

Elul 5783/Tishrei/Cheshvan 5784

September/October 2023

KOL ECHAD

Forestdale Heights Lodge
B'nai Brith Canada



*ShanaH
Tovah!*

Volume 22, No 1

COVER ART

It's almost time to usher in a new Jewish year, and what a better way to do so than with two holiday staples, apples and honey? They are the perfect pair.

The High Holiday season starts this year on Friday, September 15, with Erev Rosh Hashanah. It continues the next two days, on Saturday, September 16 and Sunday, September 17, as the new Jewish year, 5784, gets underway.

Kol Nidre follows Rosh Hashanah on Sunday, September 24 and Yom Kippur on Monday, September 25.

Eruv Sukkot is Friday, September 29. Shemini Atzeret begins at sundown on Friday, October 6 and ends at nightfall on Saturday, October 7. It is followed by Simchat Torah, which begins the evening of Saturday, October 7 and concludes the following day.

Chag Sameach



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 August 8, and I can't believe summer is flying by so fast! What's the clue for this? I was at Sobeys today, and the meat refrigerator was full of briskets, turkeys, and roasts and the shelves were fully stocked by the hour. Yes, Rosh Hashanah is in the air. Just be prepared to empty out your bank account at the cash register. This is unbelievable; how can anyone afford these prices?

The weather cooperated this past summer, enabling me to go for long walks, swim, and participate in the two exercise classes next door. Best of all is just hanging out with my friends and neighbours outdoors.

I am looking forward to our next virtual meeting in which we will plan for the 2023/2024 CVS programs, which usually include the Purim Megillah reading and Toronto Marathon. Lots to discuss and plan and let's pray for Hashem to give everyone good health so we can continue our commitment to our community.

I want to share a picture of my Aunt Marie and her family as we celebrated her 91st birthday on July 30 at Baycrest. She is the reason for us coming to Canada. Uncle Henry and her came in 1956, and my family came in 1965. She is the matriarch now and has a well-deserved title.

Aaron and I wish you a happy and healthy Rosh Hashanah and don't forget to put something in the food bank box at your local grocer.





PRESIDENTS' PENS

Debbi Silver

Hi everyone,

I hope that everyone has had a great summer. The weather was not too fantastic, but those very hot days....phew!

Our summer was uneventful, thankfully. Two of our grandchildren were away for seven weeks at Camp Walden, one a staff and one a camper. I was able to see Jaime (our granddaughter who is staff) at the beginning of August. She came into town on a day off.

Our son, daughter-in-law and granddaughter went to Geneva (Switzerland), Italy, and Spain. They had an amazing holiday. The pictures were beautiful. I guess we are back to reality. Summer is over, and back to school. Our eldest granddaughter, Zoe, is off to Laurier University for her first year, following, not far behind in 2024, the other granddaughter, Jaime, will be going to university. Wow, where does the time go? We are also looking forward to our grandson Ezra's bar mitzvah at the end of October. It's a busy time.

The Lodge had our annual BBQ at the home of Mark and Marla Spergel. Ruth and I did the shopping for the dinner, and Mark was a real chef doing the cooking. Harvey had a mishap on the day of the BBQ, and I couldn't go to pick up the desserts. Thankfully, Stewart saved the day. Stewart picked up all the food and took it to Mark's. We had a lovely evening. Marla and Mark had arranged for their neighbour to come over to play his guitar, and we all sang to his songs. Unfortunately, Lisa, Jeff, Ray, Rosalie and Harvey couldn't join us. There's always next year. Thanks again for hosting, Mark & Marla.

Ruth and I are beginning to plan the year's events. We know that with the help of all of you, we can again have a great year. CVS has always been #1 for Forestdale Heights Lodge. We participate in the Toronto Marathon, delivering cookies to the EMS, firefighters and police officers at X-mas time, delivering Purim parcels, giving clothes to the homeless, etc. There is always something to get involved with in this Lodge.

That's it for now. We wish everyone a very healthy and happy New Year.

Chag Sameach.

