

KOLECHAD

December 2011
Kislev/Tevet 5772



FORESTDALE HEIGHTS LODGE, B'NAI BRITH CANADA

B'NAI BRITH CHANUKAH BASKET DELIVERY

B'nai Brith Canada's annual Chanukah Basket Delivery will be held this year on Sunday, December 18. If you are interested in helping to deliver food parcels, please show up at 15 Hove at 8 a.m.

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.

Editor

Jeff Rosen

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Debbi Silver

Lisa Rosen

Debbi Silver

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. To read more about the food bank, please go to <http://bit.ly/n8GhVZ>.

AT A GLANCE

December 12	Dinner Meeting (NEW DATE)
December 13	Bingo
December 18	Chanukah Party
January 9	Dinner Meeting
February 6	Slate Presentation & Dinner Meeting
March 5	Nominations & Dinner Meeting
April 2	Elections & Dinner Meeting
May 6	Toronto Marathon

Dinner at 6:30; Meeting at 7:15

Dinner Charge: \$7.50 members; \$10 non-members

YEARLY AD RATES

Full Page	\$200
Half Page	\$100
¼ Page	\$50
Business Card	\$40

If you would like to advertise, call Harvey Silver, (416) 223-0780.

DECEMBER MEETING



Please join us on Monday December 12 (**NEW DATE**), for our final meeting of 2011 as we welcome guest speaker

David Andreoli

David is a 21 year industry leading veteran to the life insurance and financial services industry, where he has spent most of his career as an advisor and in management.

Since returning to full time practice 10 years ago, David has become a perennial qualifier for past seven years with MDRT “The Million Dollar Round Table.” Founded in 1927, the Million Dollar Round Table, The Premier Association of Financial Professionals, is an international, independent association of nearly 36,000 of the world’s leading life insurance and financial services professionals from more than 430 companies in 78 countries. MDRT members demonstrate professional knowledge, strict ethical conduct and outstanding client service. MDRT membership is recognized internationally as the standard of sales excellence in the life insurance and financial services business.

David is married to Michelle and has three boys.

If you are coming to this meeting, please RSVP to Albert Ohana at **(416) 494-2636** or **salonpiaff@rogers.com** to enable the Lodge to order the right amount of food for dinner.



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PRESIDENT'S PEN

In Tribute to our dear Bonnie Kates (*ala sholom*)



Some people come into your life and make an impact on your heart and mind. Bonnie Kates was that kind of person – intelligent, with words of wisdom on many issues. It's as though her ideas came from a higher place. If you didn't know what to do, you could always ask Bonnie – she would know.

Her commitment to B'nai B'rith and Yiddishkeit was legendary being a BB girl since youth and the first female

president of Forestdale Heights Lodge. She always had good ideas for CVS and ways to help others no matter what the occasion. For my first installation, she made sure we had decorative baskets of food on the tables as centrepieces instead of flowers. After the installation, the baskets were then donated to the Jewish food bank.

Bonnie always answered whenever I called and left a message. She boosted my spirits and morale when I wasn't sure about various aspects of being president of the Lodge – she was truly a mensch.

Continued on next page

At Ray Moscoe's
installation in 2010



She was open and warm with all she met and her friendly face and smiles even during her dark days near the end of her life were always comforting to others. She always inquired about your health and your family's health. She worked full time in her job in the public health sector, where she gave much of herself helping others right up until the last few months of her life.

Sadly, she will be a missed presence at our Lodge meetings.

We wish Michael, Bonnie's devoted husband (another dedicated Lodge member and past president), good health and much strength to carry on. We want him to know that all of us in Forestdale Heights Lodge will hold Bonnie in our hearts forever.

Ray Moscoe

Courage is not the towering oak that sees storms come and go; it is the fragile blossom that opens in the snow.

- Alice Mackenzie Swaim

Delight in the little things.

- Rudyard Kipling

Seek the wisdom of the ages, but look at the world through the eyes of a child.

