

# KOL ECHAD

**September 2013**  
**Elul 5773/Tishrei 5774**



**Remembering**  
**Nate Salter**



**FORESTDALE HEIGHTS LODGE, B'NAI BRITH CANADA**

**Mayor Frank Scarpitti  
and Members of Council**  
Wishing you a very Happy New Year  
**L'Shanah Tovah Tikatevu**



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**MARKHAM**

# KOL ECHAD

Kol Echad is the official publication of Forestdale Heights Lodge. It is published 10 times a year.

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

All material submitted is subject to editing.

The editor may consult with members of the bulletin committee regarding suitability and editorial decisions.

All opinions expressed in Kol Echad are those of the individual writers and do not reflect the views of either Forestdale Heights Lodge or B'nai Brith Canada.

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Jeff Rosen

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Harvey Silver

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Debbi Silver

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# PRESIDENT'S PEN



As summer draws to an end, we reflect back on our time spent over the last few months and look forward to the Jewish holidays.

Unfortunately, for one of our Lodge brother's family, this holiday season will be a sad one. We lost one of our Lodge's past presidents, as well as the Chairman of our Board, Nate Salter. Nate and I joined Forestdale Heights Lodge at around the same time, 44

years ago.

We enjoyed good times together, especially when we worked on the Horizon, which was the first publication for our Lodge. We had many laughs over Nate's articles, one of which was entitled "The Goya." B'nai Brith Canada told us that this name was inappropriate and it had to be changed. It was so very funny!

Nate was so very proud of his wife, children and grandchildren. Debbi and I will miss *Pincus Punim* (Nate), especially his jokes; he was a very funny man. Andrea, we wish you and your family our sincerest condolences on the loss of your husband. Nate, rest in peace.

On a lighter note, I want to thank Stewart and Cathy for hosting our Lodge BBQ in July. Although we had a downpour, everyone fit into the Indigs' living room and kitchen. This was attended by 31 people, including some prospective members. Albert Ohana was our chef, with help from Avery Matlow. The ladies of Forestdale Heights Lodge always pitch in and help with the kitchen duties. Thank you to the BBQ committee: the Gartens, the Indigs, Michael Kates, Albert Ohana and Debbi Silver.

Our opening meeting will be a business one to discuss and outline the plans for the new year.

**Continued on next page**

As stated at the installation, I believe it is important to participate in the Yellow Brick House, Pride of Israel Kasher Food Bank, the gifts to the EMS, police and fire departments at Christmas time, bingos at 4300 Bathurst Street and the Toronto Marathon. There are many other opportunities in the city, which we can participate in, so I hope that one of you is able to bring something to the table.

Fundraising is also an important aspect to the organization. If any one of you has any ideas, please let me know as soon as possible. If you are interested in heading a committee, please let me know.

Social functions have always been a big part of our Lodge. I know that

George Garten is working on the Chanukah party and, hopefully, some other events will take place during the year.

It is important to RSVP for Lodge meetings. Please make sure you call or e-mail Albert Ohana or myself if you plan to attend. Also, please bring a kosher food item to the meetings to be donated to the Pride of Israel Kasher food bank.

Debbi and I wish everyone a very healthy and happy New Year, ***Shanah Tovah!***

I look forward to seeing you at the September 9 meeting.

*Harvey Silver*



Nate Salter installs Harvey Silver as senior VP at the 2010 installation

# OCTOBER MEETING

Please join us at our **October 7 meeting**, when our guest speaker will be Marc Saltzman.

## KOSHER FOOD BANK

Forestdale Heights is a supporter of the Pride of Israel Kosher Food Bank. Members are requested to bring an item of non-perishable kosher food to each Lodge meeting. The food items should bear a kosher certification. Donations of sealed toiletry items are also welcome. Donations collected at each meeting will be delivered the following day.

### AT A GLANCE

September 9	Dinner Meeting
October 7	Dinner Meeting
November 4	Dinner Meeting
November 23	Chanukah Party
December 2	Dinner Meeting

**Dinner at 6:30; Meeting at 7:15**

**Dinner Charge:**

**\$10 members/non-members**

**If you plan to attend, please RSVP**

**Albert Ohana at [salonpiaff@rogers.com](mailto:salonpiaff@rogers.com)**

**or call (905) 597-1999**

DEADLINE FOR ALL ISSUES IS 10<sup>TH</sup>  
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Marc is one of North America's most recognizable and trusted tech experts, specializing in interactive entertainment, consumer electronics and Internet trends.

