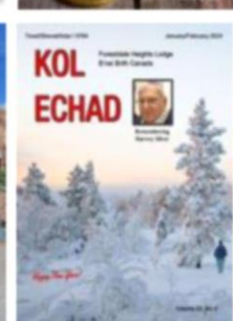
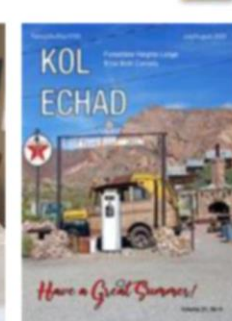
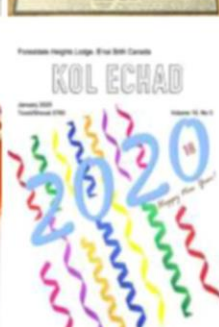


KOL ECHAD



Forestdale Heights Lodge
B'nai Brith Canada



KOL ECHAD

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

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

Editing Staff

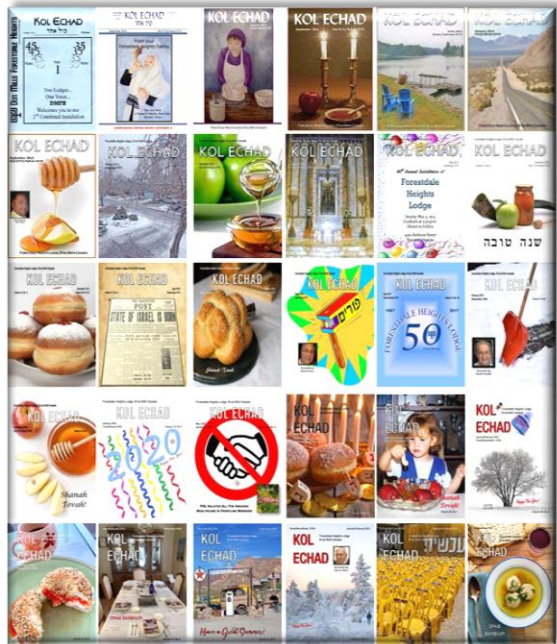
Marc Kates
Lisa Rosen
Debbi Silver

Contributors

Marc Kates
Rosalie Moscoe
Ruth Pupko

www.kolechad.ca

COVER ART



When Kol Echad was launched in 2002, we maintained the same format as FHL's previous publication, The Horizon. The cover was used to announce upcoming programs and meetings, and this practice continued until 2010. At that time, then co-editor Bonnie Kates suggested that we start featuring artwork on the cover. This involved sourcing suitable Jewish-related art pieces and obtaining approval from the artists, which was a daunting task but ultimately a success. This project ran from September 2010 to May 2012. During this period, we also began printing both the cover and the back page in colour.

Continued on next page



FHL EXECUTIVE

Presidents

Ruth Pupko
Debbi Silver

Vice-President

Ray Moscoe

Treasurer

Debbi Silver

Financial Secretary

Ruth Pupko

Recording Secretary

Stewart Indig

Chaplain

Stewart Indig

Trustees

Albert Ohana
Carl Zeliger

FHL Presidents

Harry Basil
David Galet
Michael Wolburgh
Harry Warga
Earl Lepofsky
Irving Knopman *
Stanley Penzner *
Gary Pollock *
Harvey Rachman *
Nathan Salter *
Allen Fink
Murray Fallen
Norman Aronson *
Frank A. Wilson
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Albert Ohana
Carl Zeliger
Arthur Eisenbaum
Shelly Luftspring *
Harvey Silver *
Michael Kates *
Jeff Rosen
Bonnie Kates *
Irv Pupko *
Ray Moscoe
Harvey Silver *
George Garten
Stewart Indig
Ruth Pupko
Debbi Silver

*Deceased

The artwork-related covers finally ended as finding suitable material became increasingly difficult. It was decided to continue using colour images, and Kol Echad started using photos, often related to Jewish and secular holidays. Other times, interesting holiday-related pictures were submitted. Usually, we planned covers for upcoming issues months before the actual issue would go into production.

