

KOL ECHAD

Forestdale Heights Lodge
B'nai Brith Canada

November/December 2020
Cheshvan/Kislev/Tevet 5781

Volume 19, No 2

COVER ART



It's less than a month away until we light the Chanukiah, peel the potatoes, and make some holiday treats!

The first candle is lit on Thursday, December 10. The holiday ends on Friday, December 18.

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CONTENTS

Cover Art.....	2
At a Glance.....	4
President's Pen.....	5
Editor's Desk.....	6-7
BBC Initiatives.....	8
Talking Points.....	9-10
Lodge Meetings.....	11-12
Correspondence.....	13
Good & Welfare.....	14
Comment.....	16
Chanukah 2020.....	18
Treasurer's Report.....	19
Perspectives	20
Food Sensations	21-22
Harmony.....	23-24
Forestdale Funnies.....	25-27
As I See It.....	28-29
In the News.....	31-34
Remembrance Day.....	35-36
Comment.....	38
Final Thoughts.....	39



KOL ECHAD

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

It is published five 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 re-garding 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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The UPS Store,
Stouffville, Ont.

AT A GLANCE

November 2	Zoom Meeting
December 7	Zoom Meeting
January 4	Zoom Meeting
February 1	Zoom Meeting

All Dates Subject to Change



Happy Chanukah
To all valued advertisers
From Forestdale Heights Lodge

Thanks for your continued support!

Kol Echad schedule for the 2020-21 season

November 2020/December 2020 – Chanukah Issue

January 2021/February 2021 – Winter Issue

March 2021/April 2021 – Purim/Pesach Issue

May 2021/June 2021 – Wrap Up Issue





PRESIDENT'S PEN

Ruth Pupko

The October 5 virtual Lodge meeting went really well as we discussed and voted upon many issues and programmes. We all agreed on holding monthly meetings so that we can stay in touch. I don't think that anybody is travelling anytime soon, and we will not worry about snowstorms. We all voted on sending larger donations to three charities. I know Debbi has already taken care of this matter. I am very proud of the enthusiasm shown in supporting these fantastic charities that feed and clothe our community members. We are small in numbers, but our hearts are huge.

The holidays/Yom Tovim may be over, and we survived the changes imposed upon us this year. It was really remarkable the way we all rallied and shared lots of different websites. It didn't matter if it was an Orthodox, Conservative, Reform or any other Jewish service. We were united as brothers and sisters.

I've watched a little more of Netflix, old movies and now a new series on Amazon Prime called "A Place to call Home." It has opened up my eyes to the anti-Semitism hate and intolerance to people. This series is set in a small Australian town around the 1950s, and one of the main characters is a Jewish nurse who comes to work at the country hospital. I will not give you the whole story, and the moral of the story is that our grandparents/parents and other immigrants did suffer. Unfortunately, the suffering did not end with the war. We should always be grateful for their sacrifices in fighting for our freedom and the comfortable life that we now enjoy. On November 11, let's take a moment to honour troops and for the generations who fought for our freedom. Let's celebrate the progress and sacrifices that they all made.



Allocation requests are due by December 31. Please send me your requests before the December 7 meeting.

I look forward to our next meeting.

Please stay safe and healthy.





EDITOR'S DESK

Jeff Rosen

Kol Nidre 2020 – like the rest of the High Holiday season – was quite different from years past. Instead of going to a local synagogue, most of us remained at home, tuning into the service of our choice. I started at my own shul before discovering Park Avenue Synagogue in New York. This Conservative shul conducted a beautiful service, complete with a small orchestra. I kept switching computer windows between that and my synagogue in North York. Later, I added a third screen, tuning into a Reform service in Thornhill.

I was struck by how the use of technology united Jews from around the world. The New York service also had a chat feature on the Livestream window, which allowed people to “voice” their comments. I soon discovered comments from Jews in Toronto and other parts of Canada, from across the United States and worldwide.

The next day, I “returned” to the services. Once they concluded, I left the computer terminal feeling uplifted spiritually.

I wonder, will this technological leap change the nature of religious services in the post-pandemic world?

* * *

“Can’t we all just get along?” The thought has run through my mind on more than one occasion this past year.

Back in the spring, it appeared we had entered a new political reality. Political parties with their own agendas were working together to enact emergency legislation to help Canadians thrown out of work. While some programmes were not perfect, it meant that most would not suffer further financial hardship. The political cooperation was amazing to behold and gave me hope that something good would come out of this accursed pandemic.

Continued on next page



Even the animosity between federal and provincial governments vanished. Suddenly, we had the Prime Minister praising Ontario Premier Doug Ford, a person who he had vilified just months earlier as he sought re-election. Simultaneously, the Premier of Ontario was lauding the efforts of Justin Trudeau and one of his chief ministers, Chrystia Freeland, saying she was a good friend.

“I think the world of the deputy prime minister,” Ford said back in April. “We are able to get a lot accomplished just by communicating and collaborating ... As for our relationship with the federal government, we have a phenomenal relationship.”

Of course, nothing good really does last, does it? Now, the federal Conservatives, under a new leader, are attacking everything the governing Liberals are doing. Not only are they criticizing current efforts to keep the country afloat, but attacking them for earlier decisions. I guess consistency has no place in politics.

The Liberals have been far from perfect; mistakes have been made along the way. That, too, was to be expected. After all, there is no guidebook for governing during a worldwide pandemic. They have been guided by their philosophy that governments can and should shoulder a struggling population’s burdens.

Is it the correct way to govern? Who’s to know? I have my own political biases, which sometimes prevent me from seeing the larger picture.

I sometimes wonder what our leaders are really doing every day at Queens Park – besides holding press conferences.

