

KOL ECHAD

Forestdale Heights Lodge
B'nai Brith Canada



Harvey Silver
Remembered
With Love



IN THIS ISSUE:

ISRAEL/HAMAS – 11 PAGES

CHANUKAH
GREETINGS – 8 PAGES

LOOKING BACK ON
YONGE/QUEEN – 4 PAGES

Happy Chanukah

COVER ART



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

The first candle is lit on Thursday, December 7. The holiday ends on Friday, December 15.

Remember, don't leave your home when the candles are burning.

Chag Saymayach

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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 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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PRESIDENTS' PENS

Ruth Pupko

Today is October 9, Thanksgiving Day, and of course, this column is for Kol Echad's Chanukah issue. Who knows what will transform or happen by the time you get the bulletin? Will people wake up and realize what Hamas has done to us all these years and to humanity.

My sister, brother-in-law and her son (who lives in Arizona) met in Jerusalem to enjoy Sukkot and experience Simchat Torah, but this was cut short! They were also supposed to stay another week to hike, enjoy all the sights, appreciate the beautiful old sites and enjoy the wonders of this beautiful country. I will not go on about this anymore, as it is very painful for us and the world to try to understand all this.

Forestdale Heights has been around for many years and has always been around to lend a hand and make contributions here in Canada and worldwide as needed. B'nai Brith Canada and our Lodge brothers and sisters are always the first to stand up for the freedom of all.

Let's pray for a Happy Chanukah and peace all over the world. God bless Canada and Israel.



PRESIDENTS' PENS

Debbi Silver

Will return next issue.





EDITOR'S DESK

Jeff Rosen

It has been said that the past is always with us. Actually, the quote is attributed to Indian poet/writer Rabindranath Tagore and reads in full, “*The past is always with us, for nothing that once was time can ever depart.*”

I started to think about this following a recent story in *The Canadian Jewish News*. Of course, the print edition folded a couple years ago, but their online site, which consists of news and podcasts, appears to be doing quite well. The one article that caught my eye was focused on changes coming to Canada’s premier Jewish news outlet. In it, Yoni Goldstein, *The CJN’s* editor-in-chief and CEO, announced that he would be stepping down in January after 10 years at the helm.



While Goldstein was the person who gave me the news about the newspaper’s restructuring nine years ago (and my subsequent departure), part of me remains tethered to this editor and community institution. I imagine that most of its past employees feel the same way. I mean, how could we feel any different as we interacted with each other more than with our own families on a daily basis?

While I was never close to the outgoing editor, I felt a touch of sadness reading about his departure. He was the paper’s fourth editor I had the pleasure of working with and the last one who connected me with *The CJN*. (*The four editors I worked with were Maurice Lucow, Patricia Rucker, Mordechai Ben-Dat and Yoni Goldstein. Before Lucow, the paper was helmed by M. J. Nurenberger, Sol Littman and Ralph Hyman. Between the fifth and sixth editors, the editorial department was led by Interim Editor Jeff Rosen.*)

Continued on next page



Whoever comes on board next will undoubtedly start by continuing what Goldstein started before veering off and implementing their agenda. For better or worse, that person will have no historical knowledge of the place or its many employees who spent days, months, years and even decades devoted to creating something they could be proud of each week. Maybe that's a good thing. I don't know. Time will tell. Whatever happens, I know I'll feel compelled to follow along and see where this new person takes the institution where I spent 30 years of my life.



I guess that Indian poet had it right. The past is always with us.

Speaking of the past, I had a memory flashback just as we were ushering in the new year when Metroland announced that it was filing for bankruptcy protection, shutting down dozens of community newspapers across the province. Another connection to my decades-long career as a journalist. Before I got started, though, back in 1981-82, I was one of many journalism students at Sheridan College in Oakville. One of the many pieces I did during my studies was an interview with the college's president. I submitted the piece to Metroland's Oakville Beaver and got my first byline in a "real" newspaper (as opposed to a student-run publication).

Now, the print publications of the Beaver, along with many other local publications, will soon be part of journalism history. It's sad, especially considering that all the other print publications I have written for have since closed their doors.

Time continues to march on, but the memories will always be there.

Be well.



AT A GLANCE

FHL will hold Zoom meetings on the second Tuesday of each month in 2023 & 2024.
Start time: 7:00 p.m.

Upcoming Meetings: November 14 (Chanukah party), December 12, February 13,
March 12, April 9, June 11.

No meeting in January and May.

All dates are subject to change.

Kol Echad schedule **for the 2023-24 season**

January/ February – Winter Issue

Deadline: December 10

March/ April – Purim/Passover Issue (*Greetings*)

Deadline: February 10

May/ June – Spring Issue

Deadline: April 10

July/ August – Summer Issue (Digital)

Deadline: June 10

**BE SURE TO CHECK OUT OUR PDF
ISSUE ONLINE AT
www.kolechad.ca**

HISTORY IN BRIEF

Some historical facts for you....

In 2005, Israel voluntarily left Gaza. Israel's soldiers were forced to uproot their fellow citizens from their homes, all in the name of peace. Gaza leadership has been destroying infrastructure ever since. First they destroyed empty buildings that were once synagogues, instead of using them for their own benefit.

Also, Israeli settlers had built greenhouses to grow vegetables when they were living in Gaza. Instead of dismantling them before they left, the settlers sold them to American Jewish donors for \$14 million. The green-houses were then transferred over to the Palestinian Authority in order to help create economic opportunities for the Palestinians. Former World Bank President James Wolfensohn, who brokered the deal, put up \$500,000 of his own cash.