Thanks go to Marc Kates and Jordana Rosen, both offspring of Lodge members, for submitting photos over the years.

When it came time to create the cover for this final issue, Marc suggested a collage of past covers. There was a wealth of great material to choose from. In the end, the final selection was mine alone. We hope you have enjoyed the images gracing Kol Echad's covers over the years.

It's been both a challenge and a pleasure creating them.

Jeff Rosen





PRESIDENTS' PENS

Debbi Silver

~~H~~Hi everyone,

~~It's been a while since I last wrote for Kol Eechad. I had a very busy summer, going to a beautiful resort just north of Peterborough and a wonderful trip to Montreal and the Laurentians to visit friends and family. Never got to the Orange Julep, sigh! Now, I am preparing to fly to Cancun with my daughter and girlfriend on October 14. I'm really looking forward to this vacation.~~

~~Forestdale Heights Lodge is going through a difficult time. Our membership is quite low, and some members do not wish to take on the positions of running the Lodge. At our next meeting, we are hoping to make some concrete decisions. It is tough to understand that a lodge, which at one time had 150 or so members, has dwindled down to over a handful. The times we had in the Lodge were amazing. My husband, Harvey, z'l, was a member for over 50 years. He loved the Lodge. There were so many activities, speakers, and conventions at the Concord, Ottawa, etc. Even when the Lodge started a bulletin, "The Horizon," with the Gestetner machine in our basement, wow, that was fun! Times have changed. B'nai Brith Canada has not reached out to the lodges to help with membership or programming. Unfortunately, there are only a few lodges still in existence in Canada. I understand that BBC is now very involved in working on antisemitism and other critical projects. They are doing a great job.~~

~~I joined the Lodge to work alongside Harvey. I became the treasurer. It's been a challenge but well worth it. We made some good friends while being members. Sadly, we may have to decide to suspend the Lodge.~~

~~As they say in BBYO, with love and pride in Forestdale Heights Lodge!~~

~~Thank you for listening.~~

~~Debbi~~





PRESIDENT'S PEN

Ruth Pupko

~~I can't believe the High Holidays are right around the corner; I was at No Frills yesterday, and the honey jars were displayed right in front of the kosher section! The week goes by so quickly, and before you know it, it is Shabbat once again.~~

~~We had no meetings this summer except for our annual summer BBQ, which was hosted by Stewart and Cathy Indig. Thank you for a lovely night. We definitely missed the members who could not make it. We will work hard to find a suitable date for our annual Chanukah party, so ALL members can attend.~~

~~Sincere condolences to Marilyn and her family on the loss of her beloved husband and father. Eddie was a gentle soul, and his contribution to the Lodge will be missed. We will always remember and value his friendship.~~

~~We don't have a lot of members due to different circumstances, such as aging, passing away, etc., but we are still steering the ship. We will discuss the Lodge's future and the best direction moving forward at the September meeting. This will take a lot of thinking and pondering so that all our ideas and input will be discussed at future meetings. The best ships are friendships, and may they always be.~~

~~Let us pray for good health and peace all over the world and a special prayer for our brothers and sisters in Israel.~~

Shanah Tovah!

Ruth





EDITOR'S DESK

Jeff Rosen

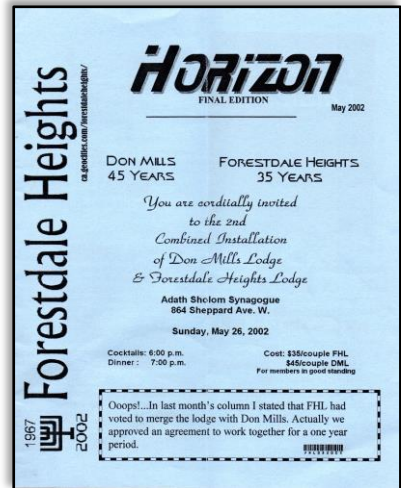
“To everything, there is a beginning, middle and end.”

