supervising of it? Who changes over the dishes and washes them for use this year? Who does the shopping, while trying not to exceed X amount of dollars? Who stands all day and half the night cooking, packaging, and getting the food ready for the freezer? Who shops for all the incidentals like Canada’s finest tableware, tablecloths foil wrap, plastic wrap, freezer bags, parchment paper, etc? Each house is different, some people buy a lot for Pesach and others do with just the minimum of shopping. Whichever way you do it, it is very costly. No matter how you plan and try to save the dollars, you always end up spending more than what you had intended. Depending on when you plan on doing your cooking, you will have to purchase the chicken and vegetables for your soup. That’s easy to do and it can be cooked ahead and frozen in portions.

Myself, I do my shopping in three spurts! The first time around it is matzah, a little bit of canned goods, potato starch, matzah meal, spices, gluten free matzah, and all other items I use that do not have to be refrigerated or frozen!

Then, after the stove and fridge have been cleaned, it’s meat buying time. Trying to keep the budget in line in this department is a chore. Oh well, did you know that eating roast meat is not done in the religious community at the Seder? In fact, I grew up eating chicken that was made in the soup that was a staple at both Seders. As we get closer to the first Seder, the milk products are bought and kept aside in a bag in the fridge. You know you are almost ready when you go back to the store for the 100th time to finally purchase your fruits and vegetables for the Yuntif.

When everything is done, don’t sweat the small stuff, just relax and have a wonderful Yuntif! I’ll tell you a little secret ... what I wrote is just the tip of the iceberg regarding the chores that have to be done.

A Happy and Joyous Pesach to all!

Until the next time.



GOOD & WELFARE

Birthday

Barry Gordon

May 15



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March 29, 2016

Stewart Indig
Acting President
Forestdale Heights Lodge, B'nai Brith Canada
C/o 27 Elise Terrace
North York, ON M2R 2W9

Dear Stewart,

Thank you for your generous gift to Yellow Brick House. With supporters such as you we are able to help women and children rebuild their lives after experiencing domestic violence.

Your \$100.00 donation will be put towards sheltering women and children, providing counseling and educating the community.

Yellow Brick House relies on public support to help the over 6,000 women and children in York Region every year. Women who have experienced trauma and have no place to go, the child who after witnessing violence has a place to express themselves in a positive way through art therapy, a daughter who can be educated about healthy relationships in a peer setting.

All because of you, it is possible to provide services free of charge in over 30 languages to the women and children in need.

Thank you,

Lorris Herenda
Executive Director

President's Pen

Will return next month



BBC


For more programme information on BBC events go to kolechad.ca/bbc.htm

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THIS IS OUR STORY.



APRIL MEETING



At our meeting on April 11, 15 members were treated to a delicious deli dinner from Sobey's complete with all the fixings, including cole slaw, potato salad and pickles. Members present even managed to solve an age-old problem of how to properly open a new container of mustard.

After president-elect Stewart Indig concluded an abbreviated meeting, we sat back, enjoyed some popcorn and watched the film, *Praying with Lior*. This documentary follows the life of Lior Liebling, who was born with Down Syndrome, from his childhood to age 15. The focus of the film is on Lior's bar mitzvah and how he and his entire family worked together to ensure its success.

Thanks to Albert Ohana for the dinner and organizing this unique programme.

A vertical collage of images and text for the Israel Day Festival. At the top is the B'nai B'rith Canada logo. Below it, text reads "Invites you to celebrate Yom Yerushalayim". A photo shows a group of people at an outdoor event, with a girl in the foreground wearing a pink hat and a shirt that says "LEAD OF THE PACK". Below the photo is the text "In Association with". At the bottom, there is a purple box with the text "Na'amat Canada Toronto" and "June 5, 2016 10:00am - 5:00pm". To the right of this is a green box with "21st Annual" and a blue box with "ISRAEL DAY" and a Star of David. Below these is a pink box with "FESTIVAL" in large, colorful letters. At the very bottom, there is a blue box with the website "israeldayfestival.com" and phone number "416.696.5425".