In September of 2005, Palestinians looted dozens of greenhouses walking off with irrigation hoses, water pumps and plastic sheeting in a blow to fledgling efforts to reconstruct the Gaza Strip.

The result was obvious; the Palestinians destroyed their own opportunity to rebuild. A multi-million dollar opportunity to create employment was ripped to shreds with no pushback from leadership. The destruction continued outside of Gaza with unending rockets firing at Israel – hundreds, thousands of rockets. For years now, the children in border town Sderot, Israel run to bomb shelters on a daily basis.



EMERGENCY RALLY FOR THE PEOPLE OF ISRAEL

Am Yisroel Chai - We stand in solidarity with the people of Israel!

On Monday, October 9, 2023, that message was repeated loudly and many times by an estimated 15,000 Canadians - Jews from all walks of life and from every part of the community, as well as from political allies from all levels of government and all political parties at an Emergency Rally for the People of Israel at Mel Lastman Square.



Despite a cool evening, Jews stood shoulder to shoulder draped in and carrying Canadian and Israeli flags as they listened to representatives from the Jewish community and political leaders who proclaimed their unequivocal support for the State of Israel.

Before the speeches began, Israelis thanked Torontonians in an emotional video message. Jews on the front lines of this horror spoke of what started 48 hours earlier and what they were going through. In turn, they expressed their solidarity with Canada and its Jewish community.

The only disappointing part of the evening was the level of verbal abuse directed at Toronto Mayor Olivia Chow, who was introduced by Councillor James Pasternak. The heckling continued as the newly elected mayor began her remarks, even though she condemned the attack against innocents and said that Toronto stands in solidarity with Israel.

"We must not let hate divide us," said Chow, attempting to drown out her opponents. "Let me be clear, I unequivocally condemn the attacks in the strongest possible terms."

Canada's deputy prime minister, Chrystia Freeland, also faced some heckling.

"We're here as Canadians to speak with one voice," said Freeland, Canada's finance minister, calling for a minute of silence for all who had been killed and kidnapped. "Canada stands with Israel unequivocally; we stand in solidarity with Israel. We call for the hostages to be released immediately. The glorification of terror has no place in Canada."

Continued on next page



Freeland introduced York Centre MP Ya'ara Saks to address the gathering before Ontario Premier Doug Ford and his caucus was warmly welcomed by the crowd. Ford denounced the hate rallies taking place in Ontario and around the world as "disgusting." He said they have no place in Ontario and Canada.

Also addressing the evening was federal Conservative deputy leader Melissa Lantsman, who proclaimed her party's support for Israel and condemned brutal atrocities committed by Hamas in what has become the largest one-day massacre of Jews since the Holocaust.



"Extremist bullies must be confronted," said Lantsman, MP for Thornhill. "For all the misery, murder, and chaos across Israel and Gaza, Hamas is responsible. Each time there is a terror attack on Israeli soil, it should shake every person to their very core."

Continued on next page



Lantsman also denounced those in our country who supported the terrorist attacks against innocent civilians.

“Together, we will fight this battle, Israel will win this war, and we will emerge from this stronger.”

The Jewish community was also joined by Canadians of other nationalities, including Azerbaijani and Iranian Canadians, who proudly waved their flags and signs proclaiming their support for the Jewish community and Israel.

– **Jeff Rosen**

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



“(Hamas) is a sadistic, demonic, genocidal terrorist death cult.”

**Conservative Leader
Pierre Poillievre,
Ottawa rally
for Israel**

“ Hamas terrorists aren’t a resistance, they’re not freedom fighters, they are terrorists. And no one in Canada should be supporting them, much less celebrating them.”

**Prime Minister Justin Trudeau,
Ottawa rally for Israel**



BBC DISCOVERS HAMAS FLAG AT RALLY

B'nai Brith Canada is deeply concerned after discovering a flag bearing the emblem of the Hamas terrorist organization at a demonstration celebrating the unprecedented wave of terrorism in Israel.

Over the long weekend, rallies occurred in most major Canadian cities, notably Toronto, Ottawa, Montreal and Vancouver. These events, billed as promoting peace, did anything but. Attendees passed around candy and baked goods to honour Hamas' "sweet" victory – the butchering, mutilating, and kidnapping of the innocent civilians of the world's only Jewish State. Within the past 48 hours, the death toll from the ongoing attack has exceeded 900, with thousands more injured. At least 100 civilians, including children and teenage girls, have been abducted to Gaza.

Participants at these hateful pro-Hamas rallies chanted "Free Palestine... from the River to the Sea," a dangerous slogan commonly understood as a call for the ethnic cleansing of Jews and dismantling of the Jewish State. In Toronto, participants also yelled in Arabic, "Khaybar, Khaybar, oh Jews, the army of Mohammed will return!" – a popular antisemitic chant used to incite extremists – and called upon the Qassam Brigade, the armed wing of Hamas, to carry out attacks in Israel.

Continued on next page



A man waves the Hamas flag at a Toronto rally on Monday for the terrorist group, Hamas.

[B'nai Brith Canada photo]



Hamas is a listed terrorist entity in Canada. Founded in 1987, the group is a murderous Palestinian faction whose charter explicitly calls for its followers worldwide to kill Jews. It rejects all attempts to establish peaceful coexistence between Israelis and Palestinians.

During this latest terror attack, Hamas posted videos to social media where they brutally murder Israeli children, glorify sexual violence against Israeli women, and kidnap survivors of the Holocaust.