I wrote this in May 2002 when Forestdale Heights bid farewell to its previous Lodge publication, The Horizon. This marked the middle of my association with Forestdale Heights Lodge publications, which began in May 1991 when I became a co-editor of the monthly newsletter. A month after I penned the quote above, The Horizon merged with Don Mills Lodge's newsletter, The New Planet, and Kol Echad, or One Voice, was born.

Now, 23 years later, we sadly prepare to close operations at Kol Echad. This decision was not made with joy or animosity towards anyone, but was part of the changes happening in our Lodge. Serving as editor of this publication has been a great honour. It has allowed me to chronicle the life of Forestdale Heights Lodge and its members and served as a forum to remember those Lodge leaders who have passed away.

It also allowed me to share my life stories over the years. Just a few months after coming on board, Lisa and I were blessed with the birth of our daughter, a major milestone I wrote about shortly after Jordana's birth. These tales continued as she grew, moved through the school system, had her bat mitzvah, and made her way into the world. I have been fortunate to have a great daughter and a spouse who stood behind me all these years. Being creative takes time and effort, and there is no way Kol Echad would have lasted as long as it did without their support.

Continued on next page



The success of each issue was often attributed to this desk, but Kol Echad was always a collaborative effort. The publication could not have lasted as long as it has without the contributions of our members, the various people who wrote under the President's Pen banner, and our talented columnists. Some of the members still with us include Rosalie Moscoe, Stewart Indig, and Elizabeth Bloom. Kol Echad would never have been complete without Nate Salter's unique voice in Notes from Nate, who entertained, amused, and even scolded us when necessary. Bonnie Kates not only created As I See It, but also made sure no issue went out without her contribution. Even when she was sick at the end, she felt it was essential to write something. It was so moving that I kept it all these years and have included it in this final issue. *(She was also the reason I agreed to take a second year as president while I was super busy planning a bat mitzvah!)*



After her passing, we thought that her column would be retired. However, in the next issue, her son Marc picked up her "pen" and continued where his mother left off. Like his mother, Marc also took on the role of co-editor. Both, in their own time, would review every page with me, editing each issue – line by line. It was an honour to work with these two remarkable individuals.

They were Kol Echad's front line. A great publication can't exist without one. Equally important are those working behind the scenes. Harvey Silver deserves credit for making sure the bulletin reached members. He collaborated with advertisers and publishers to ensure that Kol Echad was always sent out. Credit goes to Harvey for bringing our first advertisers on board. This venture proved to be a financial success for Kol Echad and the Lodge.

Harvey was also there five years ago when he convinced me not to give up and continue with Kol Echad, producing five issues a year instead of 10. At the time, I was ready to walk away from this volunteer job.

Continued on next page



Since entering the world of journalism in 1981, there have been so many publications I have been fortunate to have been involved with. Some have been learning opportunities, but most have been paid positions.* Unfortunately, most have been consigned to the history books. Kol Echad was the last print publication still in operation. Last fall, I started to see the end of this publication as we stopped printing the bulletin and later decided to end our relationship with our valued advertisers. The final decision to stop Kol Echad came when the Lodge started discussing its dissolution.

As a result, this publication, where I have spent countless hours of fun and frustration, is ending. This is the final edition of Kol Echad and my final column as its editor.

I want to take this opportunity to express my heartfelt gratitude to all our readers and supporters who have been with us on this journey.

It's been both an honour and a pleasure.