Debbi

Co-President



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:

September 12

October 10

November 14

December 5 - Dinner meeting TBA

January 9

March 12

April 9

June 11

No meetings in February and May.

All dates are subject to change.



KOL ECHAD 2023-24

November / December – Chanukah Issue

Deadline: October 10

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



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EDITOR'S DESK

Jeff Rosen

Looking back on the past nine months (from the perspective of September), I have concluded that when 2023 is finally consigned to the history books, it will be remembered in our household as a year of catching up and putting life back on a pre-COVID track.

Not only did we finally get around to painting a large portion of our house, but we returned to Stratford, and I headed back to Las Vegas. More importantly though, Lisa finally got her 60th birthday vacation three years later than initially planned. That's ok, though, since she doesn't look a day older than she did three years ago.

If you haven't figured it out, I love planning vacations. Quite often, the planning and preparation are just as good as the actual thing. As a result, I already knew where we would stay in Halifax when we finally booked our trip to Nova Scotia this year. The only question was when we would go. After rejecting numerous dates in June, we finally settled on early July. Of course, you can never predict the weather. Just as well though, since you can't revolve your life around atmospheric conditions.

Ultimately, the weather was almost perfect, except for our final day, and we were leaving, so it didn't matter. The trip itself was fantastic. We booked three tours before leaving home, and each was interesting and informative. One learns much more on a tour bus than by renting a car and driving from site to site. Peggy's Cove was just as beautiful as everyone says it is. It's not just the lighthouse, but the entire town is picture-perfect. That day also included stops at the memorial to the 229 people who perished when Swissair Flight 111 crashed in September 1998. We also visited the Citadel, but once you've seen one fort, you've seen them all. What was more interesting, actually a bit haunting, was a stop at Fairview Lawn Cemetery, where over 120 who were on board the Titanic are buried. One cannot help feeling moved seeing the graves of the children and teenagers.

Continued on next page



Equally moving was a visit to Grand-Pré, where we learned a little about Canada's dark history when the British expelled the Acadie or Acadians. I found it fascinating the number of these settlers who eventually wound up in Louisiana, where Acadians became Cajuns. If they had remained in place their entire lives, the history of Canada and parts of the U.S. would be quite different.

Our final organized outing took us to Lunenburg, a UNESCO World Heritage Site. Of course, we didn't leave everything to the tour guides. We had enough time to

venture out on our own, visiting the Farmers' Market, Alexander Keith's Brewery, and the Canadian Museum of Immigration at Pier 21. Now if you're anything like me, this is definitely the place to visit. It was here that my mother's family started their new life in Canada, coming from Ukraine (then part of Russia). You can even look up historical records, and I managed to find documents on their arrival in Nova Scotia.



I also found my father's parents' marriage certificate from 1916, four years after they arrived in Montreal from Liverpool.

Halifax really is a great city, and the vacation was great. However, I have to admit that since returning, I've become kind of a seafood snob. After enjoying fresh produce in Nova Scotia, I find similar offerings in our city lacking.

I still think Canadians should spend more time travelling in their own country, learning its history and meeting Canadians from other provinces. The funny thing is more than a few Nova Scotians we met were from different parts of Canada, especially Toronto. Most said they were tired of the city's size and living costs. Who could argue with that?

I guess that's it for another year of travelling. Now it's back to business as Kol Echad enters its 22nd season. I remain amazed at our longevity and success while so many other lodge publications have fallen by the wayside. We must be doing something right.

Whatever that is, we will keep doing it as long as our co-presidents give the word. Before we head out, on behalf of my entire family, I wish everyone a sweet and healthy new year. May it be as good as or better than the one coming to an end.



SOCIAL/FHL BBQ



Forestdale Heights Lodge's annual BBQ was held on July 30 at the home of Mark and Marla Spergel. The view from their backyard is spectacular beyond words! The backyard goes into a ravine that is surrendered with beautiful trees and greenery. And all this right in North York!