- Ron Wild

We can do no great things...only small things with great love.

- Mother Theresa

Life isn't about finding yourself. Life is about creating yourself.

- George Bernard Shaw

Take as a gift whatever the day brings forth.

- Horace

What a wonderful miracle if only we could look through each other's eyes for an instant.

- Henry David Thoreau

You must be the change you wish to see in the world.

- Mahatma Gandhi

Be not afraid of growing slowly, be afraid only of standing still.

- Chinese Proverb

- **Submitted by Sid Isenberg**

COVER ART



This month's cover was created by Elena Flerova.

The works of internationally honoured artist Elena Flerova range from remarkably insightful portraits that capture the spirit of her subjects to large-scale monoprint paintings and oils. They also include wall murals, screens and other interior decoration for private residences and public buildings. All of them evoke the mystique, essence and sweep of historical and religious events and fables.

Born in Moscow in 1943, Elena graduated with honours from the prestigious Surikov Fine Arts Institute in 1969.

Her top graduate standing won her a scholarship to the National Academy of Fine Arts, an exclusive school admitting only a limited number of exceptionally gifted artists. Both institutions assisted Elena in maturing her talent and establishing authentic academic skills. Combined with her inherent ability to create sophisticated compositions, these skills empowered Elena to devise unique artwork.

The avenue in which the artist uses light and shadow, colour and composition equates her with old European masters. All these properties are efficiently used for conveying both mood and movement in her paintings. At the same time, her exceptional mastery in providing the presence of vibrating air illumination relates her with impressionists that are more recent.

The artist refrains from any preparatory sketches and starts working directly with brush and canvas. This freedom distinguishes her from the majority of contemporary realists working in a less dynamic manner. Elena is a master monoprint painter as well as an award-winning book and magazine illustrator, watercolourist and etcher.

In the tradition of old masters, and unlike typical monoprint artists, Elena forges jeweler-like results by refining her work following the transfer. Meticulous details sharpened by intense colour and provocative lighting create masterful three-dimensional illusion.

Over the course of her professional career, Elena has had numerous one-person shows in Europe and North America. Her works have been shown in more than 80 national and international exhibitions and won numerous awards and honors.

Paintings by Elena Flerova are held in many private collections in the United States and abroad.

EDITOR'S DESK (AS I SEE IT)



How does one say goodbye to a good...no, a great friend?

I contemplated that as I sat down to write this missive, shortly after learning about the passing of our former president, Bonnie Kates. I know that life will never be

the same, not just for her family, but also for our Lodge and my family. I would like to extend my deepest sympathy to Michael and his entire family.

They have lost not just an amazing spouse, mother and bubie, but someone who by her very presence made the world a better place.

For so many years, Bonnie was just a call away when I wanted to share family news, both good and bad. Being who she was, she never failed to offer her opinion. Sometimes her advice helped make a situation better, other times it provided "food for thought."

In helping my family, her advice was more than a little helpful when we were planning Jordana's bat mitzvah eight years ago. She proved to be a fountain of wisdom and knowledge and, without asking, became our unofficial bat mitzvah consultant. I often wonder how we would have gotten through that amazing and perplexing time in our lives without her guidance. At the time, she said she would be available to help in the future if we had

to plan a wedding. Alas, it was never meant to be.

I'm sure many of you have similar memories about how Bonnie's advice proved helpful. If you would like to share them in this bulletin, we would be thrilled to publish them. I'm sure that a common theme would run through the tales, as Bonnie truly loved helping people.

It was her involvement in Forestdale Heights Lodge where most of us got to know our late past president.

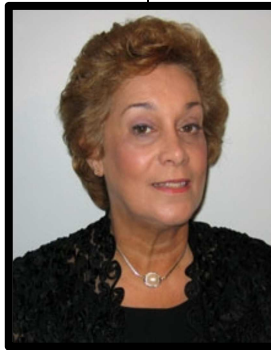
I remember sitting around the table at 15 Hove years back when it was strange to have a female presence at a meeting.

