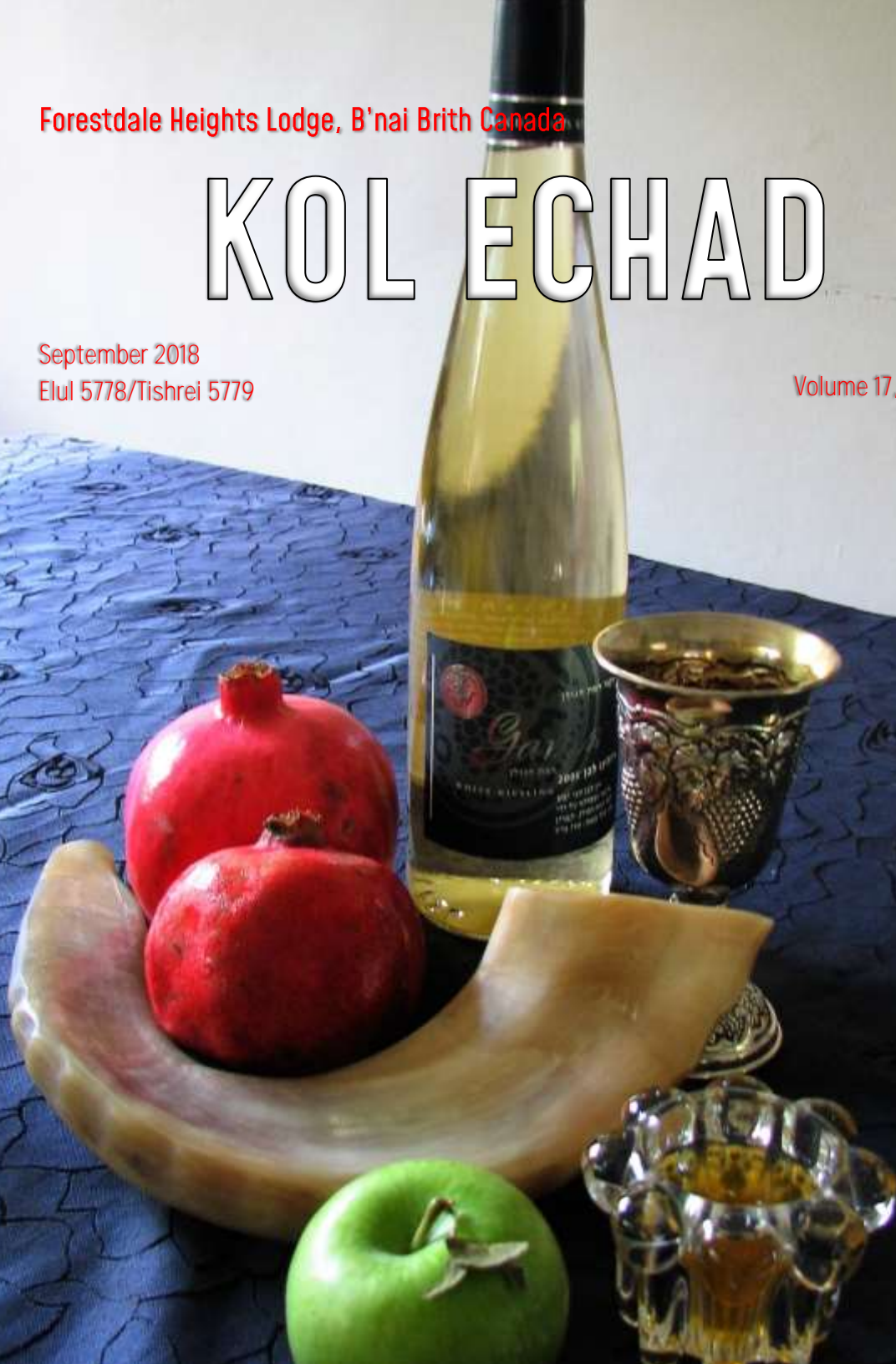


Forestdale Heights Lodge, B'nai Brith Canada

KOL ECHAD

September 2018
Elul 5778/Tishrei 5779

Volume 17, No 1



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PRESIDENT'S PEN

Stewart Indig



Welcome back to all Lodge members. It has been an exciting summer for some of us. Harvey and Debbi have moved from their home on Elise Terrace to a condo in Thornhill! I continue on my weight loss journey. These two events have one thing in common - downsizing.