Jeff Rosen

– 30 –

***JEFF'S COLUMNS & PUBLICATIONS**

ScarboroView – Balcony Square, Scarborough College, U of T

Sheridan Sun – Sheridan College, Oakville, Ontario

Borderlines – Borderland Reporter News Editor, Coronach, Saskatchewan

Battleford Telegraph – Reporter, The Battlefords, Saskatchewan

The Canadian Jewish News – Reporter, News Editor, Internet Editor, Toronto, Ontario

The Horizon – Co-editor/Editor, Forestdale Heights Lodge, Toronto, Ontario

Kol Echad – Editor, Forestdale Heights Lodge, Toronto, Ontario



LODGE MEETINGS

SEPTEMBER MEETING

Fifty seven years after Forestdale Heights Lodge was established, nine of the 16 remaining members held a virtual meeting on Tuesday, September 17, to kick off a new season.

Those in attendance included Lodge co-presidents Ruth Pupko and Debbi Silver, who chaired the meeting, alongside Zoom moderator Stewart Indig, Albert Ohana, Ray and Rosalie Moscoe, Carl Zeliger, and Jeff and Lisa Rosen.

Ruth led the discussion on supporting local organizations through the CVS program to help those in need. Ultimately, the members voted for FHL to support both the Out of the Cold program and Ve'ahavta. There was also a discussion about the annual Chanukah social program, tentatively scheduled for Wednesday, December 4, at Bali Laffa.

The idea of getting rid of the Lodge's menorah and banners, which have been in my home since before the pandemic, was brought up. However, Carl suggested tabling this issue in light of the next agenda item.

The future of the Lodge itself was then discussed. Debbi proposed that, given the dwindling numbers, it might be time to consider the future of Forestdale Heights. Everyone agreed, and it was decided that an in-depth discussion would occur at the next meeting on October 8.

The meeting concluded with wishes for a Shanah Tovah and expressions of condolences to Stewart on the loss of his sister.

Jeff Rosen



MILESTONES

Birthdays

| | |
|---------------|-----------|
| Aaron Pacter | May 4 |
| Stewart Indig | June 1 |
| Jeff Rosen | June 12 |
| Ira Kuchinsky | July 28 |
| Lisa Rosen | July 30 |
| Marilyn Arkin | August 10 |
| Stan Zeliger | August 19 |



Anniversaries

| | |
|------------------------|-----------|
| Carl & Debbie Zeliger | June 8 |
| Ira & Paula Kuchinsky | June 10 |
| Ray & Rosalie Moscoe | June 21 |
| Ivan & Elizabeth Bloom | June 27 |
| Marc & Anna Pollock | June 29 |
| Michael & Carol Pacter | July 2 |
| Albert & Honey Ohana | August 15 |
| Stan & Janet Zeliger | August 16 |
| Stewart & Cathy Indig | August 23 |



FHL ON THE WEB

Forestdale Heights has had a website now for more than a few decades. Ours was one of the first lodges to acquire one around 2001 and appears to be the only Lodge with an active site within B'nai Brith Canada.

Unlike many organizations, creating an online presence did not result from meticulous planning. Instead, it came about after we engaged in online "doodling" a few years after I became The Canadian Jewish News' first web editor. I figured that if it was good enough for The CJN, it was good enough for Forestdale Heights Lodge.

Our first online venture was simple by today's standards (<https://bit.ly/4eEjgnS>). Not being a trained professional in these matters, this project was done by trial and error. Still, we persevered. Times changed, and we managed to keep up with technological changes to maintain an online presence. I've been proud of what the Lodge accomplished and the numerous awards we received over the years from B'nai Brith Canada.

Forestdale Heights Lodge



SHALOM AND WELCOME

Forestdale Heights Lodge was founded in 1967 and has remained an active, vibrant lodge within B'nai Brith Canada for over 30 years now. It meets regularly and participates in a number of social and volunteer activities. As well, it sponsors a number of B'nai Brith sports teams and runs the monthly award-winning newsletter, The Horizon. This award-winning site is a Web based version of the print Horizon, plus news, Jewish music, holiday and daily recipes, games and information of interest to our members. For more on the Horizon, click below.