Today few could imagine our Lodge without the mix of men and women at a meeting.

Yet it began by a simple challenge (one that Bonnie simply could not pass up) made by a former member. He had threatened to leave if women joined the Lodge.

Never one to back away from a challenge, Bonnie immediately signed up. The rest, as they say, is commentary.

However, Bonnie did not just become a member, but became involved in every facet of the Lodge, starting at the committee level and rising through the executive ranks. Finally, it was her turn to shine as the Lodge's president and shine she did; ensuring FHL remained a leader among B'nai Brith Canada lodges.



Continued on next page

In the process, our first female president became the first **person** in the history of Forestdale Heights to serve three consecutive terms.

In the months following her diagnosis with cancer, Bonnie's involvement with Forestdale Heights did not diminish. She remained active in every aspect of the Lodge, attending one social event, while planning another at Woodbine. When asked how she was dealing with it all, she simply said, "I'm hanging in there."

It should not have been a surprise though. That's how she operated over the years. Despite an often-hectic work schedule and busy family life, she felt that if you wanted something done, you gave it to a busy person.

She certainly stepped up to the plate years ago when I put out a request for writers for our Lodge bulletin. The result was "As I See It," in which she shared the joys and pains of her life. Well, "As I See It," she certainly made doing the bulletin interesting and challenging every month. Not only did Bonnie write a column, but also shared her views on every aspect and every page that we put out every month. Most of the time, I agreed with her, but others we would simply agree to disagree on a column or submission.

As technology changed the way the bulletin is created, so did our methods of collaborating. In the past few years, I would e-mail the final product to her and we would hookup online to read over every page. The result is that we would catch

mistakes that we both missed reading it on our own.

For the past few months as her illness progressed, these special times become a thing of the past. Proofing the bulletin now, I often find myself thinking about what Bonnie would think of a certain addition or change.

She constantly pushed and challenged me to make the bulletin the best it could. While I was the technical wiz, she was the lay expert, offering her view of the final product.

It was over a year ago she did just that, telling me that our covers had become boring and suggested we start using Jewish art. I was initially hesitant and doubted it would work, but she kept pushing the idea. In the end, it proved a huge success.

The bulletin has and always will be a labour of love, one that is created "with a little help from my friends." I consider myself lucky to have been able to include Bonnie in this special circle.

To our great sadness, Bonnie is no longer here to dole out her advice or share a joke. However, I know her ideals and dreams will live on through Michael and in her sons Marc and Lonny.

Bonnie Kates was so many things....a wife, mother and a true game changer who altered our Lodge for the better.

However, for me, she was simply...a great friend.

Goodbye Bonnie.

Jeff Rosen

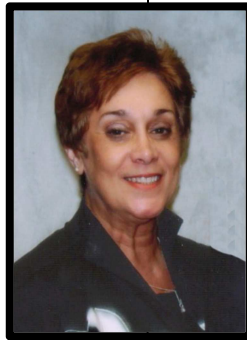
SANDY'S SCRIPT



When I received the notice from Jeff Rosen that Kol Echad was approaching another column deadline, I wondered what I could possibly write about after such a sad October. There is no

spin on any subject that I could possibly think would be of interest to me at this time, let alone to the readers of Kol Echad.

I am not alone when I say we have ALL experienced an immense loss with the passing of Bonnie Kates ז"ל. I felt bad that Barry and I were not in town to attend the funeral and shiva. We were in Edmonton when we received the call from Ray Moscoe on Wednesday, October 26 that Bonnie had passed away.



Bonnie meant so much to everyone and she offered something different to each individual. She had a distinct way about her with the caring and guidance she offered members of Forestdale Heights Lodge. Bonnie always had the members' best interest at heart and only wanted the best for the Lodge.