“This is exactly why B’nai Brith called on police across the country to preemptively shut down these pro-terror rallies,” said Michael Mostyn, B’nai Brith Canada’s Chief Executive Officer. “The celebration of depraved acts of terror on Canadian streets must be unequivocally condemned and immediately stopped.”



Chrystia Freeland
@cafreeland Follow



My message in Toronto this evening: Canada’s support for Israel is steadfast—and we stand with those who are mourning the loss of so many lives following Hamas’ barbaric terrorist attacks.



9:31 PM · Oct 9, 2023



Karmel Melamed
@KarmelMelamed

A few mainstream news reporters in DC & NY are asking me why millions of Iranians in Iran & worldwide are so supportive of Israel right now and using #IraniansStandWithIsrael?

This photo from Israel this past June is just 1 reason why. Iranians know who truly loves them! 🇺🇸



← Post



1:09 PM · Oct 11, 2023 · 5,147 Views





Melissa Lantsman ✓
@MelissaLantsman



Thank you to my @CPC_HQ colleagues for standing up against the brutal massacre committed by Hamas terrorists and the sadistic violence of extremists bullies on innocent civilians in 🇺🇸.

Thank you especially to our community for showing up and to the Persian and Indian communities for standing with us in huge numbers tonight 🙏. This will end when we see a free Iran and a world that is unequivocal about terror. We will see real action on #IRGCTerrorists when @PierrePoilievre becomes PM. 🇨🇦🇺🇸 #cdnpoli



James Pasternak
@PasternakTO



The City of Toronto is heartbroken and enraged over the mass terror attacks on Israel. The firing of missiles at civilians and taking civilian hostages by Hamas are war crimes. Mass murder and terrorism should be condemned universally.



Jagmeet Singh ✓
@theJagmeetSingh

The violence we've witnessed in Palestine and Israel is heartbreaking.

In these dark times, we must treat each other with compassion and recognize our common humanity.

Canada must push for a ceasefire, the release of all hostages and a humanitarian aid corridor to save lives.

🔄 Ya'ara Saka יורה זקס reposted



Marco Mendicino ✓ @marcomendicino · 11h



I'm shocked & disgusted that, among so much pain in the Jewish community after the terrorist attacks in Israel, we wake up this morning to vile antisemitic graffiti in #EglLaw. There's no place for antisemitism in our community & it will not deter our efforts to fight against it.



Canada in Israel and 3 others



The Gaza Riviera

January 15, 2009

By **DAVID SUISSA**

The Los Angeles Jewish Journal

In the advertising business, clients pay us to dream. To dream means not to be too imbedded with reality, to be unshackled from any inconvenient fact that might interfere with the dreaming process, to be, like they say in self-help seminars, appropriately unreasonable.

The price you pay for dreaming is to expose yourself to abuse and ridicule. In a tough world, you never want to be accused of being naïve. The expression, “Are you dreaming?” didn’t develop by accident.

What you can gain by dreaming, though, is significant. Dreaming is only limited by your imagination, so it can lead you to wild and breakthrough ideas. At the very least, it can give you a new way of looking at old problems.


Why am I telling you all this? Because the other day, as my mind was numb from yet another report from the Gaza war zone, I saw something that made me go off on a wild dream. It started with the sight of two Israeli soldiers as they drove into Gaza in an armored personnel carrier, and as I watched the soldiers, I recalled how much Israelis love to go to the beach.

As if I was hallucinating, I then imagined the same two soldiers in their beach clothes, in a convertible roadster, with a surf board sticking out and the music blasting, and instead of going to war, they were going to meet their buddies for a day of partying on the beach.

They were going to the jetsetters’ newest fun spot: the Gaza Riviera.

To Read full article, go to <http://kolechad.ca/opinion.htm>

David Suissa is a writer and weekly columnist for the Los Angeles Jewish Journal, and is the founder of OLAM magazine



Arafat didn't negotiate – he just kept saying no

This article is more than 21 years old

Benny Morris

The Guardian

Ever since the start of the second Palestinian intifada, a row has raged over who was responsible for the breakdown of the peace process. Now, for the first time, former Israeli prime minister Ehud Barak has weighed in, accusing Yasser Arafat of being a liar who talked peace while secretly plotting the destruction of Israel.

Interview by Benny Morris

Thu 23 May 2002

The call from Bill Clinton came hours after the publication in the New York Times of a “revisionist” article on the Israeli-Palestinian peace process. On holiday, Ehud Barak, Israel’s former prime minister, was swimming in a cove in Sardinia. According to Barak, Clinton said: “What the hell is this? Why is she turning the mistakes we [ie, the US and Israel] made into the essence? The true story of Camp David was that for the first time in the history of the conflict the American president put on the table a proposal, based on UN Security Council resolutions 242 and 338, very close to the Palestinian demands, and Arafat refused even to accept it as a basis for negotiations, walked out of the room, and deliberately turned to terrorism.”

Clinton was speaking of the two-week-long Camp David conference in July 2000 which he had organised and mediated and its failure, and the eruption at the end of September of the Palestinian intifada which has continued since. Halfway through the conference, apparently on July 18, Clinton had “slowly” - to avoid misunderstanding - read out to Arafat a document, endorsed in advance by Barak, outlining the main points of a future settlement.