Mark rolled up his sleeves and enjoyed barbecuing his famous veggies, salmon on pineapple, chicken and the members' favourite steak on a bun. Of course, the meal started with salami, hot off the BBQ. There were plenty of salads, and dessert was also served, which consisted of fruit salad, Danishes, chocolate chip cookies and a custard cake with glazed fruit on top.

The best surprise was when the Spergels' neighbour, David Lefkowich, came over with his guitar and entertained us with his beautiful voice and love of music. Not only did he take requests, but some of us sang along with him.

Some members couldn't attend due to different circumstances, and we definitely missed them. As well as the Spergels, those who could attend this special evening included Debbi Silver, Stewart and Cathy Indig, Carl and Debbi Zeliger, Eddie and Marilyn Arkin and, of course, myself.

Thank you once again to all the people who put this lovely BBQ/evening together and especially to the Spergels for opening their home to us and for the special guest.

Ruth Pupko



SOCIAL/FHL BBQ



Photos by Cathy Indig, Ruth Pupko and Debbi Silver



SOCIAL/FHL BBQ



For complete music video
and report go to
<http://kolechad.ca/bbq23.htm>



שנה טובה ומתוקה!



Ruth & Aaron Pupko

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



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

Jeff, Lisa & Jordana Rosen

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

שנה טובה



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



Ira & Paula Kuchinsky



Wish our
Friends & fellow
Lodge members
a Sweet & Happy
New Year

Shanah Tovah

*Shanah
Tovah*



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

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



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

Best wishes for a Happy & Healthy New Year
Carl & Debby Zeliger



We wish you all a happy
and healthy New Year!

Shanah

Tovah!

Ray and Rosalie Moscoe and family

Shanah Tovah to all our Family & Friends

Eddie & Marilyn Arkin



*Shanah
Tovah*

Wishing everyone a healthy and happy New Year
filled with love and joy.

The Indig and Levy families

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





Shana
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u'metukah

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happy, and sweet New Year!**

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Shanah Tovah!



Hon.

MARY NG, MP

MARKHAM—THORNHILL



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WISHING YOU A SWEET NEW YEAR!

שנה טובה ומתוקה!



MICHAEL KERZNER

MPP/Député - York Centre

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Shanah Tovah U'Metukah!

*Wishing you and your family
a sweet and blessed new year!*

שנה טובה ומתוקה!






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A heartfelt message to **Forestdale Heights Lodge Members**

Wishing you and yours a **healthy and happy Rosh Hashanah and Yom Kippur.**
May you have a **good and sweet new year.**



Keith Irish

Councillor, Ward 1 Thornhill

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Shana Tova ve Metuka!



Raising the flag of Israel at City Hall with Deputy Mayor Jennifer McKelvie, Consul General of Israel Idit Shamir, Councillors Mike Cole and Brad Bradford.



Commemorating International Holocaust Remembrance Day at Toronto City Hall organized by The Abraham Global Peace Initiative. Guests included Consul Generals Susan R. Crystal (US), Idit Shamir (Israel), Sasayaman Takuya (Japan), and colleagues in City Council.



Marking Yom HaShoah Day at City Hall. Organized by Friends of Simon Wiesenthal. With special guest and Holocaust survivor Eva Meisels, Consul Generals Susan R. Crystal (US), Idit Shamir (Israel), Sasayaman Takuya (Japan), Deputy Mayor McKelvie and council colleagues.



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

CHANUKAH GREETINGS



We go from one issue to another with more greetings. The next issue of Kol Echad, the November/December issue, will include our Chanukah Greetings.

Prices for greetings are as follows:

- Two-line greeting – Complimentary
- Quarter page – \$20
- Half page – \$40
- Full page – \$100

The deadline for all greetings is October 1, 2023. Please send greeting details to Jeff Rosen at jelijo@sympatico.ca. All payments should be sent to Harvey Silver.