In September, the public school system finally opened, and, as of September 25, it was a complete mess. While a certain degree of confusion was expected, the re-launch could have gone a lot smoother if the governing Progressive Conservatives had unveiled its plans before the beginning of August.

Despite all the insanity blowing around us, we should be grateful to be living in Canada, a country where politicians can yell, scream and accuse each other of misdeeds. After a brief time out for an election, our legislators shake hands and return to their jobs. Democracy remains strong, and there are no concerns about rogue leaders.

Much closer to home, this will be the final issue of Kol Echad for 2020. With Chanukah just a month away, I would like to wish everyone a very happy holiday. May the lights of the Chanukiah serve to light our way through this darkness, and may we all have a better 2021.

Be well. Be safe.



B'NAI BRITH CANADA INITIATIVES

While most of us are safely hunkered down at home, what happens to our poor, the infirm and our elderly, who cannot even afford groceries during this time of crisis, let alone travel outside their home?

We at B'nai Brith closed down our daily meal program for seniors, veterans, and until we can safely recommence with due regard for the safety of our participants.

We have created an emergency response plan to ensure that the needy and at-risk within our GTA community do not have to worry where their next meal is coming from, including those families previously serviced by the Pride of Israel Kosher Food Bank.

\$75 is the cost per week to feed one family. To sponsor bag(s) or further support this B'nai Brith Emergency Initiative, please let us know.


Can you volunteer to prepare and deliver food bags?

As little as one hour a week of volunteering can save a life. All volunteers must be healthy adults, and proper social distancing and compliance with public health measures will be enforced. To volunteer, please e-mail foodv@bnaibrith.ca.

B'nai Brith Canada is proud to offer an easy solution for those looking to donate items but have too much for our donation boxes. Continuing with the Jewish custom of *tzedakah*, we respectfully suggest donating them to B'nai Brith. These can be items of a deceased loved one, a downsizing move, or an estate purge.

B'nai Brith Canada operates a clothing bin donation program which we highly value and is an essential lifeline in our community. We redistribute items to seniors, new immigrants, war veterans, individuals with disabilities and those who are living at or below the poverty line.

B'nai Brith makes it simple. Just give us a call at **416-633-6224 ext. 120** between 8:00 a.m. – 8:00 p.m. Monday through Thursday and 8:00 a.m. – 12:00 p.m. on Fridays, and one of our trained, compassionate specialists will arrange to come to your home, **free of charge** anywhere in the GTA and surrounding areas.





TALKING POINTS

Debbi Silver

It's October 11, 2020. We know winter is around the corner because we just covered up our chairs and tables on the balcony. Seriously, where has the time gone? It's been eight months of COVID-19, and, as of today, it's getting worse. When will this end? Yesterday we were lucky enough to go to Lake Wilcox and walk around a bit, then head up to Newmarket to Astoria for lunch. We were the only people in the restaurant. It was a windy day, but still most enjoyable (Even with our masks on).

July and August have been tough for Harvey and me. Harvey has been recuperating from his knee replacement. I may have said this before, but being a caregiver is not all that it is cracked up to be. It's hard. We've been going to therapy. On the bright side, Harv is doing very well. I'm very proud of him.

This morning we headed to Shoppers to get our "seniors" flu shot. Thankfully that's done. Hopefully, we will have a healthy winter season.

Last week we had our October Lodge meeting. I must say it was quite enjoyable, with 11 people taking part via Zoom. We discussed many items on the agenda. One of the ones that made me sad was that due to COVID, we will not be participating in handing out boxes of cookies/chocolates to the EMS/fire and police stations. It was a big decision, but everyone was in favour of it.

It is soon allocations time, and Lodge members were asked to send in names of organizations where Forestdale Heights could contribute money. It was decided to send out three cheques immediately to organizations helping homeless and low-income families. Harvey was pleased to present a cheque to the Lodge for \$400 from pushka cans. Harvey has done this fundraiser alone - good work, Harvey. Yasher Koach to our members.

Continued on next page



Here are a few locations where our cans are:


- Bagel Plus (Sheppard W.)
- Kiva's (Bathurst/Steeles)
- Centre St. Deli (Centre St.)
- Bagel World (Disera)

The above are four of our best locations. If you happen to shop at the above, please throw your loose change in the pushka.


That's it for now.

Oh my, this is the November/December issue. Have a wonderful, healthy and happy Chanukah and Happy New Year (yet again).





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SEPTEMBER MEETING

On Monday, September 14, Forestdale Heights Lodge entered a new era as it held its first Zoom meeting. Not only was this a first for our Lodge, but it is believed to be the first meeting of its kind among all lodges within B'nai Brith Canada.

Those taking part included President Stewart Indig, the meeting's moderator, Eddie Arkin, Albert Ohana, Ruth Pupko, Jeff & Lisa Rosen, Debbi & Harvey Silver, and Mark Spergel. Given that this was a first for FHL, the meeting went quite smoothly. Unlike in-person meetings of the past, though, there was considerably more cross-talk.

The opening greetings were a great addition to the night's agenda, given that we had not met since January.

Among the items on the agenda was formalizing the recommendations for the Lodge's executive for 2020-2021. These were made at a meeting of the slate committee on January 22. The new executive for the coming season is Ruth Pupko, president, Eddie Arkin, vice-president, Debbi Silver, treasurer, and Stewart Indig, chaplain. Ruth and Debbi agreed to assume the responsibilities of the financial secretary.

Harvey Silver "presented" Stewart a present for serving as president for 1,825 days. He informed him that the gift to him would be delivered in the coming days. Ruth also "presented" a gift to Cathy Indig. This is a long-standing tradition to present a gift to the president's wife.

Allocations to groups' assisted last season were also announced.

It was decided that until further notice, all meetings will be held on Zoom and that Stewart would continue to serve as the moderator.