Forestdale Heights Lodge is a stronger lodge for having had Bonnie's service as president and past president, but most of all as a friend. Her unwavering loyalty was evident in all she did for the Lodge and its members. It was obvious how she felt about the Lodge and how much she cared. She will always be missed and remembered with much love and respect.

Sandy Gordon

Letters to
the Editor



Over the last two months, Harvey and I have spent many hours with Bonnie and Michael. Even on the Tuesday before her passing, Bonnie told me to raise her bed so that she could see me better. Bonnie was definitely a woman of valour, compassion, beauty, inspiration...there are so many words to describe the friend we will miss so very much. Rest in peace "lovely lady."

Harvey and Debbi Silver

NOTES FROM NATE



Someone once said that life is not fair. When the phone rang with the news of Bonnie Kates' passing, those simple words leapt to my mind.

In life, very few people who pass your way make a lasting and profound impression on you. Bonnie was one of those rare individuals.

Together we did some fun things in the Lodge over the years. In fact, on the pages of Kol Echad's predecessor,

Horizon, we co-wrote the "Gittle the Goya" column, with its "advice to the lovelorn." It usually featured a fabricated scenario involving the president of the day. The facts were changed to protect the innocent and sometimes the truth got lost in the telling of the story. We all had a good laugh, but after many issues, political correctness reared its ugly head. As the word Goya was verboten, Gittle and Pincus Punim headed back to Florida never to be heard from again.

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Nate Salter uninstalls Bonnie Kates as president at the 2008 installation

Together we organized the infamous scavenger hunt, where nobody ever found the half roll of toilet paper, and the Kate/Salter team made the taffy apples in our kitchen since we couldn't buy one for any price and Bonnie had the recipe. If I recall, one or two members were never heard from again, but we had a blast.

There was the Lark in the Park in the Dark, which we put together in Earl Bales Park, with food and entertainment that drew a big enthusiastic Lodge crowd.

Then there was the year, when during Pesach the weather was fantastic, so the Kates, Salter, Shapiro and Ryder families, complete with a massive pile of kids, had a *Pesadich* picnic in High Park.

I could go on for pages about the good times we shared as families in and out of the Lodge. In fact, to this very day, my kids still believe that Bonnie is the tooth fairy.

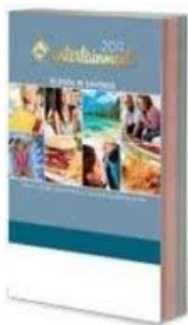
Beyond the good times, there is both Bonnie and Michael, who between them held the presidency for over half a decade. Bonnie served as a strong leader during some turbulent times. Both deserve full credit for the survival of our Lodge, by being courageous and by being visionaries who saw the big picture beyond the squabbling that was taking place at that time. Bonnie made good things happen.

Mere words cannot really describe both my personal loss and the large void in the Lodge that now exists with her passing. I am glad to have had both the pleasure and honour of calling her both a friend and a fellow Forestdalenik for all too short a time.

May God grant Michael and his family the strength to go forward without her, knowing that she was loved and respected by all who had the pleasure of having had her in their lives.

Nate Salter

ENTERTAINMENT 2012



It's that time of the year again. Time to stock up and sell the 2012 Entertainment book. Forestdale Heights is once again selling these great bargains.

If you are interested, please contact Barry Gordon at [**barrysgordon@sympatico.ca**](mailto:barrysgordon@sympatico.ca) or call 416-631-8261 and let him know how many you require. Remember, this is a major fundraising project for the Lodge.

Please do not call on Shabbat or Jewish holidays.



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THE ALEXANDER GALLERY

The Alexander Gallery in Boro Park, New York is a miniature museum of Judaica housing exquisite oil paintings on many themes of Jewish life and experience.

Owned and founded by Alexander Virthaim. Alexander Virthaim, the owner of the gallery came to Israel from his native Munkacs of the Carpathian Region. The gallery originally was located in Bnei Brak, Israel. After opening in 1974, the enchanting gallery soon was attracting visitors from all over the world. In its new location in Boro Park, Brooklyn, NY, it has become an important centre of Judaica. It is a popular gathering place for those who appreciate Jewish art and culture.