Report & photos by Jeff Rosen

PURIM 5776



On Erev Purim this year, the ultimate Purim Schpiel came from above as the skies darkened earlier than usual and wet flurries fell to the ground. Meanwhile, inside the B'nai Brith Seniors' Residence at 4300 Bathurst Street, 55 people came out to enjoy Forestdale Heights Lodge's annual Purim programme on Wednesday, March 23.

No one will ever know how we managed to more than double our turnout from last year. However, the approximately 44 non-lodge personnel in attendance are a testament to the three-decade-old programme's popularity and importance.

Whether they followed the story of Mordechai and Esther in Hebrew or Russian, everyone sat quietly as Rabbi Jay Kelman recited the Megillah.

After the celebration, everyone enjoyed delicious treats including hamentashen, clementines, and drinks.

On hand to help serve up delicacies were Carl Zeliger, as well as Stewart Indig, Ruth Pupko, Michael Kates, Harvey and Debbi Silver, Albert Ohana and his grandson, Jacob Reich, Barry Gordon, Lisa Rosen and me.

The evening was late, but no one seemed in a hurry to head back to their rooms. Perhaps, our Lodge is offering more than just a spiritual programme. Whatever the reason, everyone in attendance seemed to enjoy the evening.

Special thanks for this annual programme go to Carl Zeliger who co-ordinates the evening and makes it a success every year and to Rabbi Jay Kelman and his family for supporting our endeavour.

Jeff Rosen

PURIM 5776



For more photos, go to
www.kolechad.ca/purim16.htm

TORONTO MARATHON

Sunday, May 1



Forestdale Heights Lodge has participated in the Goodlife Toronto Marathon for close to a decade. Our Lodge is responsible for the first water station on Beecroft Avenue, 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.

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

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TALKING POINTS

Debbi Silver



The date is April 3, 2016 and as I sit at my computer, I am looking outside at a snowstorm....really? How sad for my tulips, as their little heads are just peeking through the earth. Of course, both Harvey and I had our snow tires removed last week. Doesn't Mother Nature know that the first day of the month is the place for such jokes?

Passover is still a little over two weeks away. Unfortunately, the holidays are not always the happiest time of the year for me. Memories of my parents, aunts, uncles and friends lost always come to mind. Over the years, I have tried to replicate my mother's special recipes, lovingly reading over each one. Some of these treasures have been real successes. Others, well, not even my beloved Blue Jays consistently bat a thousand. The wonderful part is that my family never holds it against me if something goes wrong.

Let's change the subject. Our Lodge installation is coming up. I have had the pleasure of working with Stewart, Cathy, and Harvey on this event. We are looking forward to a beautiful evening.

Installation is a time to look forward to the coming year and to ask ourselves what we can do to help Forestdale Heights grow. I realize that some of you play baseball or hockey, but we'd love to see you out at a meeting or a special event.

I had the pleasure of recently volunteering at the B'nai Brith Canada office. It was great meeting the staff.

BBC recently installed a new membership system and I was able to help Elyse Gruenspan in updating the organization's membership files. The BBC office is also busy preparing for the Golf Tournament, which is taking place in May. If you are interested in participating, please call Marty York at the BBC office (416) 633-6224.

Back at the Lodge level, I hear that our executive is looking into some new projects for the coming year. With everyone's help, they can be very successful. Please take note of all the activities in the Kol Echad.

I hope everyone had a wonderful Pesach.

See you at the installation.

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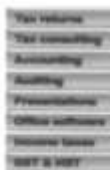
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We are counting down to our 50th anniversary celebration in June 2017. Each month we will look back in time, outlining key events in history. For a complete list of what transpired that year, go to kolechad.ca/fhl50.htm.

1983

FHL Presidents: Zev Scherer/Allen Goldberg

January 1 – The metric system is officially adopted by the federal government although Imperial units are still used.

January 19 – High-ranking Nazi war criminal Klaus Barbie is arrested in Bolivia. On February 6, he was charged with war crimes.

February 28 – The final episode of M*A*S*H airs, setting a record for most watched television episode and reaching a total audience estimated at 125 million.

March 22 – The Israeli Knesset elects Chaim Herzog as President of Israel, by a majority of 61 to 57.