Jeff Rosen



OCTOBER MEETING

This cursed pandemic has altered life for everyone. However, one thing it has so far failed to do is to put a stop to Forestdale Heights Lodge's monthly meetings.

On Monday, October 5, the Lodge held its second Zoom meeting of the season with our new president, Ruth Pupko, chairing her first full meeting.

Those taking part included the President, the meeting's moderator, Stewart Indig, Albert Ohana, Ray & Rosalie Moscoe, Harvey & Debbi Silver, Elizabeth Bloom, Eddie Arkin, as well as Jeff & Lisa Rosen. This constituted about half the Lodge's current membership.

Despite not meeting in one location, the Lodge did manage to accomplish a lot in a short time. However, cross-talk continues to be an issue.

Before the meeting commenced, members were welcomed into the Zoom meeting room, and we caught up on what was going on in each other's lives.

During the meeting, dates were set for the first two meetings of 2021. It was agreed that it is still too early to talk about what will happen to our annual Purim programme next year. However, a



discussion was held about our popular EMS gift programme. The annual programme, run by Harvey Silver, sees members deliver gift parcels (chocolates) to local EMS stations, fire halls and police stations. It was decided that this year, the programme would be postponed due to COVID-19. This year, we will be sending each location a holiday card. As well, the plan to donate mittens, hats and gloves is also being put on hold. Instead, funds from both projects will be directed to B'nai Brith Canada's Chanukah Baskets Programme.

A few additional allocations were also made, and Harvey Silver reported on how much money has been collected recently from our pushka cans.

The next meeting will be/was held on Monday, November 2.

Jeff Rosen



CORRESPONDENCE



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Forestdale Heights Lodge
Stewart Indig or Debbi Silver

September 23, 2020

Dear Friend,

On behalf of the children and families of Chai Lifeline Canada I thank you for your recent donation.

While we can never understand why children are affected by serious illness, we can help make sure that they and their families have the services they need to cope with the diagnosis, treatment, and repercussions of pediatric illness. Programs like professional case management, tutoring for homebound children, Big Brothers and Big Sisters, emotional support, family retreats, holiday gatherings, family days, sibling programs, and Camp Simcha and Camp Simcha Special, two extraordinary summer camping programs that restore hope and happiness to children's lives, show our families that they don't have to face a child's illness alone.

With your contribution, you have become part of our extended family, dedicated to assisting families through both the crises and the everyday trials of serious pediatric illness. Your support encourages us to continue our mission to deliver these services to sick children.

In this merit, may you be blessed with prosperity and good health for many years to come.

Sincerely,

A handwritten signature in black ink, appearing to read 'Mordechai Rothman'.

Rabbi Mordechai Rothman
Regional Director
The Donald Berman - Chai Lifeline



GOOD & WELFARE

Birthdays

Debbi Silver

November 17

Stan Horowitz

November 20

Albert Ohana

December 9



Anniversaries

Mark & Marla Spergel

December 7

Eddie & Marilyn Arkin

December 28



FHL extends condolences to Marilyn and Eddie Arkin on the passing of her brother, Sheldon Reinsilber.



If you have any memorable 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.

**Rosalie Moscoe recently
celebrated her 75th birthday.
HAPPY BIRTHDAY,
ROSALIE!**



James 🍁 Pasternak

Councillor | York Centre - Downsview

Wishing you

Happy Chanukah!

חג חנוכה שמח



A look back at the year...



Above: Last year's menorah lighting with Mayor John Tory at City Hall.



Top right: Bringing Rosh Hashana to Seniors at Bathurst and Steeles. While it is difficult to gather safely during the pandemic, we can still find ways to spread joy amongst our neighbours.



Bottom Right: Partnering with Bernard Betel Centre for Rosh Hashana Food Drive.

If you need help with municipal services, please contact me:

councillor_pasternak@toronto.ca 416-392-1371 www.jamespasternak.ca

COMMENT



Thank You. Thank you. Thank you.

I just wanted to say thank you to all the members of the Lodge for their good wishes. It has been an enjoyable run as President of the Lodge. I hope that I have served the Lodge well.

I want to wish Ruth much success. It can be trying at times, but she has that great ability to search out ideas or may have her own. She knows that she can always bounce an idea off me and I'll give her my take on it.

Thanks again for your good wishes,

Stewart Indig

Past President, FHL

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A message to Forestdale
Heights Lodge Members

Wishing you and your family a
Happy Chanukah





Keith Irish

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CHANUKAH 2020

For years, members of FHL have gathered every Chanukah to celebrate the festive holiday, schmooze and enjoy great food. Unfortunately, this year, we are unable to meet in one place. All being well, we will all come together, Chanukah 2021, for another fantastic party. In the meantime, we present a collection of “golden oldies” from years past. For the complete slideshow, go to kolechad.ca/chanukah20.htm.



TREASURER'S REPORT

Debbi Silver

Dear Lodge Members and Advertisers,

I am pleased to report that the following Allocations and President's Fund donations were given out to the following during 2019-2020:

ALLOCATIONS 2019-2020

Maot Hittin
Covenant House
Hill House Hospice
Imagine A Cure
Yellow Brick House
Blue Door Shelter
Harvest Food Bank
Pride of Israel Kosher Food Bank

PRESIDENT'S FUND

Humber River Hospital
Canadian Diabetes
Heart & Stroke
Yellow Brick House
Harvest Food Bank
Canada Helps

PRESIDENT'S FUND 2020-2021

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PERSPECTIVES

Twice this week, I have watched an elderly individual fade into the busy life in which we all live. One man just needed Panadol for his wife, but the shop assistant simply said it's in "aisle six." However, he struggled to navigate the supermarket, and as I watched him go in the wrong direction, I left all my groceries and took him where he needed to go.