The proposals included the establishment of a demilitarised Palestinian state on some 92% of the West Bank and 100% of the Gaza Strip, with some territorial compensation for the Palestinians from pre-1967 Israeli territory; the dismantling of most of the settlements and the concentration of the bulk of



the settlers inside the 8% of the West Bank to be annexed by Israel; the establishment of the Palestinian capital in east Jerusalem, in which some Arab neighborhoods would become sovereign Palestinian territory and others would enjoy “functional autonomy”; Palestinian sovereignty over half the Old City of Jerusalem (the Muslim and Christian quarters) and “custodianship,” though not sovereignty, over the Temple Mount; a return of refugees to the prospective Palestinian state though with no “right of return” to Israel proper; and the organisation by the international community of a massive aid programme to facilitate the refugees’ rehabilitation.

Arafat said no. Enraged, Clinton banged on the table and said: “You are leading your people and the region to a catastrophe.” A formal Palestinian rejection of the proposals reached the Americans the next day. The summit sputtered on for a few days more but to all intents and purposes it was over.

Today Barak portrays Arafat’s behaviour at Camp David as a “performance” geared to exacting from the Israelis as many concessions as possible without ever seriously intending to reach a peace settlement or sign an “end to the conflict”.

“He did not negotiate in good faith; indeed, he did not negotiate at all. He just kept saying no to every offer, never making any counterproposals of his own,” he says. Barak shifts between charging Arafat with “lacking the character or will” to make a historic compromise (as did the late Egyptian President Anwar Sadat in 1977-79, when he made peace with Israel) to accusing him of secretly planning Israel’s demise while he strings along a succession of Israeli and Western leaders and, on the way, hoodwinks “naive journalists”.

“What they [Arafat and his colleagues] want is a Palestinian state in all of Palestine,” says Barak. “What we see as self-evident, [the need for] two states for two peoples, they reject. Israel is too strong at the moment to defeat, so they formally recognise it. But their game plan is to establish a Palestinian state while always leaving an opening for further ‘legitimate’ demands down the road. They will exploit the tolerance and democracy of Israel first to turn it into ‘a state for all its citizens’, as demanded by the extreme nationalist wing of Israel’s Arabs and extremist leftwing Jewish Israelis. Then they will push for a binational state and then demography and attrition will lead to a state with a Muslim majority and a Jewish minority. This would not necessarily involve kicking out all the Jews. But it would mean the destruction of Israel as a Jewish state.”

For complete article, go to

<https://www.theguardian.com/world/2002/may/23/israel3>



COMMUNITY

On Friday, October 13, in support of our friends, families and colleagues in Israel, and in defiance of those who would attempt to make us afraid, the Baycrest community came together for a vigil prayer service in support of Israel and to show solidarity against the terrorist acts of Hamas.

Our hearts are saddened and outraged at the evil savagery inflicted on the innocent by terrorists. Baycrest stands with Israel in condemning the barbaric acts committed by Hamas. As we mourn and honour the innocent lives lost, we pray for peace.



Given these recent events, we have enhanced security measures across the full Baycrest campus. These measures include increased security presence and patrols, on-site uniformed Toronto police officers, and constant monitoring of events in and around the city. We have also put into effect an active screening process where visitors will be asked to sign in upon arrival. To streamline security, only the Apotex Entrance #7, Bathurst Entrance #3 and Kimel Entrance #4 are accessible.

Baycrest's legacy is one of compassion, resilience and unity. For over a century, we have weathered challenges and grown stronger together. Our collective thoughts and prayers go out to the families, friends and colleagues of those who have lost loved ones in Israel.



COMMUNITY

ROSH HASHANAH AT CITY HALL

On September 6, Toronto Mayor Olivia Chow and Councillors James Pasternak and Mike Colle hosted a reception at City Hall to celebrate Rosh Hashanah.

They were joined by numerous members of the Toronto City Council and representatives of the Jewish community, including B'nai Brith Canada's CEO, Michael Mostyn. They shared apples and honey and witnessed the blowing of the shofar as they symbolically ushered in the year 5784.



B'NAI BRITH CANADA



VOLUNTEERS NEEDED

B'nai Brith Canada requires volunteers for two-hour shifts to work as greeters and B'nai Brith Ambassadors at bingo halls.

ALL COVID-19 PROTOCOLS WILL BE FOLLOWED


The bingo revenue allows us to provide services such as emergency food boxes to hundreds of seniors who are food insecure, housing to many Holocaust survivors and clothing and other necessities to the most vulnerable in our community.

We need your assistance and ask anyone who can volunteer to contact Cheryl Landy at (416) 633-6224, ext. 134 or e-mail volunteer@bnaibrith.ca for more information.

CONFIDENTIAL REPORTING ANTI-HATE HOTLINE



B'nai Brith Canada operates the country's only Anti-Hate Hotline combating anti-Semitism and racism. If you have been the victim of an antisemitic incident, we encourage you to fill out the form at <https://bit.ly/3irmAAz> or call our toll-free Anti-Hate Hotline at 1-800-892



SEPTEMBER MEETING

Forestdale Heights Lodge launched its 2023-2024 season – its fourth on Zoom – on Tuesday, September 12, with a productive meeting beset by minor technical issues that delayed the start of the proceedings.

As well as Lodge co-presidents Ruth Pupko and Debbi Silver, those in attendance included Zoom moderator Stewart Indig, Harvey Silver, Eddie & Marilyn Arkin, Albert Ohana, Ray & Rosalie Moscoe and Jeff & Lisa Rosen.



After opening remarks from both our presidents, stressing the importance of remaining loyal to the Lodge's key projects, Harvey announced that our long-running pushka program is now over. The only remaining task is to count and roll up the money. A final report will be made at the next meeting.

Ruth said she loves our annual CVS program to aid the Toronto homeless and agreed it would be relaunched this year.