Our Lodge in the past year has also downsized. I would think that both Harvey and Debbi would agree that downsizing, although difficult to go through, certainly does have its benefits.

For me the benefits of the weight loss are life changing. As I am writing this, Premier Ford is talking about downsizing the Toronto city council.

So, how does downsizing affect the Lodge? Membership is down, but the members that we do have are very active in one way or another. We no longer have trustees. Ever since I have been a lodge member, the role of the trustee was nil. They were just elected to be on the executive. We went from three vice presidents down to two. The truth is we did not need one in nine members to be a vice president. So now, the executive today is leaner. The fact is we can accomplish more. (Funny enough, Ford is using the same logic)

I would like to see some social events come back. Cathy and I did enjoy the lunch at Woodbine Racetrack. Does anyone want to spearhead that outing? I think we should open it up to friends as well. I would also like to see a bowling afternoon.

From the turnout at the installation/BBQ, we do like our social events. Let's continue that trend. We do lots of CVS, so the only thing we fall short in is programming. I am sure that at least one of you has some ideas. Please speak up at the September meeting.

All in all, downsizing is not so bad at all. For me, it had been quite the journey. It is not easy, but it is doable. The same holds true for the Lodge.

Cathy and I want to wish you all a very happy, healthy and meaningful New Year.
Shanah Tovah.

KOL ECHAD

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

It is published 10 times a year.

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

All material submitted is subject to editing.

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

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

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Marc Kates
Lisa Rosen
Debbi Silver

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Aaron Pacter
Michael Pacter

AT A GLANCE

September 17	Opening Dinner Meeting
October 8	Dinner Meeting
November 12	Dinner Meeting
December 10	Dinner Meeting
January	No Meeting
February 11	Nominations & Dinner Meeting
March 11	Elections & Dinner Meeting
March 20	Purim Programme
April 8	Dinner Meeting
May 5	Toronto Goodlife Marathon
May 13	Dinner Meeting
June	52 nd Annual Installation

All Dates Subject to Change

Dinner at 6:30; Meeting at 7:15

Dinner Charge: \$10

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COVER ART

It's almost time to usher in a new Jewish year. The year 5779 starts the evening of Sunday, September 9 and concludes on September 11. Kol Nidre falls on Tuesday, September 18.

EDITOR'S DESK

Jeff Rosen



I find it fascinating that I can't remember what I had for dinner two days earlier, but can recall things that happened over 20 years ago. I guess that is what happens once you pass the half millennium age marker (which I vividly remember took place 10 years ago).

I started thinking of this at the end of June when we found out that Lisa's uncle – a family favourite to everyone in our household – passed away after losing his fight against cancer. Although distance kept us apart and we had not seen each other in years, Lisa made sure that the family bonds remained strong by regularly calling him and his wife in Florida.

Although we lived in different countries, we still loved to talk about the stock market, and he always took an interest in how my career was progressing.

Those are memories that are more current though. Moving backwards through the years is where the real memories reside. During our early years of marriage, we often visited and stayed with this wonderful couple, who lived just north of Detroit. Of course, every visit would include time aboard their catamaran. It was peace and tranquillity at its best. Arriving at the dock, I would help her uncle get the boat ready before we left for a relaxing afternoon on the lake. At the end of the day, the procedure would be repeated, as we docked, tied up the boat before the canopy roof was lowered and locked. I thought back then – and still do – that this was what life was about.