Today, I watched an elderly man struggle in the heat, who had obviously had a fall with a huge scrape and blood on his leg. He walked past people in the cafe while he slowly made his way to his car. Not one person stopped **OR** looked **OR** even acknowledged him. I took him to his car and checked to ensure he was ok. He told me he had a fall and wasn't sure how the air conditioning in his car worked, so he just didn't use it. I sat with him until the system kicked in. All the while, I listened as he talked about the old frail body that he is in, one that fails him now, every single day.



When you see an elderly person walking down the street, searching in the supermarket or struggling to their car, take a minute out of your busy schedule and ask them if they need a hand. Think about your grandparents and your parents and how pissed you would be if someone didn't stop to help them. But more, think of them as you.

Once upon a time, they were you. They were busy, they had work, they had children, and they were able. Today, they are in an older body that is not going as fast as it used to, and this busy life is confusing. They deserve our utmost respect and consideration. One day it will be you, it will be us. I wish more people gave a sh*t about them and acknowledged them for their admirable existence.

I hope someday, not that far away, someone does it for me.



FOOD SENSATIONS

Oven Roasted Potatoes

 PREP TIME	1 hour 5 minutes
 COOK TIME	30 minutes
 TOTAL TIME	1 hour 35 minutes
 SERVINGS	3 servings
 AUTHOR	Holly Nilsson

Oven roasted potatoes are an easy side dish that goes with pretty much any meal!

Ingredients

- 1 pounds red or yellow skinned potatoes
- 1 tablespoons olive oil
- 0.5 teaspoon garlic powder
- 1.5 tablespoons fresh herbs chopped (rosemary, parsley, thyme, basil)
- 0.25 teaspoon paprika
- to taste coarse salt and pepper

Instructions

1. Preheat oven to 425°F.
2. Scrub potatoes (do not peel them). Dice into 1" cubes.
3. If time allows, soak potatoes in cold water for up to 1 hour. (This removes starch and makes for a fluffier potato). Drain and dry potatoes, if required.
4. Toss potatoes, olive oil, herbs, and seasonings
5. Place on a baking sheet and bake for 30-35 minutes until browned and tender.

Notes

Use any combination of herbs you'd like. Dry spices/herbs can be substituted, use 1-2 teaspoons dry herbs in place of fresh.

Any kind of potatoes will work in this recipe and peeling potatoes is optional.

Nutrition Information

Calories: 147, Carbohydrates: 24g, Protein: 2g, Fat: 4g, Sodium: 27mg, Potassium: 687mg, Fiber: 2g, Sugar: 1g, Vitamin A: 10IU, Vitamin C: 13mg, Calcium: 15mg, Iron: 1.1mg

(Nutrition information provided is an estimate and will vary based on cooking methods and brands of ingredients used.)

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Oven Roasted Potatoes <https://www.spendwithpennies.com/simple-herb-oven-roasted-potatoes/>



★★★★★
4.88 from 71 votes

What Temperature to Roast Potatoes

I most often roast potatoes at 425°F as I love how it crisps the outside. Depending on what else you have going in the oven, you can cook potatoes at a lower temp if needed (but you may need a longer baking time).

The following cook times are for 1" potato cubes:

- Bake at 350°F for 45-50 minutes.
- Bake at 375°F for 35-40 minutes.
- Bake at 400°F for 30 minutes.
- Bake at 450°F for 20-25 minutes.



FOOD SENSATIONS

Chocolate Rugelach

PREP 40 MINUTES

COOK 20 MINUTES

YIELD 20 RUGELACH

Ingredients

For the cream cheese dough:

- 0.42 (8-oz.) package cream cheese, cold and cubed
- 0.83 sticks unsalted butter, cold and cubed
- 1.04 cups flour, plus additional for rolling out the dough
- 0.21 teaspoon salt

For the chocolate filling:

- 0.42 Tablespoon cinnamon
- 0.21 cup sugar
- 2.5 ounces bittersweet chocolate, cut into small pieces or shavings
- 1.67 Tablespoons butter, melted
- 0.42 large egg, whisked with 1 Tablespoon water



Instructions

1. Make the dough by combining the cream cheese, butter, flour and salt in the bowl of a food processor. Blend the ingredients together until the fat becomes evenly dispersed within the flour and it begins to form into a ball.
2. Remove the dough from the food processor (squeezing it into a ball as needed) then place it in a bowl. Cover the bowl with plastic wrap then refrigerate the dough for one hour or up to one day.
3. Remove the dough from the refrigerator and cut it into 4 pieces. Place 3 pieces back into the refrigerator.
4. Combine the cinnamon and sugar in a small bowl. Set it aside.
5. Lightly flour your work surface, then using a rolling pin, roll it into a circle about 1/8-inch thick. (The dough will be very hard, so it's best to first beat it down with a rolling pin to flatten it slightly. It will loosen up as it comes to room temperature.)
6. Immediately brush the rolled out dough with one-fourth of the melted butter and sprinkle it with one-fourth of the cinnamon-sugar mixture. Sprinkle one-fourth of the chocolate onto the dough, pressing it lightly into the dough.
7. Cut the dough into 12 wedges.
8. Roll each wedge up, starting from the thickest end, until you form a crescent shape.
9. Repeat the rolling, topping and shaping process with the other three pieces of dough.
10. Place the rugelach on a parchment paper-lined baking sheet and refrigerate it for 30 minutes. (You can also freeze the rugelach at this point for later use.)
11. Preheat the oven to 350°F.
12. Brush the tops of the rugelach with the egg wash then sprinkle them with additional cinnamon-sugar.
13. Bake the rugelach for 18 to 22 minutes or until golden brown. Transfer the rugelach to a cooling rack to cool completely.