March 25 – Motown celebrates its 25th anniversary with the television special Motown 25, during which Michael Jackson performs “Billie Jean” and introduces the moonwalk.

May 5 – Chaim Herzog assumes office as the sixth president of the State of Israel.

May 17 – Lebanon, Israel, and the United States sign an agreement on Israeli withdrawal from Lebanon.

May 25 – Return of the Jedi opens in theatres.

June 11 – Brian Mulroney replaces Joe Clark as leader of Progressive Conservative Party of Canada

June 13 – Pioneer 10 passes the orbit of Neptune, becoming the first manmade object to leave the vicinity of the major planets of the Solar System.

June 18 – Sally Ride becomes the first American woman in space aboard Space Shuttle Challenger on the STS-7 mission.

November 20 – The Day After airs on ABC.

December 2 – Michael Jackson’s Thriller video is aired on MTV for the first time.

December 23 – Jeanne Sauvé is appointed Canada’s first female Governor General.





ALL STEW

Stewart Indig

Okay gang, since this is my last All Stew for a while. I wanted a recipe that was easy to make and tastes like it came from a 5-star restaurant. Last month we were at a friend's for dinner and she made this soup. It was outstanding. Oh, by the way, it is also gluten-free, as well as dairy-free.

ROASTED GARLIC, PARSNIP AND WHITE BEAN SOUP

INGREDIENTS

1 lb parsnips peeled (about 4)
4 large cloves of garlic left whole, skin intact
1 onion cut on a grater rough pieces
1 tbsp. dried whole or fresh Rosemary
1 can (15 oz.) white beans drained and rinsed
6 cups vegetable broth, no salt added
1 tbsp. lemon juice
Ground pepper to taste
1/2 tsp sea salt
2 tbsp. extra virgin olive oil
Pumpkin seeds to serve
Water as needed

Continued on next page



DIRECTIONS

Preheat oven to 400°F. On a large rimmed baking sheet, toss garlic, parsnips, onion, oil, rosemary, salt (to taste), and pepper. Roast for 45 to 55 minutes, until garlic and parsnips are tender and turning golden.

Once cool enough to handle, squeeze garlic from skins into a blender, along with roasted vegetables, beans, water or broth, and lemon juice (this may need to be done in 2 batches); purée until smooth, adding more water or broth if too thick (depends on dryness of parsnips). Alternatively, add ingredients to a large pot and purée with an immersion blender.

Transfer blended soup to a large pot. Heat over medium, stirring frequently so bottom doesn't scorch. Season with additional salt, if desired. Serve hot with a sprinkle of pumpkin seeds and drizzle of olive oil.

I hope that you enjoy this recipe, as well as the others that have been part of the Kol Echad. As of next month, I am switching to President's Pen. If you would really like All Stew to continue, please send me an e-mail.

Enjoy!

ANNUAL BBQ

Sunday, August 7, 2016 at 5:30 p.m.
at the home of Stewart and Cathy Indig
43 Bryant Street, Toronto

Members - \$15.00 - Guests - \$20.00



For information and to RSVP: Debbi Silver – (416) 223-0780
or e-mail at [**debbisilver@rogers.com**](mailto:debbisilver@rogers.com)

Money must be paid prior to the event

Please mail cheque to Debbi Silver at 27 Elise Terrace., Toronto, ON M2R 2W9.

FUNNIES

Donald Trump was visiting a primary school in Orlando and visited a grade four class. They were in the middle of a discussion related to words and their meanings.

The teacher asked Mr. Trump if he would like to lead the discussion on the word “tragedy.”

The Republican candidate asked the class for an example of a “tragedy.”

One little boy stood up and offered: “If my best friend, who lives on a farm, is playing in the field and a tractor runs him over and kills him that would be a tragedy.”

“No,” said Trump, “that would be an accident.”

A little girl raised her hand: “If a school bus carrying 50 children drove off a cliff, killing everyone that would be a tragedy.”

“I’m afraid not,” explained Trump. “That’s what we would call great loss.”

The room went silent. No other child volunteered.