Marc has authored 15 books since 1996 and currently

contributes to nearly 50 high-profile publications in North America, including USA Today, AARP, MSN, Yahoo!, Costco Connection, Toronto Star, Postmedia, Media Planet, and others. Marc hosts various video segments, including "Gear Guide" (seen at Cineplex movie theatres and sister chains across Canada) and is a regular guest on CNN, CNN International and CTV's Canada AM.

Marc also hosts "Tech Talk," a syndicated radio spot.

*If you plan to attend, please RSVP to Albert Ohana.*



# EDITOR'S DESK



September...the days become noticeably shorter, the evenings cooler, as the summer season winds down. It's also the time of year, when we begin a new season, under the

leadership of our president, Harvey Silver. I know that everyone gives Harvey their full support and cooperation, for while a president can guide the Lodge, the members give it life.

September is also the time when we reflect on the Jewish year coming to an end.

Unfortunately, this past year, Forestdale Heights said goodbye to another beloved member of our group. On July 23, past president Nate Salter, z"l, passed away after many years of illness.

While I did not know Nate outside the Lodge, I had the opportunity to work with him for over two decades through our Lodge bulletin.

When I started in the Lodge, I was given the task of putting this publication together. Back then, who knew from e-mail? As a result, Nate would dutifully write out his message in longhand each month and deliver it for publication.

Now as everyone who has ever read "Notes from Nate" knows, the column was never written in plain English, but Nate's own unique "Yinglish."

Of course, computer spellcheck does not know from "Yinglish," so I spent countless months, days and hours over the years "educating" my computer to understand Nate. It didn't help that the same word would be spelled a different way each month or that one of my many co-editors, would disagree as to the correct spelling and insist it be corrected.

Some said that Nate had a one-track mind when it came to his column.

In some ways, he did, but it was hardly just one track. Each month he delighted us with tales of his family, his wife, Andrea, and three daughters, Shari, Heather and Deborah; their husbands, David, Robbie and Dave, and his grandchildren, Kate, Justin, Owen, Benji and Abby.

You really could feel the love and often the sorrow emanating from his words.

In his final submission, this past April, he lamented that, "*my only regret is that I will only get to spend a few more precious years with [my grandchildren].*"

**Continued on next page**

Unfortunately, Nate was not given the length of years to see his grandchildren grow. However, I am sure he will continue to live through the stories his family will pass down to the next generation.

If his family was his love, antique cars and Forestdale Heights Lodge was his passion. No matter what else was going on in his life, he loved to share tales from the Lodge's past.

It really was a different lodge, one in its infancy and comprised of young members who were starting families and businesses. Despite everything that was going on in their hectic lives, they found the time to lay the foundations for Forestdale Heights. His column this past January illustrated the times perfectly, as he took us back 35 years, recalling when the Lodge was awarded the rights to sell beer and food on Grey Cup Sunday. It was then that his infamous "Atomic Chili" was created.

Nate did not just live in the past when it came to the Lodge. He was passionate about the Lodge's present and future. He continually urged members to become active and to make their own mark on Forestdale Heights.

Nate was so many things, a loving husband, father, a zaidy and Lodge brother. Most of all, he was Nate,

sometimes friend, occasional adversary, but always a true original. I could go on and on, but figured that, one last time, he should have the final word.

*"So, my Forestdale brothers and sisters, hear me well. Each day is a gift. Love as if there is no tomorrow, overcome those things you can, and find a way to live with things you can't change. Do what you can to bring joy to those who matter to you and remember that they call today, the present, because it is a present that you can choose to enjoy."*

*Jeff Rosen*



**Nate and Andrea Salter at Lodge installation,  
June 2008**

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# ALLOCATIONS



At the June 10 meeting, the Lodge approved two allocations recommended by our Allocations Chair, Carl Zeliger, above. The approved allocations were made to Covenant House and to the Pride of Israel Kosher Food Bank.

To have an allocation considered for approval, a member must first submit their request to Carl Zeliger in writing prior to the allocations/Lodge meeting. No allocation requests will be considered at a Lodge meeting.

All requests should be sent to Carl Zeliger [czeliger@wza.ca](mailto:czeliger@wza.ca).