<https://www.justataste.com/chocolate-rugelach/>





HARMONY

Rosalie Moscoe

I sat looking at the computer, and five faces were staring back at me. Yes, it was a Zoom call. I was part of Ryerson's, The Life Institute's "Coffee Break" – a time to discuss, a time to exchange ideas, a time to be social when we cannot be very social at this time. It felt good to connect with others, even with those I barely know.

COVID-19 cases are up, and everyone seems to be panicking, yet Ray and I were taken to a restaurant for my "big" birthday, and the outdoor patio was full of people eating, drinking, and laughing!

However, many are sad that they will not be seeing their families – especially the grandchildren. University students will not be part of the experiences from years past; elementary school children are bound by strict rules and masks. In the private schools, many children sit behind plexiglass bubbles donning their masks. It's surreal. Adults looking for relationships will have to be content with online meetings. Something is missing here!

How do we all cope? Many seniors feel cooped up and feel they cannot do much except grocery shop. Borrrring! I know people have hobbies, and we all must exercise and walk – especially outside – weather permitting. The truth is, we do not like being restricted!

I have found an enjoyable outlet in meditation classes, most mornings – online. Classes are only 15 minutes a day, and I come away feeling that my jitters are lessening. The meditation exercises bring me to a place of calm. According to Perri Peltz, documentary filmmaker, at the Aspen Idea Festival in 2016, published documents on Google Scholar highlights 700,000 research studies on mediation, showing increased activity in areas of the brain associated with attention. You just may grow your brain's grey matter and lessen your response to emotional turmoil. Pain and anxiety have been shown to decrease, and you can even increase your immune function.



You're welcome to join me, as I will take you through a simple meditation exercise; you can try it right where you are! If you like, you can have someone read it to you. If you cannot move your neck well, modify the exercise to suit you.

Continued on next page



MEDITATION EXERCISE – JACS TORONTO

Sit comfortably in a chair, feet on the floor. Take a deep breath in through your nose, breathe out through your mouth. Repeat. Drop your head slowly until your chin touches your chest. Breathing in, start to roll your head slowly to the left, half-way up, then roll your neck back down as you breathe out, your chin resting on your chest. Notice any crackling or pops in your neck. Repeat. Now, breathe in again and, if able, slowly start rolling your head gently to the left, up, and all the way over to the right until your chin is back onto the chest. Repeat.

Now, breathing in, start to roll your head to the right, half-way up, then roll your neck back down as you breathe out, your chin resting on your chest. Notice any crackling or pops in your neck. Repeat. Now, if you're able, breathe in again and slowly start rolling your head to the right up and all the way over to the left until your chin is back onto the chest. Repeat.

If your mind wanders, gently bring it back. Bring your head up. Now take a big breath in, then bring your shoulders up to your ears, hold and quickly, bring down your shoulders as you breathe out. Repeat. Start to focus on your feet, relax each toe, and note the relaxation in your whole foot. Work your way up to your legs, feeling the relaxation; relaxing the shins, thighs, let your stomach go; relax your hips, breathing as you go. Focus on your chest and breathe in and out; notice your arms – drop them or relax them. Let your fingers go limp. Then notice relaxation in your neck and loosen your jaw, relax your cheeks and eyes. Relax your scalp, right to the top of your head. Breathe.



Now, think of somewhere you would like to be, perhaps from your past – a beautiful – or meaningful place. Notice everything about this place. You can be at this destination anytime you want. Stay there a short while. When you're ready, open your eyes and note your feelings.

When I did this exercise, nostalgic tears were brought to my eyes. I saw myself as a camper at a summer camp in Northern Ontario, canoeing on a lake. I was part of a going-away ceremony at dusk, paddling in a red canoe along with other campers each in eight other canoes, all in a long line on the clear black waters. In my mind's eye (and ear), I can hear the sound of the paddles as they dip into the water. In every canoe, an adult held a lit torch to guide our way. I felt serene, surrounded by magnificent high mountains of smooth rocks on each side of the small lake. The coral sun was already sinking into the dark lake.

If you try this meditation, let me know what you see. Meditation is good for mind, body and spirit.



FORESTDALE FUNNIES

Driving

A young boy had just gotten his driving permit. He asked his father, a rabbi, if they could discuss his use of the family car. His father took him into his study and said, "I'll make a deal with you. You bring your grades up, study your Talmud a little, get your hair cut and then we'll talk about it."

After about a month, the boy returned and again asked his father if they could discuss his use of the car. They again went into the father's study where the father said: "Son, I've been very proud of you. You have brought your grades up, you've studied the Talmud diligently, but you didn't get your hair cut." The young man waited a moment and then replied: "You know, Dad, I've been thinking about that. You know Samson had long hair, Moses had long hair, Rambam had long hair, and even Noah had long hair."

The rabbi said, "Yes, and they walked everywhere they went."

The Check-Up

Moshe consults his doctor for a big check-up.

Doctor: "You're in terrific shape for a 60-year -old. You have the body of a 35-year-old. By the way, how old was your father when he died?"

Moshe: "Who said my father is dead?"

Doctor: "Wow! How old is he and is he very active?"

Moshe: "82 years and goes skiing or surfing 3X a week!"

Doctor: "How old was your grandfather when he died?"

Moshe: "Who said my grandfather is dead?"

Doctor: "Wow! How old is he and is he very active?"

Moshe: "106, skiing & surfing and getting married again."

Doctor: "Why on earth a 106-year -old would want to get married again?"

Moshe: "Who said he wanted to? His mother put on tremendous pressure."



FORESTDALE FUNNIES

Is COVID19 a new holiday?