All agreed that a Chanukah party would be held this year on November 14. Cost and location will be decided. Chicken Nest was put forward as a possible place for the holiday dinner. Albert will be looking into the details and reporting back in October.

It was also agreed that Forestdale Heights would make a significant donation to help those affected by natural disasters in Canada. Rosalie will be looking into the best place to make the donation.

The previous issue of Kol Echad was lauded by all, and Jeff explained that the issue was being reprinted and sent out to all members due to a technical error.

After concluding the meeting, we wished each other a sweet new year.

The next meeting was announced for October 10.

Jeff Rosen

A few days after the meeting, Rosalie reported back to the executive, and it was decided to divide a significant donation between the [British Columbia Fires Appeal](#) and the [East Coast Fire Appeal](#).

To donate to either of these funds, click on links above.



OCTOBER MEETING

Forestdale Heights Lodge held a very productive Zoom meeting – its second of the 2023-24 season – on Tuesday, October 10.

As well as Lodge co-presidents Ruth Pupko and Debbi Silver, those in attendance included Zoom moderator Stewart Indig, Harvey Silver, Eddie & Marilyn Arkin, Albert Ohana, Ray Moscoe, Carl Zeliger, (Rosalie joined in later) and Jeff & Lisa Rosen.

While the agenda was light this month, a large part of the meeting was devoted to our popular annual Chanukah party/get-together. This year it will be held on Tuesday, November 14 at Chicken Nest, 3038 Bathurst Street at 7 p.m. It was agreed that members will partially cover the cost of dinner at \$20/person.

The second major discussion related to the recent attack on Israel by Hamas and how the Lodge could assist our Israeli brothers and sisters.

It was decided that the Lodge would make a major donation to help Israeli causes. As well, Forestdale Heights also agreed to make a significant donation to B'nai Brith Canada for the good work it does. Ray agreed to look into the issue regarding where the money will be donated in Israel and report back to the executive. They, in turn, will expedite the matter and get the money to who needs it most.

After studying the issue, it was decided to send a cheque to UJA to be earmarked to the Israel Emergency Fund.

There will be no meeting in November due to our Chanukah party. Therefore, the next Zoom meeting will be held in December.

Jeff Rosen

At Toronto Emergency Rally for Israel





Jeff, Lisa & Jordana Rosen would like to wish everyone in Forestdale Heights Lodge a Happy Chanukah. May the lights on your Chanukiahs shine bright.

Happy Chanukah to all our dear sisters and brothers in Forestdale Heights Lodge!
Enjoy the festivities, your family, and shine your lights brightly.

Ray and Rosalie Moscoe

Eddie and Marilyn Arkin wish all their family and friends a healthy and Happy Chanukah.



Wishing you
the happiest
of Chanukahs

Love the Indig and Levy families

**Harvey & Debbi Silver
and family wish
everyone a happy
and healthy
Chanukah**



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HAPPY HANUKKAH

May the festival of lights bring peace
and joy to you and your loved ones.



HON. MARCO MENDICINO
MEMBER OF PARLIAMENT FOR EGLINTON-LAWRENCE.

 /MarcoMendicino

 @MarcoMendicino

 @MarcoMendicino

Happy Hanukkah



Hon.

MARY NG, MP

MARKHAM—THORNHILL



905-479-8100



Mary.Ng@parl.gc.ca



MaryNgMP.ca



Flappy Hanukkah!

*May the light of the Menorah
bring you peace and joy!*

חנוכה שמח!



LAURA SMITH
MPP - Thornhill



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A message to Forestdale
Heights Lodge Members

Wishing you and your family a
Happy Chanukah





Keith Irish

Councillor Ward 1 — Thornhill

(905)948-5101

kirish@markham.ca

 [@KeithIrish1](https://twitter.com/KeithIrish1)  [Keith.Irish](https://www.instagram.com/Keith.Irish)



Councillor
James Pasternak
York Centre



Wishing you
חג חנוכה שמח!
Chag Chanukah Sameach!



A look back at the year...



Commemorating Rosh Hashanah at City Hall with Mayor Chow and some of my Council colleagues.



Bringing Rosh Hashanah to Seniors at Bathurst and Steeles.



Celebrating Chanukah with friends at 6250 Bathurst Street, Bernard Betel Centre and B'nai Brith Canada.

If you require assistance with municipal matters in York Centre, please contact me:
Councillor_Pasternak@Toronto.ca | 416-392-1371 | www.JamesPasternak.ca

MILESTONES

Birthdays

Debby Zeliger
Debbi Silver
Albert Ohana

November 6
November 17
December 9



Anniversaries

Mark & Marla Spergel
Eddie & Marilyn Arkin

December 7
December 28



FHL wishes a speedy recovery to Eddie Arkin and Ray Moscoe.

MAZEL TOV

To Ezra Silver on the occasion of his bar mitzvah. Ezra is the son of Mark Silver and Shawna Sosnovich, brother of Zoe and Jaime. He is the grandson of Debbi Silver, co-president of FHL, and Harvey Silver, chair of the board of governors and a Lodge past president.

CONDOLENCES

FHL extends condolences to Paula and Ira Kuchinsky on the passing of her mother, Adele Paisley, beloved wife of the late Irving Paisley.


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HARMONY

Rosalie Moscoe

I see many seniors walking, jogging or even biking in the spring or summer months.

However, when the air starts to turn cool, signalling the approach of the winter months, people often hibernate like bears! After dinner, many watch TV and get into a slump, thinking – “when’s this winter going to end?”