## Stewart's Citrus Punch

375 ml of gin (can use rum or Southern Comfort)

6 oz. lemon juice

1 can lemonade thawed

1 can orange juice thawed

2 litres of a lemon-lime soft drink (ie. Sprite)

1 orange sliced

1 lemon sliced

Add ice

*And enjoy!*



*Stewart Indig*

Shalom & Linda  
Magazzinich



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# SANDY'S SCRIPT



On July 25, Barry and I, along with a capacity filled chapel at Benjamin's, witnessed the funeral proceedings for Nate Salter who passed away on Tuesday, July 23.

I marveled at Nate and Andrea's daughters on how eloquent they spoke about their Dad. They celebrated his life, as well as their own with him.

The letter that Nate wrote to his family after his 70<sup>th</sup> birthday was clearly one of love and devotion for them. Family meant everything to him.

He was so proud of his family ... I don't think one Lodge meeting that he attended went by without comments about his beloved grandchildren. Unfortunately, there were not a lot of meetings that Nate was able to attend.

But he was sincerely missed at the Forestdale Heights Lodge meeting table! Before Nate was too ill to attend the meetings, he was like the glue that held the Lodge together. When we had discussions, Nate would calmly present his point of view as a long-standing member and past president. His advice was always respected!

Classic cars....cars.....cars....Well we used to hear about them at the



meetings. But seeing them definitely was awesome! I must have looked like an idiot taking photos of as many of the classic cars as I could. One such photo is shown on this page.

Nate will long be remembered by his Forestdale Heights Lodge family!

We wish the Salter family long life and may you be spared further sorrow.

*Until the next time,*

*Sandy Gordon*

# GOOD & WELFARE

## Birthday

Richard Kotzen

September 20



## Anniversary

Jeff & Lisa Rosen

September 21



**Forestdale Heights Lodge expresses condolences to Andrea Salter and her family on the passing of her husband and our beloved past president, Nate Salter, z”l. May his memory forever be a blessing.**

*If you have any special moments in your life that you wish to share with the Lodge, please send announcements to [jelijo@sympatico.ca](mailto:jelijo@sympatico.ca).*

## JEWISH HOLIDAYS 5774

Rosh Hashanah New Year	September 5-6 <i>Thursday-Friday</i>
Yom Kippur Day of Atonement	September 14 <i>Saturday</i>
Sukkot Feast of Tabernacles	September 18-25 <i>Thursday-Wednesday</i>
Shemini Atzeret	September 26 <i>Thursday</i>
Simchat Torah	September 27 <i>Friday</i>

*All Jewish holidays begin at sundown on the evening before the date shown*



Ray & Rosalie Moscoe  
wish all our Lodge  
Brothers and Sisters  
a healthy and  
prosperous New Year  
*Shanah Tovah!*



# REMEMBERING NATE SALTER, Z"Z



Nate Salter installs Ray Moscoe as president at 2010 installation

Nate will be missed by all that knew him. I always loved his columns in Kol Echad, always upbeat, fun and truly Nate. As president of Forestdale Heights, he always had the Lodge's interests and members in his heart. He was forward thinking which helped the Lodge to continue in our important views and high regard for CVS as it has done for so many years. He was a true car buff, president of his car club, but we know that number

one for Nate was his family – Andrea, his children and especially his grandchildren. He will be sorely missed.

**Ray Moscoe**  
**Past President, FHL**



Rosalie Moscoe welcomes Nate Salter at the March 2010 meeting

**Toronto Star**

**Nathan (Nate)  
Salter: Race  
cars and old  
cars were his  
passion**

*[bit.ly/13pjcX0](http://bit.ly/13pjcX0)*

**Nate with  
Harvey Silver  
at the April  
2009 meeting**



**Below, Nate  
lights the  
Lodge  
menorah at  
the September  
2008 meeting**



# HIGH HOLIDAY RECIPE

## Honey Mustard Chicken

**Prep Time: 10 minutes**

**Cook Time: 1 hour, 30 minutes**

**Total Time: 1 hour, 40 minutes**

### Ingredients:

- 4 pounds (2 kilograms) chicken pieces
- 2-4 Tbsp. canola oil or 1/4 cup melted margarine
- 1/2 cup honey
- 1/4 cup mustard
- 1 tsp. curry
- 1 clove garlic, minced
- 1 tsp. salt



### Preparation:

1. In a small bowl, mix together melted margarine, honey, mustard, curry, garlic and salt.
2. In a shallow baking pan, place chicken pieces skin-side down. Pour dressing over the chicken. Cover and marinate in the refrigerator for 2 hours.
3. Preheat oven to 350°F (180°C).
4. Place chicken in oven, covered, for 30 minutes.
5. Uncover the chicken and turn skin-side up. Baste.
6. Bake at 350°F (180°C) for an hour or until cooked through and browned. Baste once or twice during the hour.