I DON'T KNOW WHICH YOM TOV IT IS:

**WE'RE WALKING AROUND IN SLIPPERS LIKE
IT'S TISHA B'AV.**

**WE'RE WEARING MASKS LIKE IT'S PURIM;
WE'RE ONLY ALLOWED TO EAT OUTSIDE
LIKE IT'S SUKKOT;**

**WE'RE EATING FRUITS LIKE IT'S TU
B'SHVAT;**

**EVERYONE IS WALKING AROUND WITH
CLEANING WIPES LIKE IT'S PESACH;
AND WE'RE EATING MEALS WITH OUR
FAMILIES AND SLEEPING UNTIL NOON LIKE
IT'S SHABBAT.**

**SO WHAT HOLIDAY IS THIS AND WHEN
DOES IT END--'CUZ I'M READY TO MAKE
HAVDALAH NOW.**



FORESTDALE FUNNIES

For the Service


On the morning of Rosh Hashanah, as the congregation was filing into the sanctuary, Rabbi Feldman noticed little Max standing in the foyer of the synagogue staring up at a large plaque. It was covered with names with small American flags mounted on either side of it. The six-year-old had been staring at the plaque for some time, so the rabbi walked up, stood beside the little boy, and said quietly, "Boker tov, Max."

"Boker tov, Rabbi Feldman," he replied, still focused on the plaque. "Rabbi Feldman, what is this?" he said, pointing to the plaque.

The good rabbi tenderly put his arm around Max's shoulder and said, "Well son, it's a memorial to all the young men and women who died in the service."

Soberly, they just stood together, staring at the large plaque. Finally, little Max, in a voice barely audible and trembling with fear asked:

"Which service, Rosh Hashanah or Yom Kippur?"




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AS I SEE IT

Marc Kates

This month's article was submitted on Thanksgiving Monday. Thanksgiving in Canada, for my entire life, just meant a day off in October, usually around Sukkot. There is no pomp and ceremony, and it doesn't look much different than any other Sunday. It was always a day to just catch up on household chores and perhaps do something nice as a family. My most memorable Thanksgiving was one that we experienced at friends' just outside of Boston. It was the ideal American Thanksgiving with literally all of the trimmings. It had a magical quality about it, but without the strict adherence to an order of events like the Passover Seder, and without any sort of timetable and weeks of preparation. This Canadian Thanksgiving, however, was very different. It seemed to take on more importance this year as it coincided with the conclusion of the High Holidays and the new realities of living in a COVID-19 world.



The “goyshe velt” seemed preoccupied that this Thanksgiving would be a negative experience as COVID-19 made it impossible to celebrate with more than one's immediate family, and it just wouldn't be the same. We already experienced a Pesach, Shavuot, Rosh Hashanah, Yom Kippur and Sukkot that looked and felt very different, but we managed to get through it. It was so much as “managing,” but we adapted to the new realities. Sure, we didn't entertain the way we did in the past, and of course, we missed that, but we didn't lose sight of the significance of the holidays. Our focus did seem to shift to new perceptions.

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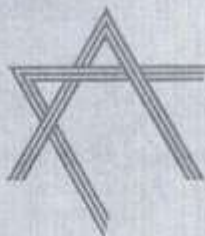


The Rosh Hashanah prayer “*Unetanneh Tokel*” took on new meaning as we recited those famous words, “On Rosh Hashanah will be inscribed and on Yom Kippur will be sealed – how many will pass from the earth and how many will be created; who will live and who will die; who will die after a long life and who before his time; who by water and who by fire, who by sword and who by beast, who by famine and who by thirst, who by upheaval and who by plague...”

With all of the challenges, we still made the holidays meaningful. We still went to shul and made the effort. We decided that this year would not be remembered as the year that “wasn’t,” but what we made of the year. We still ate off our China dishes for the holidays, and decorated our large sukkah with joy. By the time Thanksgiving rolled around, we truly had many things to be thankful for. We have our health, but most importantly, each other.

Yes, COVID-19 makes life more difficult, but we always seem to get through it. We’re not the kind of people who just wait for things to happen to them, but who make things happen.





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IN THE NEWS

B'nai Brith Marks Historic Moment in Federal Politics

TORONTO – In a historic moment for Canada, Annamie Paul has become the first Jewish woman to lead a major federal political party and the first Black woman to lead one on a permanent basis.

In results unveiled on October 3, Paul triumphed over seven other contenders to win the leadership of the Green Party of Canada. Paul was also the Green candidate in the October 26 by-election in the riding of Toronto Centre. Kol Echad went to press before the Toronto by-election.

Paul, a lawyer who speaks English, French, Spanish and Catalan, has faced anti-Semitism and anti-Black racism at times on the campaign trail, but overcame those obstacles to claim victory on Saturday.

“The outcome of the federal Green leadership race marks an important milestone in Canadian politics,” said Michael Mostyn, Chief Executive Officer of B’nai Brith Canada. “The highest echelons of our political system are slowly changing to reflect the diversity of modern Canada’s population.

“B’nai Brith congratulates Annamie Paul on her victory and looks forward to working with her on matters of importance to Canada’s grassroots Jewish community.”

David Lewis, who led the federal NDP from 1971 to 1975, was Canada’s first and, until today, the only Jewish leader of a major federal political party. Vivian Barbot, a Black woman, served as interim leader of the Bloc Québécois from May to December of 2011.



Photo by Annamie Paul - Own work, CC BY-SA 4.0, <https://commons>.