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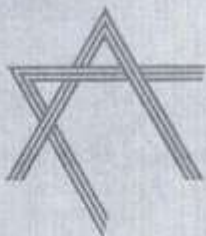
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MILESTONES

Birthdays

Marla Spergel	September 8
Rosalie Moscoe	October 4
Carl Zeliger	October 12
Eddie Arkin	October 22



Anniversaries

Jeff & Lisa Rosen	September 21
Harvey & Debbi Silver	October 28



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

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PERSPECTIVES



I spent an hour in the bank with my dad, as he had to transfer some money. I couldn't resist myself & asked, "Dad, why don't we activate your Internet banking?"

"Why would I do that?" he asked.

"Well, then you won't have to spend an hour here for things like transfer.

You can even do your shopping online. Everything will be so easy!"

I was so excited about initiating him

into the world of Internet banking.

He asked, "If I do that, I won't have to step out of the house.

"Yes, yes"! I said. I told him how even groceries can be delivered at the door now and how Amazon delivers everything!

His answer left me tongue-tied.

He said, "Since I entered this bank today, I have met four of my friends. I have chatted for a while with the staff, who know me very well by now.

You know I am alone. This is the company that I need. I like to get ready and come to the bank. I have enough time; it is the physical touch that I crave.

Two years back, I got sick. The store owner, from whom I buy fruits, came to see me, sat by my bedside, and cried.

When your Mom fell down a few days back while on her morning walk, our local grocer saw her and immediately got his car to rush her home, as he knows where I live.

Would I have that 'human' touch if everything became online?

Why would I want everything delivered to me and force me to interact with just my computer?

I like to know the person that I'm dealing with and not just the 'seller.' It creates bonds of Relationships.

Does Amazon deliver all this as well?"

Technology isn't life.

Spend time with people, not with devices.





HARMONY

Rosalie Moscoe

THE ROSE COLOURED GLASSES

My friend bought me a pair
Of rose-coloured glasses.
They sat in the drawer for the longest time,
Til I tried them on – And since that time
Life's never been quite the same.

I'm so confused. It's hard to tell
What's real anymore. You see –
Most of the time, I saw life
In various shades of grey.
Laughing children, as nuisances
Slow, old ladies, rankling my soul.
Rainy days as dreary things to endure
And snow, a sure sign of death.



But now, the children are so beautiful,
Each rosy smile now etched upon my heart.
And suddenly, old ladies are wise
Each wrinkle a mark of fully being alive.
And rain pounding down on the earth,
Becomes a giant wind chime.
Each sound releasing love, rebirth and healing.

And falling snowflakes are merely bits of crystal,
gently released from a protective sky
A miracle of nature, forming a blanket of security.

Continued on next page



And spring, it brings cooling strips of green velvet swaying
in the breeze and fragrant flowers announcing their brazen beauty;
While rainbows startle my senses – vibrant, glowing visions of
colourful energy.

And time has become precious. Each day – a gift.
And every person I meet, a reminder of God’s magnificent plan

What’s gone wrong? I must throw away
Those rose-coloured glasses burying them deep
In the nearest trash can.
For the pure joy and love that they bring –
Will surely burst my heart.

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Shanah Tovah



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FOOD SENSATION



Cinnamon-Raisin Baked Apples

Ingredients:

8 red apples
1½ cups raisins (optional: use half golden raisins and half regular)
4 tbsp. brown sugar
1 tsp. kosher salt (don't skimp)
1/8 tsp. cinnamon
1/8 tsp. ginger powder
Honey

Directions:

Soak the raisins in warm water for 20-30 minutes, then drain. Wash and core the apples. Place in a baking dish. Toss the raisins with the brown sugar, salt, cinnamon and ginger. Stuff the mixture into the empty core of each apple. Drizzle the apples with honey and dust lightly with cinnamon. Bake uncovered at 350°F for 30 minutes.
Optional: Serve with ice cream and toasted coconut.

Miriam Szokovski
<https://bit.ly/3PUhmPv>



FOOD SENSATION

Lazy Apple Cake

Ingredients:

1 box Duncan Hines (or similar) spice cake mix
4 apples (Used: 2 Granny Smith, 2 Gala)

Directions:

Make the cake mix according to the instructions on the back of the box. Peel and cube the apples and stir into the batter.