Our visits continued when Jordana arrived on the scene. However, staying with them meant a few changes that come when travelling with a child. No matter what the situation was, we always were welcomed warmly. Once they even insisted that we enjoy an evening out and took care of our three-year-old daughter. Being an easy-going child, I'm sure that they found Jordana to be the perfect charge. The generosity of their offer has never been forgotten.

Continued on next page

Taking her out on the lake was not as easy. Lisa's uncle insisted that Jordana would have to wear a lifejacket and went out and bought a new one, for the one-time journey. We naively thought, "No problem." Unfortunately, Jordana had other ideas and put up a fuss during our entire trip on the lake. Our child did finally calm down; unfortunately, it was not until we returned to the dock.

They were great people to be with, and I will always consider them life mentors. Although her uncle is no longer with us, I know that my memories of his love and generosity will never fade.

On behalf of Lisa and Jordana, I would like to wish you a sweet new year. May your health and memories always remain strong.

Shanah Tovah.

FOOD SENSATIONS

PARCHMENT BAKED SALMON

Place salmon fillet with skin side down in the middle of a large piece of parchment paper; season with salt and black pepper. Cut 2 3-inch slits into the fish with a sharp knife.

Spray fillet with cooking spray and arrange lemon slices on top.

To close, fold **parchment** over **salmon**; make small overlapping pleats to seal the open sides and create a half-moon-shaped packet.



Place on a rimmed baking sheet; bake until **salmon** is opaque throughout, 15 to 17 minutes.

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SUMMER BBQ/51ST INSTALLATION



A year ago, – Sunday, July 8, 2017 – Forestdale Heights Lodge members and spouses gathered at the home of Lodge president Stewart Indig and his wife Cathy for our ever-popular summer BBQ. Everyone had a great time, and when the evening finally came to a close, there was no question that the social programme would continue.

How could we make it even better though? The answer, of course, was to tie it in with

another favourite social outing: the annual Lodge installation.

One year later, the Indigs again graciously opened their home to the Lodge, as Forestdale Heights held its first combined summer BBQ and installation, with the emphasis on the cookout part of the evening.

As guests started to arrive, they were warmly greeted by Stewart and Cathy and, before you can say, “let’s get this party started,” the hors d’oeuvres were out, our president’s famous punch was flowing, and the BBQ began to heat up. As well as veggies and dips, everyone got an opportunity to sample a variety of hummus flavours and toasted pita, as well as sushi. As we sat around the backyard, schmoozing and catching up on each other’s lives, our chefs for the evening, Albert Ohana, and Stewart brought around lamb ladyfingers.

The appetizers did the trick, and the 17 people in attendance seemed to lose track of time before the announcement came. Dinner was almost ready, and the chefs wanted to know who was having what: steak, chicken, or salmon.

Continued on next page



Finally, the call came, and dinner was ready. Everyone headed over to pick up the food before finding a place to sit around one of the backyard tables. Perhaps it was the perfect weather, which was not too hot, not too cold, or the simple informality, but everyone was having a great time and in no rush to rush through the evening.

Dessert was next on the agenda, but before anyone (ok, most of us) could sample the delicious fruit, tarts or cakes, Stewart pointed out that the evening was indeed also an installation and that he felt duty bound to make a speech. However, our long-serving leader kept it brief and to the point, thanking everyone for their dedication and hard work. Instead of handing out awards, he announced that donations had been made in members' names to the Israel Guide Dog Center for the Blind.

Immediately afterwards, I presented the newly re-installed president with a token of the Lodge's appreciation, a commemorative book marking last year's 50th installation. Afterwards, Harvey Silver presented him with the Lodge charter, which had just been reframed.

Then it was on to the desserts and more schmoozing after the women were presented with beautiful serving dishes. At one point, it was pointed out that the old executive should be uninstalled and the new one installed. However, given that the old and new were practically one and the same, past president Carl Zeliger rose and accomplished both with a few brief comments, which were appreciated by all.