IN THE NEWS

From the Files of JTA

[Israel begins to lift lockdown restrictions as tensions over enforcement mount](#)

[Satmar wedding made 'family-only' after NY officials order halt to plans for 'tens of thousands' of attendees](#)

[In Israel, some journalists are being attacked while covering haredi Orthodox communities during COVID-19](#)

[Sudan will normalize ties with Israel, Trump announces](#)

[Several pro-Trump rallies planned in Orthodox Jewish communities, including one featuring a Trump aide](#)

[Biden winning Jewish vote by over 50 points in Florida and Pennsylvania, polls show](#)

[Ivanka Trump visits the tomb of the Lubavitcher Rebbe as election nears](#)

[For the first time ever, Stockholm has a Swedish-born rabbi](#)

[NY schools in Orthodox neighborhoods with COVID upticks can reopen under new testing plan](#)

[Ivanka Trump says she's pro-life](#)

['All of this will harm us': Leading Israeli Modern Orthodox rabbi condemns Trump](#)

JTA
JEWISH TELEGRAPHIC AGENCY



IN THE NEWS

Jewish Community Applauds Ontario's Adoption of IHRA Definition of Anti-Semitism

TORONTO – On Tuesday, October 27, the Government of Ontario became the first province in Canada to adopt the International Holocaust Remembrance Alliance (IHRA) working definition of anti-Semitism, as endorsed by consensus at the 2016 IHRA plenary.

The IHRA definition is the product of decades of research, study and deliberation by many of the world's foremost experts. It was accordingly adopted by consensus by the governments of more than 30 countries in 2016. The European Union and the United Nations both support it, as do governments across the globe representing every political stripe.

The IHRA definition is strongly supported by the Jewish community in Ontario, its institutions and organizations. B'nai Brith Canada, the Centre for Israel and Jewish Affairs (CIJA), the Friends of Simon Wiesenthal Center for Holocaust Studies, and JSpace Canada applauded the announcement.

“At a time of rising anti-Semitism in Ontario and around the world, the adoption of the IHRA Working Definition in its entirety is a major step forward,” said Michael Mostyn, Chief Executive Officer of B'nai Brith Canada. “From high schools and university campuses to police hate-crime units, this announcement promises much-needed relief for Jews across the province. Ontario will now be equipped to identify and react to incidents of anti-Semitism in a clear and precise way and be better positioned to prevent anti-Semitism and react to it whenever it rears its head anywhere in the province. We applaud the Ontario government for becoming the first province in Canada to adopt the IHRA definition.”

“Today, the Government of Ontario joins a growing number of jurisdictions, at all levels of government and around the world, in taking action against the growing threat posed to our society by anti-Semitism.

Continued on next page



Anti-Semitism cannot be effectively addressed without being properly defined. The IHRA definition is the internationally accepted guideline for identifying anti-Jewish hate, having been adopted by dozens of countries and other institutions, including Canada, the United States, the United Kingdom, and the European Union. The IHRA definition provides a framework that can help guide Ontario government institutions interested in understanding contemporary forms of anti-Semitism, such as Holocaust denial,” said Shimon Koffler Fogel, President and CEO, the Centre for Israel and Jewish Affairs (CIJA).

“We applaud the Government of Ontario for joining the dozens of other governments around the world in adopting the IHRA definition of anti-Semitism, a vital tool in the ongoing fight against hatred and discrimination targeting the Jewish community in Ontario. Jews continue to be subjected to vile rhetoric and propaganda and still remain the minority group most targeted by hate crime, which is nothing less than an affront to our basic democratic values as Ontarians. By making clear what anti-Semitism is and looks like, the IHRA definition will allow civil society and government to work together more effectively in our shared goal of eliminating hatred in our province,” said Michael Levitt, President and CEO, Friends of Simon Wiesenthal Center for Holocaust Studies.

“Our community is blessed with many diverse voices and opinions, but there is a clear consensus about the need to combat the alarming rise of anti-Semitism. We cannot protect our society from the scourge of anti-Semitism if we are unable to name it, to identify it properly, and to address it consistently. By adopting the IHRA definition of anti-Semitism, the Government of Ontario has demonstrated a commitment to implementing human rights and anti-racist policies. The IHRA definition of anti-Semitism has been given broad acceptance by Jewish communities around the world. Ontario is following the anti-oppression norm that victimized groups can best define the terms that describe discrimination against them,” said Karen Mock, President, JSpace Canada.

THIS JUST IN....

HIS NAME WAS

CONNERY....SEAN CONNERY

Foodbenders Faces Municipal Prosecution



REMEMBRANCE DAY



OBSERVANCE IN THE COMMONWEALTH

The common British, Canadian, South African, and ANZAC tradition includes a one- or two-minute silence at the eleventh hour of the eleventh day of the eleventh month (11:00 a.m., November 11), as that marks the time (in the United Kingdom) when the armistice became effective. The Service of Remembrance in many Commonwealth countries generally includes the sounding of the “Last Post,” followed by the period of silence, followed by the sounding of “Reveille.” Services also include wreaths laid to honour the fallen, a blessing, and national anthems.

https://en.wikipedia.org/wiki/Remembrance_Day

Australia

In Australia, Remembrance Day is always observed on November 11, regardless of the day of the week, and is not a public holiday; it is a time when people can pay their respects to the substantial number of soldiers who died in battle.

Barbados

In Barbados, Remembrance Day is not a public holiday. It is recognized as November 11, but the parade and ceremonial events are carried out on Remembrance Sunday. The day is celebrated to recognize the Barbadian soldiers who died fighting in the First and Second World Wars.

Bermuda

In Bermuda, which sent the first colonial volunteer unit to the Western Front in 1915, and which had more people per capita in uniform during the Second World War than any other part of the Empire, Remembrance Day is still an important holiday.



REMEMBRANCE DAY

Canada

In Canada, Remembrance Day is a statutory holiday in all three territories and six provinces. Nova Scotia recognizes the day separately under their provincial Remembrance Day act. Still, Manitoba, Ontario, and Quebec do not treat the day as an official holiday in any capacity.

India

In India, the day is usually marked by tributes and ceremonies in army cantonments. There are memorial services in some churches such as St. Mark's Cathedral and St. John's Church in Bangalore.