Trump searched the room. “Isn’t there someone here who can give me an example of a tragedy?”

Finally, at the back of the room, Little Johnny raised his hand.

The teacher held her breath.

In a quiet voice, he said, “If the plane carrying you was struck by a ‘friendly fire’ missile and blown to smithereens that would be a tragedy.”

“Fantastic!” exclaimed Trump, “That’s right. And can you tell me why that would be a tragedy?”

“Well,” says Johnny, “It has to be a tragedy, because it sure as hell wouldn’t be a great loss... and you can bet it wouldn’t be an accident either!”

Trying her best to contain a smile, the teacher left the room.



Our next Bingo will be held on Tuesday, May 10.

If you would like to help out, please contact Richard Kotzen (416) 783-2737 or richkotzen@rogers.com

BINGO

AS I SEE IT

Marc Kates



The 2015-2016 hockey season has now come to an end, and here is an update for all those who wanted to know how my son and his peers did. Depending on the perspective one takes, the answer ranges from a flop to fabulous. The final standings were 8 wins, 16 loses, and 3 ties, but this only tells part of the story.

Back in August, the team met for the first time at the home of one of the players. The kids mingled, played, and enjoyed pizza in the backyard. Little did we realize then what was happening. A group of kids, from various schools and backgrounds began forming a team. Some of the kids and parents knew each other, but most did not. The feeling of warm hospitality extended from the very beginning, even before the first skate touched the ice, carried right throughout the year.



I think it came as a shock to most of us that the kids managed to win their first game back in October, and their second game as well. The third game did not prove to be a charm, and the team suffered its first loss. Losing can also be a learning experience, but I think that we adults learned more about team building and how to lose than the kids did. We watched as the kids came together, tapped my son's (the goalie's) pads, and celebrated as if **they** had won the game. We were not quite sure at first if it had registered that they had recorded their first loss, but honestly, it didn't matter. The kids were equally as thrilled with the results as if they had actually won. Everything that sports is supposed to be, and should be, was summed up in that moment. That moment, repeated itself 15 more times throughout the season, and we parents watched with amazement as it all unfolded.

What a special group of kids there are on the team. They support each other, look forward to seeing each other again, and enjoy a camaraderie that is the bond of a unique community.

We just celebrated our final social outing event of the year at the Hockey Hall of Fame. While we surrounded ourselves with memorabilia, Lord Stanley's Cup, and pictures of the "great ones," the great ones are the kids who made this year a year to remember.

HEALTH IN HARMONY

Rosalie Moscoe



While Passover is a wonderful time to connect with family, recite all the Seder blessings, and the thrill at watching The Ten Commandments on TV, it's also a time when we eat more than usual! Who can resist that second piece of kugel or that third piece of matzah, or Aunt Esther's fabulous, over-the-top dessert?

Now that spring is in the air, it's time to detox so we can think more clearly, increase energy, and feel like taking on the world once again!

7 Tips to Reduce Toxic Load

To reduce your body's toxic load without an elaborate cleansing program, you can try the following gentle detox for a few days.

1. Use foods and herbs that support liver, kidney, and colon detox. Buy and eat organic foods as much as possible to reduce exposure to pesticides and herbicides, or peel fruit and vegetables that are not organic.
2. Drinking a glass of warm water with the juice of half a lemon first thing in the morning is an easy way to support liver health. Make sure you drink 6–8 glasses of pure water a day.
3. Encourage elimination through the skin (the largest organ for elimination) through sweating (in a sauna), or raising the heart rate through exercise or brisk walking if possible. Dry skin brushing is another way to detox.
4. Take a probiotic supplement each day, such as acidophilus to regulate bowels and build friendly bacteria. Plain yogurt contains acidophilus.
5. Avoid processed, packaged foods – chemical ingredients, artificial sweeteners, and trans fat – your body doesn't recognize them as food, and will spend a lot of energy processing, detoxifying, and eliminating them. Read labels.
6. Avoid alcohol – processing alcohol is a lot of work for the liver.
7. Upgrade your personal and household products to reduce the amount of harmful chemicals that you are regularly exposed to.



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 collected at each meeting will be delivered the following day.

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