He has gathered a select group of established fine artists. Visitors can view original oil paintings by H. Weiss, Y. Rosenstein, Y. Holtz, E. Flerova, A. Levin, B. Shapiro, V. Zaslavsky, S. Rohtbort, V. Brindatch, V. Braginsky, M. Kalpin and many other renowned artists. The superb collection creates a warm and enchanting atmosphere that inspires a deep appreciation for the unique nature of the Jewish heritage and Jewish spiritual life.

Besides the wide selection of paintings on hand, Alexander is in a unique position to provide "painted-to-order" creations. He works with a number of artists who specialize in turning old photographs into museum-quality oil paintings. In addition, the Gallery also has an excellent reputation for exquisite framing.

Today, the Alexander Gallery is an important center for Jewish art and a popular place for those with passion in Judaic art.

CHANUKAH BASH

We're going to spin those dreidels on

Sunday, December 18
5:30 p.m.



Join us for an evening of food, bingo and great music

Menu: (Strictly Kosher) latkes, latkes and more latkes (and of course lots of other great food)

PLACE: Party Room, 10 Tangreen Court in Yonge-Steeles area

COST: \$18 per person

RVSP by December 10 to Evie Isenberg
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We look forward to seeing you all!
Tell your friends and bring them along for an evening of fun!



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CHANUKAH TREATS

Low-Fat Potato Latkes II

- 1 pound Idaho or russet potatoes, scrubbed but not peeled
- 1/4 cup chopped onion
- 3 large egg whites
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1 tablespoon all-purpose flour
- Non-stick vegetable oil cooking spray
- 3 to 4 tablespoons olive oil (not extra-virgin) or vegetable oil



Preheat the oven to 350° F. Grate the potatoes using a box grater or the grating disk of a food processor. Transfer the potatoes to a colander over a bowl and let rest for 30 minutes, until the potatoes have darkened. Rinse well in cold water to remove the starch and the potatoes turn white again. Drain very well. Place the potatoes, onion, egg whites, seasonings and flour in a medium bowl. Stir well to combine. Cover with plastic wrap and let sit for 15 minutes before cooking. Spray a baking sheet with non-stick cooking spray; set aside.

Heat 2 tablespoons of the olive oil in a large, non-stick skillet over medium heat until very hot. Stir the potato mixture and, working in batches if necessary, drop the potato mixture by spoonfuls onto the hot skillet and shape them into circles.

Let the latkes brown on one side, and then turn them over to brown on other side. Place the browned pancakes on a cookie sheet that has been sprayed with non-stick cooking spray. When the tray is full, bake the latkes, uncovered, for another 10 to 15 minutes until the potatoes are cooked through. Place on paper towels to absorb any fat and eat them while they're hot, with regular, low-fat or non-fat sour cream and regular or sugar-free applesauce, if desired.

Makes about 16 to 18 latkes.

Note: The trick to making these pancakes lower in fat is to use a skillet with a non-stick surface and to finish them in the oven. Serve with low-fat or non-fat sour cream and sugar-free applesauce.

Rosalie Moscoe

RHN, RNCP



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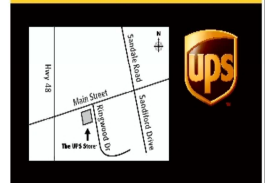
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GOOD & WELFARE

Birthdays

Albert Ohana
Marla Matlow
Allan Brown

December 9
December 14
December 24



Mazel Tov to Albert & Honey Ohana on the birth of their fifth grandchild.

FHL extends condolences to Michael Kates, a past president of the Lodge, on the passing of his wife, Bonnie, a past president, who passed away on October 27. May he and his family know no more sorrow.

FHL extends condolences to Michael Wolburgh, a past president of the Lodge, on the passing of his wife, Linda, who passed away on November 12. May he and his family know no more sorrow.