Recently, I noticed the senior ‘mall walkers.’ It made me laugh to see them hard at work walking nowhere.

However, as each new birthday approaches, it no longer seems as funny. These determined-looking seniors walk before the stores open or when they’ve just closed. Benefits of walking indoors include no heavy coats, no wind or cold blasts, and no getting soaked as cars speed through slush or snow.

Many malls have walking clubs, especially on Saturday mornings. So why is there a surge in the 55+ age group of walkers?

Some reasons why seniors need to move their bodies:

- To build muscle and burn off calories;
- To reduce stress
- To engage ‘feel-good’ endorphins;
- To keep bones strong;
- To improve balance;
- To lift depression;
- To reduce blood sugar levels;
- To reduce the risk of colon cancer and breast cancer;
- To look and feel a whole lot better.

(Walking from the couch to the fridge doesn’t count.)

Many people I see in my nutrition practice in this age group are too heavy, especially around the middle. This telltale sign is dangerous – more risk of high blood pressure, heart attacks and diabetes. Swollen bellies are usually caused by eating too many high-calorie carbohydrates – soda pop, chocolate bars, plates of pasta, and bread, croissants, cakes, cookies, too many fruit juices, which in excess can raise cholesterol and blood sugar levels.

Continued on next page



So, what does this have to do with walking? If you burn extra calories by walking, your blood sugar, cholesterol, and blood pressure levels (and weight) will decrease.

In addition, by walking, you may cut down your cravings for these types of foods. Yes, it isn't easy to give up comfort foods – foods that often remind us of earlier times in our lives.

We can actually become addicted to those high-calorie carbohydrates, which also score high on the glycemic index scale.



So, are you ready to walk three or four times a week for about 30 minutes at a time?

It would be the best decision you could make for yourself. Walk your dog or ask a friend to join you, making it an enjoyable social event.

Alternatively, you can get adventurous and walk at a shopping mall.

Reprinted with permission, Kol Echad, December 2013

Mall Walking in Toronto: Some malls in Toronto offer organized walking programs. If an organized walking program is not offered, the mall may open early for you to walk. Call your local mall to find out what they offer.



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FOOD SENSATION

Norwegian Lox Latkes

Ingredients:

1 pound potatoes, cooked and mashed (about 3 cups)
2 egg whites
2 tablespoons matzo meal
3 to 4 ounces smoked salmon
(diced)
1/4 cup chopped fresh dill
Salt and freshly ground pepper to
taste
Oil for frying

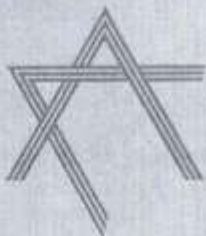
Directions:

Mix potatoes, egg whites and matzo meal very well. Add salmon pieces, blending well. Repeat the process and add dill. Season with salt and pepper. Divide the mixture into equal portions and shape each into latkes. Heat oil in a large skillet. Carefully place latkes in skillet. Cook over medium-high heat until crisp and golden. Flip and repeat until crisp and golden on both sides. Drain on paper towels. Serve at room temperature.

Makes about 12 latkes.

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AS I SEE IT

Marc Kates

In the last edition of Kol Echad, I wrote about our upcoming travels to Holland and Israel. Since penning that article, I've been thinking about the direction of this submission, and what topics I should share in my writing. In my mind, I've crafted many articles about the different places and experiences we had along our journey, but Kol Echad only provides me with limited space. In my efforts to write about them all, I decided to write the following openers or thesis statements, and let the readers imagine that I go into more depth explaining my topic sentences.

* A highlight of our time in Amsterdam was participating in Kabbalat Shabbat Services in the Esnoga, or Portuguese Synagogue, completed in 1675. The stunning synagogue proudly retains its tradition brought to the Netherlands through the expulsion of Jews from Spain and Portugal.


* If there is one thing that would turn a Jew off from going to services, it would be the schmaltz herring served on kiddush tables in synagogues throughout the world. I wouldn't dare touch it. I could never understand how some people salivated at its sight, but its smell kept me far, far away. However, the herring eaten during herring season in the Netherlands is **not** your average octogenarian's herring!

* In the six years since we were in Israel, we couldn't nearly have imagined the construction that fills the country. What we once knew as small villages are now huge metropolises. The pace of change is rapid. We marvelled as we took the high-speed train from Tel Aviv to Jerusalem in just 34 minutes, the new subway line in Tel Aviv, and the new cable car in Haifa.

* While the humble Jaffa orange, Bamba, and falafel are perhaps the most well known of Israeli products, the culinary scene in Tel Aviv is a foodie's delight. Have you ever tried mahalabia, lachuch, or amba?

* The writer, Chaim Nachman Bialik, is quoted as saying, "We will be a normal state when we have the first Hebrew prostitute, the first Hebrew thief and the first Hebrew policeman." As far as I'm concerned, mission accomplished. Bialik's quote was not one that I had ever studied in school, but I did witness firsthand, Jewish drug addicts, Jewish homelessness, and the seedy elements of society. This is not what the founders of the Jewish State, nor I, had imagined.

Continued on next page



* Never, had so many members of the Kates family, of my generation and younger, been in the same room at the same time. That Thursday, in the ancient port city of Caesaria, it all came to pass. How I wish that my grandparents, my parents and my uncle had been there to witness this in person, but I have no doubt that, in their own way, they did.

* Political protests and the right to demonstrate are fundamental to every democracy. The regular Saturday night protests in Tel Aviv are both empowering and troublesome.