New Zealand

New Zealand's national day of Remembrance is Anzac Day, April 25. "Poppy Day" usually occurs on the Friday before Anzac Day. The reason for New Zealand having their Remembrance on Anzac Day happened in 1921. The paper Poppies for Armistice that year arrived by ship too late for November 11, 1921, so an RSA branch distributed them at the next commemoration date (April 25, 1922, which happened to be Anzac Day), and that date stuck as the new Poppy Day in New Zealand.

Saint Lucia

Like Barbados, St. Lucia does not recognize Remembrance Day as a public holiday. Instead, ceremonial events such as parades and other activities are held on Remembrance Sunday.

South Africa

In South Africa, Remembrance Day is not a public holiday. Commemoration ceremonies are usually held on the nearest Sunday, at which the "Last Post" is played by a bugler followed by the observation of a two-minute silence.

United Kingdom

Wreath-laying ceremonies, usually organized by local branches of the Royal British Legion, are observed on Remembrance Day at most war memorials across the UK at 11 a.m. on November 11, with two minutes of silence followed.



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COMMENT

Kingston Olive Oil Company Endorsement

For our last installation, we gave out a sample gift pack from one of our advertisers, namely Kingston Olive Oil. We really enjoyed the balsamic vinegar that we received.

So this year, I suggested to Cathy to get her two assistants a 6pk sampler for Chanukah. I also ordered a large balsamic vinegar for her as well as a 4pk gift pack for some variety.

We got our shipment and were charged for two 6pks but were only shipped one. Less than 30 minutes later, I get a phone call from Amy at the Kingston Olive Oil, very apologetic as she packed my order and knew for sure she did not send two. She would send out the other one tomorrow.

Not only does Kingston Olive Oil have great tasting products (we no longer use salad dressing), they also have amazing customer service. They truly do care about their customer.

Both Cathy and I cannot endorse them enough. Great company, great products.

Stewart Indig



FINAL THOUGHTS

Here we are, mid-October 2020; the days are getting shorter and colder. In York Region, we are back to where we were last spring, with restaurants closing their doors to indoor dining, just as patios are being forced to pack up. Somehow, this time, it is different.

Back in March, there were so many unknowns about COVID-19. There were no guidelines regarding masks or even social distancing. Many of us believed that come summer and warmer weather, life would improve for everyone.

The summer season does that, though; it typically inspires hope for renewal. However, this year is unlike any other we have ever experienced. It requires continued vigilance to a set of rules and guidelines. While relatively simple in theory, they have proven to be an obstacle to a certain subset of the population. These people reject the idea of “short term pain for long term gain.” Their very stubbornness will help ensure this pandemic hangs around this fall and maybe even throughout the winter.

However, I think U.S. President Franklin D. Roosevelt said it best, “The only thing we have to fear is fear itself.” If we all work together, we will get through the worst crisis of our lifetime.

I realize that this message will do nothing to put a smile on most of your faces. However, it is even more reason we must continue to hold our monthly gatherings. Even done virtually, via Zoom, these meetings provide an essential connection that is so desperately needed. Our ongoing communication offers hope for a better future for all.

Forestdale Heights Lodge has been many things for many people over the years. Now, we are serving a new purpose. We are not just helping others. We are helping to retain the essence of Forestdale Heights Lodge; to maintain who and what we are, both as individuals, as Lodge members and as members of society.

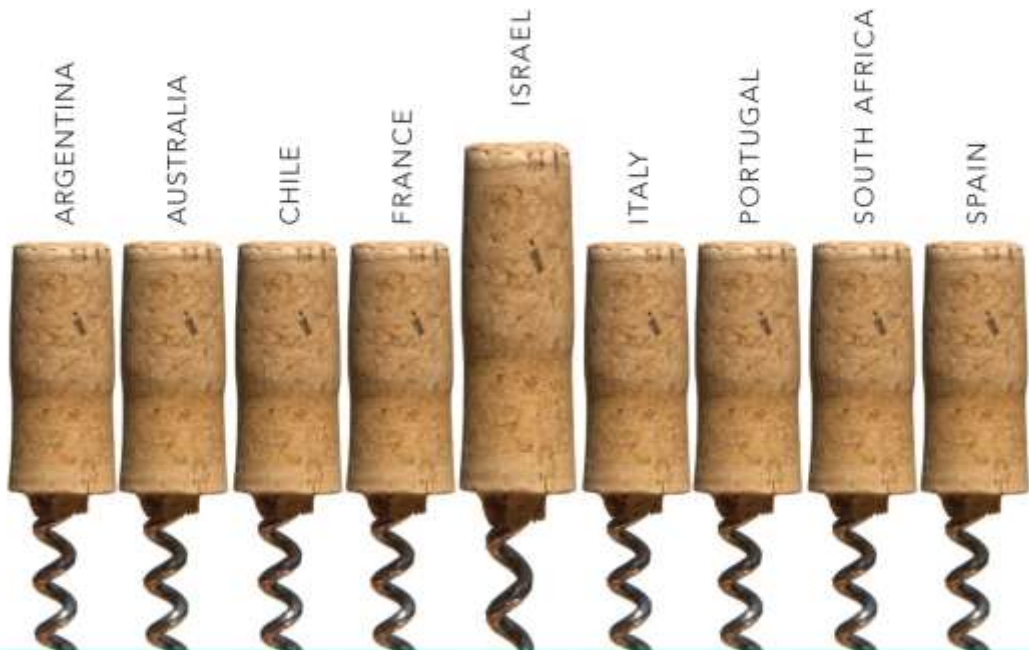
By doing so, we are helping to ensure a brighter future, not only for every member but also for Forestdale Heights Lodge itself.

Jeff Rosen





Happy Chanukkah



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