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# WOODBINE 2013

The 2012-2013 season for Forestdale Heights ended as it began, as nine members of FHL came out for a buffet lunch and an afternoon of horse racing at Woodbine Racetrack on Sunday, June 9.

While the turnout from our Lodge keeps declining each year, everyone seemed to enjoy themselves, whether or not they were winning at the track. No doubt, the fantastic camaraderie made this such a wonderful programme.

We were also treated to gift vouchers which allowed us to try our luck in the casino.

Among Lodge members present were Harvey and Debbi Silver, Ray Moscoe, Jeff and Lisa Rosen, Michael Kates, Richard Kotzen and Rhona Leviston and George and Charlene Garten. We were also joined by friends of the Gartens, Marla Matlow, Lisa Silver, Jordana Rosen and a few members from other B'nai Brith Lodges.

Special thanks to George Garten for all his work in making this programme a success.

*For more photos, go to [kolechad.ca](http://kolechad.ca)*

*Jeff Rosen*



# High Holiday Greetings



*The Silver family wishes everyone  
a very Healthy and Happy New Year*

Harvey, Debbi, Lisa  
Mark, Shawna, Zoe, Jaime & Ezra



*Best wishes for  
a Happy & Healthy New Year*

George & Charlene Garten

*Best wishes for a year  
of health and happiness to all*

Jeff, Lisa & Jordana Rosen



*Best wishes for a  
Happy & Healthy New Year*

Carl, Debby,  
Rachel, Rebecca & Josh Zeligler



# High Holiday Greetings



*Wishing you all  
a very Happy and Healthy New Year*  
Honey & Albert Ohana & Family

*Best wishes for  
a Happy & Healthy  
New Year*

Michael Kates  
& Family



*Best wishes for a  
Happy and Healthy New Year*

Barry & Sandy Gordon

& Family



*We would like to wish  
all our friends at  
Forestdale Heights Lodge  
and their families  
a very Happy and  
Healthy New Year*

Ivan and Elizabeth Bloom

Ruth & Aaron Pupko



*Wishing all our  
family and friends  
a Happy, Healthy  
New Year*

*Best wishes for a Happy  
and Healthy New Year*



Cathy & Stewart Indig  
& family



*To all our Forestdale Heights family  
all the very best for  
a Happy & Healthy New Year*



Rhona Leviston  
& Richard Kotzen

# High Holiday Greetings

*Best wishes for a  
Happy and Healthy New Year*



Marla & Avery Matlow

גמר חתימה טובה



Gmar Hatima Tovah

My best wishes to all our dear lodge members and families  
for a happy, healthy and peaceful New Year.

Rosalie Moscoe, RHN, RNCP

Stress-relief or nutritional private phone coaching

Registered Nutritional Consultant Practitioner

Author of *Frazzled Hurried Woman! Your Stress Relief Guide to Thriving...Not Merely Surviving*



*Shanah Tovah to all  
members & their families*



FHL Executive

# HEALTH IN HARMONY



What a year! Too many times on the *feld*, saying goodbye to loving Lodge members such as our dear Irv Pupko, z”l, and now our old friend Nate Salter, z”l.

The Lodge is in a sense of mourning for these long time members that gave so much to our Lodge, to society and to their families. The circle of life continues as their families pick up the pieces and we know we all must go forward. Yes, we need to go forward, not only to enjoy our days on this earth, but also to do the best we can to make this world a better place as did Irv and Nate.

No one knows when our time is up, so we must drink in the beauties of each day – enjoy walks in nature, give a kind word to others, especially to those who need it. If you think someone is talented, resourceful, kind, or inspiring and never shared it with them – tell them. They may need to hear it, for we all need encouragement in our lives – especially as we age. If you need to make peace with someone you haven’t talked to for a while, see if you can make amends or at least

forgive them if you can. You never know when it’s too late to do that.

Since the High Holidays are times of introspection, ask those age-old questions: Why am I here? What was I meant to do? What can I do to enrich my life or the life of someone else? What do I want to do so that I can go forward in my life – learn something new? Is there someone in my family or an old friend who needs more attention?

The High Holidays are a good time to ask questions so that we can bring higher value to our days and even our moments. For we’ve survived as a people through our religion, our love of G-d, through our tenacity to succeed and a desire to do good. But truly Jews continue to survive due to always creating something out of nothing and due to our goals for the future. So make something happen: make plans, create joy.