* In 2005, a team of scientists sprouted a preserved 2,000-year-old seed, the oldest seed germinated with human assistance. In Ketura, in the Negev desert, stands a palm tree named "Methuselah."

* The Kates family likes beaches, but we aren't your typical beach vacationers. While visiting the beach in Tel Aviv is nice, we are adventure seekers. Imagine canyoneering and rappelling through waterfalls in the Golan Heights, SCUBA diving in Eilat, and hiking in Park Timna in 45°C!

* Finally, as promised, our vote for favourite Israeli falafel joint is Frishman Falafel, located in the Levinsky Market in Tel Aviv.

As this article is being submitted, I can't help but recall the joy we experienced visiting Israel. How that joy has turned to pain, but as we unite, I know that Am Israel Chai!



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FORESTDALE FUNNIES

Before we say goodbye to 2023, we should remember:

Youth is when you're allowed to stay up late on New Year's Eve.

Middle age is when you're forced to.

What New Year's resolution should a basketball player never make?

To travel more.

Did you hear about the guy who started fixing breakfast at midnight on Dec. 31?

He wanted to make a New Year's toast!

What should people never eat on New Year's Eve?

Fire crackers.

What's the one group that hates New Year's Day?

The New Year's Eve clean-up crew.

What happened to the woman who stole a calendar on New Year's Eve?

She got 12 months.

Why do birds fly south for New Year's Eve?

It's too far to walk.

Not to brag, but I already have a date for New Year's Eve.

It's December 31st.

What's the problem with jogging on New Year's Eve?

The ice falls out of your drinks!

More funnies to end 2023 on next page



I love when they drop the ball in Times Square...
... It's a nice reminder of what I did all year.

I would lose weight for my New Year's resolution...
... But I hate losing.

I was going to quit all my bad habits for the New Year...
... But then I remembered that nobody likes a quitter.

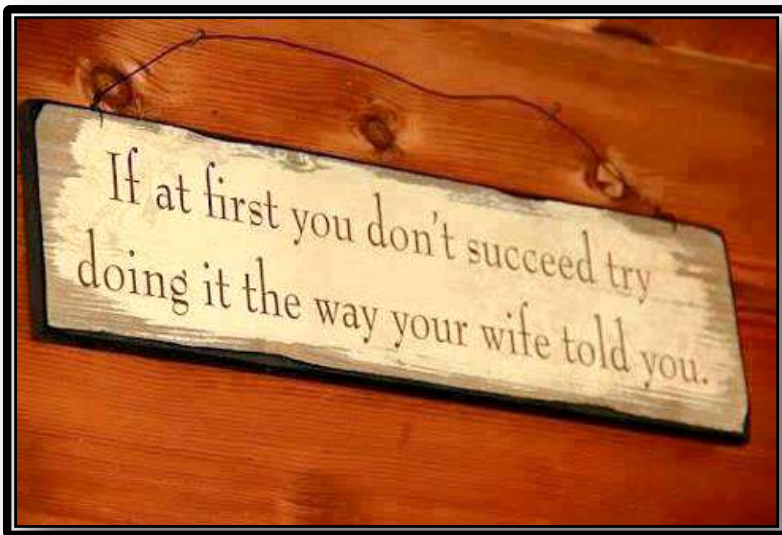
My New Year's resolution is to break my New Year's resolutions.
That way I succeed at something!

Why was 6 afraid of 9 on New Year's Eve?
Because 9, 8, 7...

Who gets the most excited about the New Year's Eve countdown?
Calendar companies.

I'm not buying a 2024 calendar...
Until I see the trailer.

I made a New Year's resolution to stop procrastinating,
But I'm going to wait until next year to start.



PERSPECTIVES

Hawkeye: War isn't Hell.
War is war, and Hell is Hell.
And of the two, war is a lot
worse.

Father Mulcahy: How do you
figure that, Hawkeye?

Hawkeye: Easy, Father. Tell
me, who goes to Hell?

Father Mulcahy: Sinners, I
believe.

Hawkeye: Exactly. There are
no innocent bystanders in
Hell. War is chock full of
them — little kids, cripples,
old ladies. In fact, except for
some of the brass, almost
everybody involved is an
innocent bystander.



LOOKING BACK



B'nai Israel Congregation, at 257 Shaw Street, southeast corner of Dundas Street West in Trinity Bellwoods Park.

Photo taken on August 27, 1922, the day the synagogue opened its doors.

Toronto Star Photograph Archive.

Courtesy of Toronto Public Library.

Beth David Congregation amalgamated with B'nai Israel Congregation, next page, in 1960 and with Beth Am Congregation, below, in 1977 to create Beth David B'nai Israel Beth Am.



LOOKING BACK



Beth Am Synagogue, Keele Street, west side, of Diana Drive, February 19, 1956.

Baldwin Collection of Canadiana Courtesy of Toronto Public Library.