A few thought that the evening would never end. However, shortly after 9:00 p.m. one person rose, saying they had to leave. Like most functions, once one person goes, it starts an orderly wind-down process. Everyone started to say their goodbyes, thanking the Indigs for again hosting a fantastic summer social function.

The 2018 BBQ was over, and like others in the past, a 100% success. As for the 51st annual installation, it was definitely low key, but given the fact that our president was being installed for his third term, it was the best way to handle the function.

Thanks to all those who helped plan the evening and make it so great.

Jeff Rosen

For more photos, go to
kolechad.ca/bbq18.htm





SUMMER BBQ/ 51ST INSTALLATION



שנה טובה ומתוקה!



שנה טובה



Ray, Rosalie and family
wish our dear sisters and brothers
Shanah Tovah!



*L' Shanah Tovah
from the Indig
and Levy families*

*Cathy, Stewart, Barb, Jeremy, Gaby,
Dara, Lorne, Maya and Jenna*

Wish you all a Happy and Healthy New Year



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



*We wish everyone
at Forestdale Heights Lodge
a very Happy, Healthy New Year.*

Ivan & Elizabeth Bloom



*Sharah
Jovah*

Best wishes for a year of health and happiness
to everyone in Forestdale Heights Lodge

Jeff, Lisa & Jordana Rosen

Ruth & Aaron Pupko



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

*Best wishes for a
Happy and Healthy New Year*

Terry Goldfarb & Stan Horowitz



*To all our friends
A Healthy & Happy New Year
Shanah Tovah*



Rhona Leviston
& Richard Kotzen

*Wishing the FHL family
a happy, healthy, and sweet new year*

שנה טובה

Marc Kates, Rachel Spitzer,
Seth, Eve, and Joelle



*Shanah
Tovah*



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

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

Shanah Tovah to all our Family & Friends

Eddie & Marilyn Arkin



**The Executive of FORESTDALE HEIGHTS LODGE would like to
wish all Members and their Families
a Healthy and Happy New Year**

May 5779 finally bring peace to Israel and all Mankind



*Shanah
Tovah*

Best wishes for a Happy & Healthy New Year

Carl & Debby Zelig

Rach, Doron & Erez

Becca and Daniel

& Josh



TALKING POINTS

Debbi Silver

This article will be a short one.

I can't believe it, but we are actually moving to our condo on August 17! We have talked about it for over two years, and now it is finally here.

I can honestly say after living in our home for 46 years, this has been a very tough job. The purging began last year, and we are still doing it. At least 14 trips to Value Village and one to the Blue Door Shelters has made us understand that once we are in our new home, **NO MORE STASHING STUFF AWAY!**

Our Lodge BBQ in July was amazing. Thanks to Carl for installing the new executive and to Albert and Honey for putting on a beautiful event. Thank you for the token gift; it is lovely.

I'm looking forward to a new year with Forestdale Heights Lodge. I believe that we all can attempt to bring in new members. Our Lodge is small but very strong in the members we have, especially those participating in the CVS programmes. Harvey and I wish everyone a healthy and happy New Year.



COMING SOON

Be sure to come out to our November 12 meeting, when our guest speaker will be Amanda Beaulieu, youth shelter manager at Blue Door Shelters.

CVS – FOOD BANK

Toronto's kosher food bank may be forced to close shop

By Hannah Alberga, *The Canadian Jewish News*

The first kosher food bank in Toronto will be forced to close its door to the 150 families it feeds every week unless it receives help soon.

Officials with the Pride of Israel Synagogue's kosher food bank said that its two main benefactors can no longer continue their support.

"If things continue as they are, I don't see it continuing," said Alan Marks, one of the founders of the food bank.

One of the organization's largest benefactors was the Salvation Army, which almost two decades ago, found the will of a Jewish man the group had helped get off the streets. It simply said, "Feed the needy."