Optional: Add a handful of raisins (or chopped nuts if you're not making it for Rosh Hashanah).

Pour into a greased 9 x 13 (or slightly larger) baking dish. Bake for 35-40 minutes at 350°F (180°C) or until a knife comes out clean.



NOTE: If the outside of the cake seems cooked, but the centre is still jiggly, reduce the temperature to 325°F (160°C) for the remainder of the time. Allow cake to cool. When serving, sprinkle with confectioners' sugar. Freezes well.

Miriam Szokovski

<https://bit.ly/3OhwTYj>





AS I SEE IT

Marc Kates

“Dear Mummy and Daddy – Good news! The chef got fired!” These were the opening words to one of our daughter’s letters home from camp. Receiving any letter from camp is always a lot of fun, and I scramble to the mailbox to see if Canada Post has already delivered the next informative camp communiqué. Despite the laughing upon reading the letter, our daughter’s

letter exhibits a unique viewpoint of a Kates child’s perspective on the world:

- 1) Food is very important;
- 2) The children are exposed to a wide and delicious variety of home-cooked foods. Despite the bluntness of our daughter’s writing (*not to mention her schadenfreude*), our youngest daughter also complained about camp food.



OK, let’s take their comments with a little bit of salt (*pun intended*). Camp food is not glamorous, and I certainly feel for the kitchen staff who have to provide meals for hundreds of ravenous campers and staff.

Our son, on the other hand, attends a different camp. He commented that the camp food was “good,” and left it at that. Fourteen-year-old boys often lack the tact to know when to say *just* enough, but this time, he nailed it. I’ll never forget how one of our daughter’s friends repeatedly wrote in letter after letter home from camp how delicious and tasty the camp food was. Her mother was quite horrified that her daughter held camp food in such high esteem, whereby the home-cooked meals made with love didn’t compare. Despite the thumbs up from our son about camp food, he nonetheless requested that for Visitors’ Day, seeing as Sudbury is only 400 km from Toronto, we make some of his favourites: lasagne, Caesar salad, and cheesecake for dessert. Of course, we shlepped up the requested meal, in addition to the Niagara peaches we know he most likely would not taste at camp. What parent would not wish to make their child happy? – And so we obliged. There we were, laden with bags, treats, not to mention the dog, clamouring aboard a bus to drive us to camp, as there is no on-site parking, and therefore school bus transportation was provided. We were carrying with us more stuff than the Israelites did leaving Egypt!

Continued on next page



Visitors' Day at our daughters' camp in Nova Scotia meant that we could not bring meals from home, but we did manage to satisfy their gastronomic cravings with the requested sushi lunch. We also brought a homegrown cucumber from our garden to share with the kids and fresh berries from the farmers' market that were a real treat.

Instead of bringing chocolate bars to leave with the kids after Visitors' Day, we were correct in guessing that our kids would enjoy some Mexican chips of various flavours that we picked up on our weekend away in Mexico City.

At the moment, we already have a food tour scheduled during our three days in Holland, and one in Tel Aviv for our upcoming family trip. As Jews, we know very well that food is an essential part of our culture, or of any culture for that matter. We can't wait to search Israel for the best shawarma and falafel – I'll keep you posted as to the results. At the moment, a dozen homemade lemon poppyseed muffins are cooling on the stovetop, ready to be put in the freezer in anticipation of the school lunches that will need to be made in September.

Our kitchen is not just a "look at me" kitchen where food is prepared by dialing the phone. It is used, it gets messy, and we enjoy our culinary creations, and clearly the kids do too. We look forward to expanding our palates on vacation, and bringing home new recipes to try. [And yes, the food improved at camp once the chef was fired.]