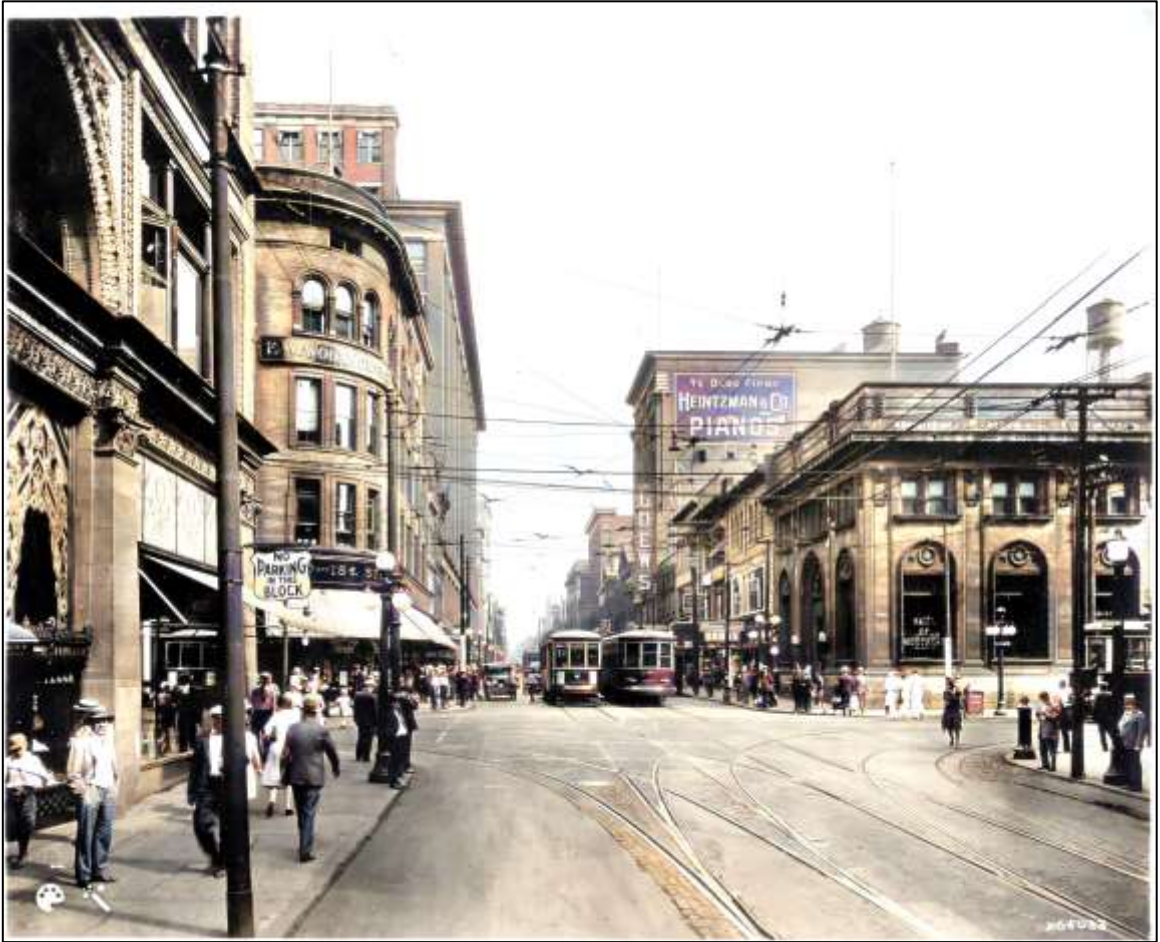
LOOKING BACK



The northwest corner of Yonge & Queen in 1897.



LOOKING BACK



Queen Street looking north up Yonge Street in Toronto in 1920.



LOOKING BACK



The view facing north up Yonge to Queen in 1966.



LOOKING BACK



**The northwest
corner of Yonge
and Queen in
1986.**



**The building in
2012.**



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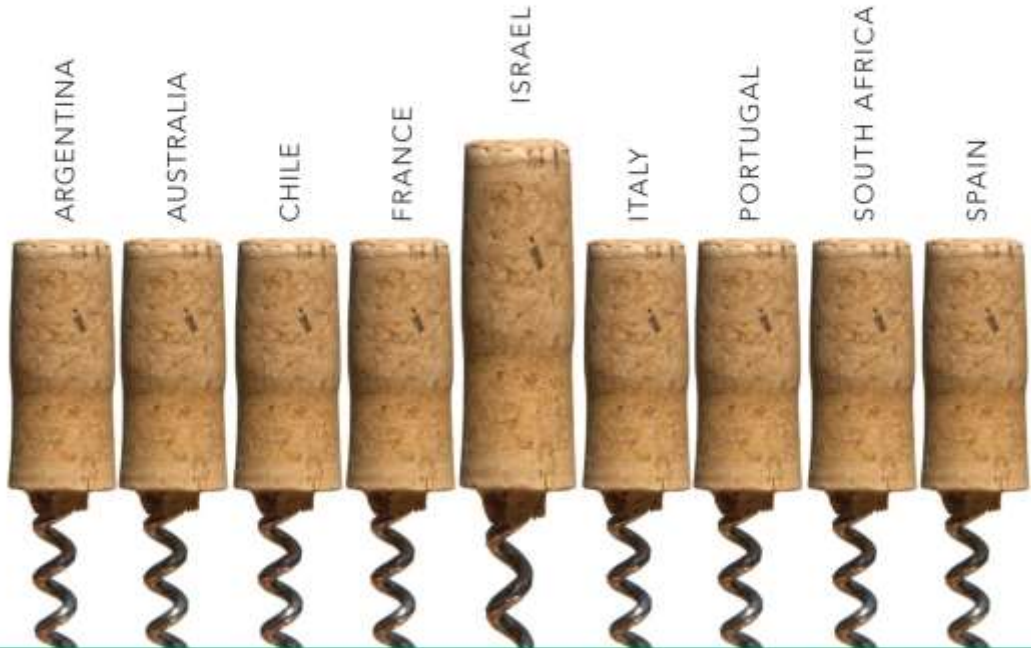
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