Since the man was Jewish, the Salvation Army decided to put his remaining assets, which amounted to millions of dollars, towards buying food for the kosher food bank. Another man also left a large portion of his assets to the kosher food bank.

Yet both donations are dwindling.

Close to 25,000 Jews in the Greater Toronto Area, live in poverty, according to United Jewish Appeal.

"We're saying to Jews, you can follow the religion because we're here to help you, we're not turning our backs on you," said Carl Zeliger, the chairman of Pride of Israel.

Many of the people who benefit from the food bank are elderly Russian immigrants, according to Marks. The synagogue does not ask anyone if they are Jewish and is open to all in need.

Grodzinski Bakery and Richmond Kosher Bakery donate excess bread products to the food bank, and No Frills sells it bulk food at a discounted price.

Marks has calculated that the cost of the food bank is \$800 per week. Pride of Israel has sent out over 30 letters asking for help with donations and food.

This article has been edited and condensed for length. The original article can be found at <http://www.cjnews.com/news/canada/torontos-kosher-food-bank-may-be-forced-to-close-shop>

Reprinted with permission of *The Canadian Jewish News*.

FHL assists the Food Bank by providing non-perishable kosher food items, as well as making occasional financial allocations.

CVS – BLUE DOOR SHELTERS



Blue Door Shelters provides safe, supportive emergency shelter and service for people who are homeless or at risk. Forestdale Heights Lodge remains committed to assist this organization. We are asking members to bring toiletries when they come to monthly meetings.

For a complete list of items Blue Door Shelters is looking for, please go to kolechad.ca/bluedoor.jpg.



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Stewart Indig, President



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AS I SEE IT

Marc Kates



I am in love with this country, and I am ever so grateful that I am Canadian. This year, the Great Canadian Adventure continued. Two summers ago, we travelled around Prince Edward Island, and I lived out my Anne of Green Gables dream. This summer, our adventure began in British Columbia renting a car and boarding a B.C. ferry to Nanaimo. We were only passing through Nanaimo en route to Vancouver Island's west coast, but we spent long enough in Nanaimo to enjoy a Nanaimo bar - how Canadian! We had a family surfing lesson in Tofino (instructed by Mayor John Tory's nephew) and took in the stunning rugged beauty of the Pacific Ocean. Our next stop on the trip was Kelowna, British Columbia and the enchanting Okanagan Valley where we picked cherries from the trees, visited a winery and apiary, and picked up a few bottles of honey for Rosh Hashanah.

We wound our way through the stunning Rocky Mountains and spent time in Jasper and Banff. We marveled at the gorgeous majesty of the mountains and felt awfully small. We white water rafted down the Athabasca River and tread on the Athabasca Glacier. We saw elk, grizzlies, marmots, and picas to name only a few. Our trip was not only relegated to fauna, but flora too. We hiked in the mountains at peak wildflower season, and saw strange like flowers, something out of a Dr. Seuss book.

Continued on next page



From our national parks, we travelled to Edmonton where we went to the Alberta legislature, learned about the history of the province, and did the obligatory visit to the West Edmonton Mall. We visited with friends, and headed south to Drumheller to spend time with the dinosaurs and the hoodoos of the badlands. We now find ourselves in Calgary looking forward to discovering this city, but slightly sad that our travels are soon coming to an end. Despite its conclusion, our special time in the Canadian West will remain. We look forward to wonderful future Canadian adventures, and of course, to dipping an apple into the sweetness of the honey from the Okanagan Valley at Rosh Hashanah. From our family to yours, a healthy, happy and sweet new year!



Will return next month.

HARMONY

Rosalie Moscoe

GOOD & WELFARE

Anniversary

Jeff & Lisa Rosen

September 21

Mazel Tov to Harvey & Debbi Silver on the purchase of their new condominium in Vaughan.

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

Best Wishes to everyone for a happy and healthy
New Year!



Shana
Tova!



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