ALLOCATIONS



If you have a charity you wish the Lodge to make a donation to please send the request to Irv Pupko at i.pupko@sympatico.ca.

Allocations will be taken up at the January meeting.



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HEALTH IN HARMONY



I dedicate this column about Holocaust Education Week to Bonnie Kates, (*ala shalom*) for she was so involved in the Jewish causes throughout her life, to uplift the Jewish

people. She always will remain in our hearts.

I was able to partake in some Holocaust Education Week events and gained a new perspective on the terrible deeds that were inflicted on Jews and others during World War II. I heard a personal account from Sonia Rosen at the Palmerston Public library. A number of students ages 12-14 from a nearby Catholic school came to the lecture with their teacher. Members of the public also attended and there were visible minorities in the audience interested in hearing this survivor's story.

Mrs. Rosen spoke eloquently about her terrible trials as a child of the Holocaust, and how she survived this horrific ordeal. She could never understand why this tragedy was

happening; her parents were simple, kind people and to this day can't figure out why they were targeted. Her main message was of tolerance to others, that we're all the same and hate shouldn't be practiced on any group of people. She told the children in attendance that if they don't like someone they should simply walk away. Practicing hate, she said, can lead to terrible deeds. She also spoke of the lies that are currently being told regarding Holocaust denial.

The audience, including the children, was visibly moved.

I also attended a talk at Baycrest Hospital where officials at Crestwood School (a private school), spent five years interviewing Holocaust survivors at Baycrest. They

videotaped interviews with 10 survivors about their own experiences during the Holocaust and the horrors they witnessed. Over 90 people attended, including many of the survivors who had been videotaped. Again, their message was to practice tolerance. They encouraged others to learn from their experiences and not to let this happen to Jews or any other people again.

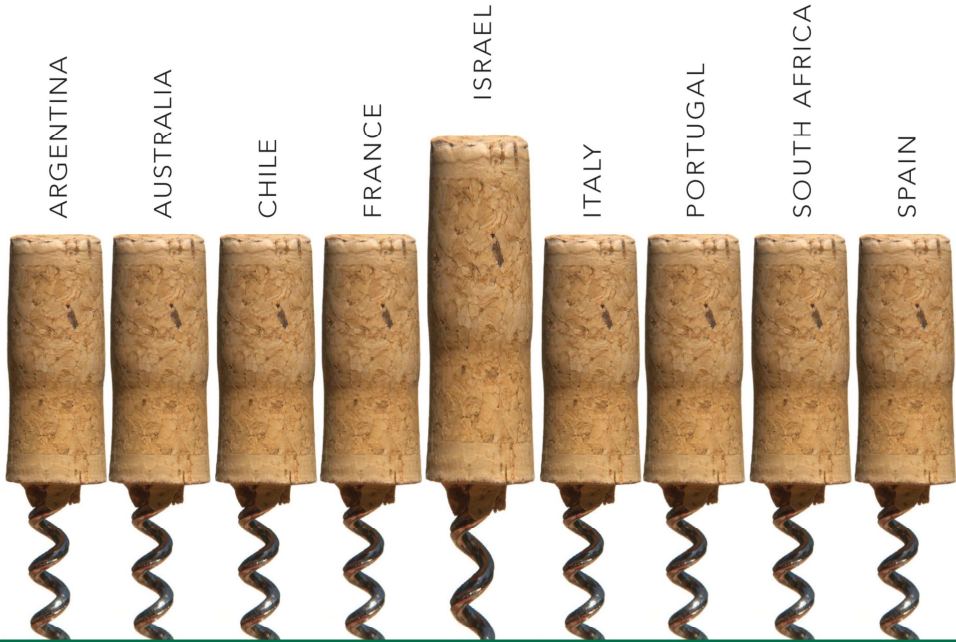
This is a message for all of us to take into our hearts – practice tolerance.



Rosalie Moscoe



Happy Chanukkah



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