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LOOKING BACK



Horse-drawn wagon in front of the McCaul Street Synagogue, circa 1920. Beth Hamidrash Hagadol, more commonly known as the McCaul Street Synagogue, was founded in downtown Toronto in 1887, first opening in a small room above a blacksmith's shop at the corner of Richmond and York Streets. In 1904, the congregation moved into a larger home, the former McCaul Street Methodist Church, which was quickly renovated and remodelled into a synagogue, where it remained for the next 50 years. In 1952, the congregation merged with another to form Beth Tzedec, which later relocated to Bathurst Street. (*City of Toronto Archives*)



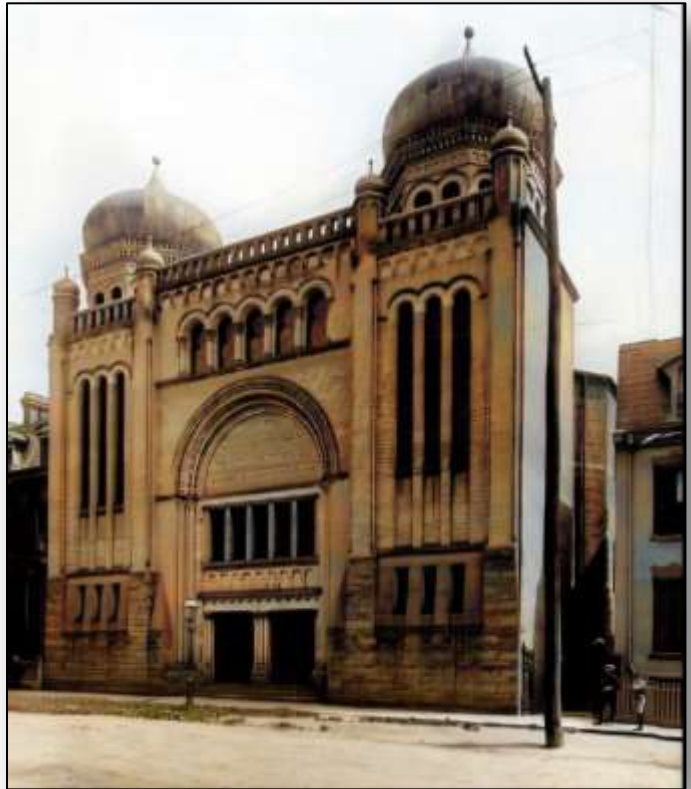
LOOKING BACK

**Holy Blossom Temple on
119 Bond Street**

Photo taken in 1914.

**The building later became
a Greek Orthodox Church**

*(Toronto Star Photograph
Archive, Courtesy of
Toronto Public Library)*



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LOOKING BACK



Looking north on Leslie Street from Finch in 1957



LOOKING BACK



If you could bring back only one.



FORESTDALE FUNNIES

Taking a few crumbs to Tashlich from whatever old bread is in the house lacks subtlety, nuance and religious sensitivity. Instead, consider these options this year for Rosh Hashanah:

For ordinary sins,	<i>White Bread</i>	
For particularly dark sins,	<i>Pumpernickel</i>	
For complex sins,	<i>Multigrain</i>	
For twisted sins,	<i>Pretzels</i>	
For tasteless sins,	<i>Rice Cakes</i>	
For sins of indecision,	<i>Waffles</i>	
For sins committed in haste,	<i>Matzah</i>	
For sins of chutzpah,	<i>Bread that's fresh</i>	
For committing arson,	<i>Toast</i>	
For committing auto theft,	<i>Caraway</i>	
For being ill-tempered,	<i>Sourdough</i>	For unfairly upbraiding another, <i>Challah</i>
For excessive use of irony,	<i>Rye Bread</i>	For trashing the environment, <i>Dumplings</i>
For causing injury or damage to others,	<i>Tortes</i>	For lying, <i>Baked Goods with NutraSweet</i>
For being holier than thou,	<i>Bagels</i>	For the sins of the righteous, <i>Angel Food Cake</i>
		For selling your soul, <i>Devil's Food Cake</i>
		For lust in your heart, <i>Wonder Bread</i>
		For inhaling, <i>Stoned Wheat</i>

Remember, you don't have to show your crumbs to anyone.



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