In the words of a German novelist and poet, “Energy is the basis for everything. Every Jew, no matter how insignificant, is engaged in some decisive and immediate pursuit of a goal...They are the most perpetual people of the earth.”

- Johann Wolfgang von Goethe, German dramatist, novelist and poet (1749 - 1832)

*Rosalie Moscoe*



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# FORESTDALE FUNNIES

## Speeding in Ontario

1) Good: A Caledon OPP, policeman had a perfect spot to watch for speeders, but wasn't getting many. Then he discovered the problem. A 12-year-old boy was standing up the road with a hand-painted sign, which read RADAR TRAP AHEAD. The officer then found a young accomplice down the road with a sign reading TIPS and a bucket full of money. *(And we kids used to just sell lemonade!)*



2) Better: A motorist was mailed a picture of his car speeding through an automated radar post in Kingston. An \$80 speeding ticket was included. Being cute, he sent the police department a picture of \$80. The police responded with another mailed photo, of handcuffs.

3) Absolute Best: A young woman was pulled over for speeding. As the Ontario Provincial Policeman walked to her car window, flipping open his ticket book, she said, "I bet you're going to sell me a ticket to the OPP Ball." He replied, "OPP don't have balls." There was a moment of silence while she smiled, and he realized what he'd just said. He then closed his book, got back in his patrol car and left. She was laughing too hard to start her car.



---

**At left, Avery Matlow and Albert Ohana at the BBQ at Indigs' home.**

# FHL SUMMER BBQ

The sky may have been overcast, the ground soggy and the rain coming down non-stop, but FHL's third annual BBQ was a tremendous success, none-the-less.

This year about 31 people gathered at the home of Stewart and Cathy Indig for the Lodge's third annual BBQ on Sunday, July 7.

The wet weather forced everyone to congregate inside the house, where they started the evening with a variety of hors d'oeuvres, including dips and BBQ salami.

Dinner included BBQ chicken and steakettes, salads and cole slaw with fresh fruit and pastries following.

All in all, this social programme was terrific; the camaraderie was typical of all FHL get-togethers, relaxed and enjoyable.

Special thanks go to all the chefs (too numerous to name) who created the delicious dinner, to our president Harvey Silver for ensuring the programme came together, to George Garten for spearheading the event and Stewart and

Cathy for generously giving their home for the occasion.

If the programme proved one thing, it is that nothing – not even inclement weather – can dampen the spirits of Forestdale Heights Lodge

*Jeff Rosen*

*For more photos, go to  
kolechad.ca*





# FHL SUMMER BBQ



# AS I SEE IT



We Jews are an optimistic people. We look to the past only as a means to guide our present and future. 5774 is around the corner. We don't yet know what the Almighty has in store. G-d knows we've had our *tsuriss*, and no family remains untouched by sadness, death and hard times. Somehow, we manage to get through the difficult situations and persevere.

Rosh Hashanah, and indeed the High Holy Days, is a time of reflection and introspection.

We aim to take stock of where we are at this point in our lives, and attempt to improve and augment our lives in such a way that will render positive results. Goals need not be lofty ones, but small, positive changes will lead to more. Pirkei Avot (Ethics of our Fathers) 4:2 states, "מצווה גוררת מצווה" (one good deed will bring another good deed).

I have often heard the shofar compared to an alarm clock. Its haunting reverberation is meant to wake us from our slumber. It is

referenced many times throughout the Tanach. The shofar, the simple ram's horn, is reminiscent of the binding of Isaac, and Abraham's complete and utter faith in G-d who instructed Abraham to sacrifice his son. It was an instrument to announce the new month, the start of wars, and used in the Temple in Jerusalem.

The shofar, along with apples and honey, round challahs and pomegranates, are symbols of the possibilities that the new year may bring. We Jews believe that it's not an issue of "que sera sera," and that whatever will be, will be, but our actions have a role to play in shaping whatever happens in 5774.

Think about the small things that you can do to engage in *tikkun olam* (repairing the world). Offer a seat to a pregnant woman on the subway, hold a door open, gossip less and smile more. You are the key to a better tomorrow.

So, as we listen to the blasts of the shofar, may the 5774 that we create be one of happiness, friendship, good times and laughter.

*L'Shanah Tovah U'Metukah,*

*Marc Kates*



# Rosalie Moscoe

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*Shana  
Tova!*



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