ENTER

What many often fail to realize is that a single site is composed of multiple files. On our site, some files were reused as new content was added. New, distinct files were also created to accommodate the various programs, events and comments that have taken place. What you now see on www.kolechad.ca are the current files with up-to-date content. Meanwhile, the older content and files have accumulated on our server. This would probably have continued if not for an unplanned event in mid-September.

Continued on next page



Our entire website is connected through a navigation bar at the top of each web page. After more than two decades, this tool simply stopped working. We tried to fix it, but nothing worked. We asked the company hosting our site for help, but they couldn't assist us because our site isn't based on their preferred web content management system. In other words, they could not (or would not) help. As for the company that created the code, well, it no longer exists.

Since the Lodge website exists within my personal site, it was decided to return to what works. This was done by stripping out the old code on every page of our website and replacing it with a viable code taken from my website. Fortunately, it was a success, and the new index is so similar to the old one that many of you may not even notice the difference.

At the same time, it was decided that this was the perfect opportunity to clean up and declutter the old material.

The result is that our site now contains an archive of older files, reports and columns. I hope you take the time to check it out. The archive can be found at <http://kolechad.ca/archives.htm>. It is a fascinating look at the Lodge's past.

This page also includes all material from our 50th-anniversary celebrations.

With the bulletin's pdf issue ending, we have decided to maintain the site as long as possible before reincorporating it back into my own website.

Jeff

* * *

For those interested, the Lodge's website has used the following URLs:

<http://ca.geocities.com/forestdaleheights/>

<http://ca.geocities.com/dmfhlodge/>

kolechad-ca.jelijo.ca

<http://kolechad.ca/>



B'NAI BRITH CANADA

BBC OFFERS HOME CLOTHING PICK-UPS

Donate your used clothing from home!!
We are launching our new home pick-ups for clothing donations!
Simply prepare your clothes for donation in garbage bags and call 416-633-6224 x 120 to arrange for our truck to collect your donations – from your home.
Items will be donated to those in need, while excess clothing will be used to fund our foodbank.



CONFIDENTIAL REPORTING ANTI-HATE HOTLINE



B'nai Brith Canada operates the Anti-Hate Hotline combating antisemitism and racism. If you have been the victim of an antisemitic incident, we encourage you to fill out the form at <https://bit.ly/3irmAAz> or call our toll-free Anti-Hate Hotline at 1-800-892-6224.

If you would like to look back on where we came from, go to the Wayback Machine at <https://bit.ly/4qIRllo>
OR <https://bit.ly/3ZJHce6>



PERSPECTIVES

FHL past president, Bonnie Kates, wrote and edited the Lodge's bulletins for years. This was one of her last columns for Kol Echad.



I have seen a miracle again. It can happen after years of trying and anticipation, or by sheer accident. It occurs on every socioeconomic level, in every country, city and town in the world. No matter how frequently it transpires, no matter how commonplace an event it is, we always stand back in awe and say, it is truly a miracle when a healthy child is born.

Throughout the history of the world, reproduction of life has been the driving force of evolution. Throughout time, the birthing process has remained, for the most part, the same.

Sure, technology has allowed us to see into the development of our unborn child. We can now look for abnormalities in the developing baby and examine its cell and gene structures. We can often correct any abnormalities before the baby is even born. We can even be certain as to whether it is a girl or a boy. However, no matter how you look at it, the act of creating a new human being, is nothing short of a miracle.

Just very recently, we were blessed with a new grandchild. She is perfect in every way. We have added another branch to our family tree, and this precious little one has energized us by her mere presence. What an amazing effect a new baby has on a family.

Welcome, Eve Ruth. You have allowed us to see the miracle of life one more time, and celebrate in your arrival.

Kol Echad, June 2011



PERSPECTIVES

FHL past president, Nate Salter, was a long-time contributor to our Lodge's publications. This was his last contribution.

Nu, boychicks and meydlekh, once again, your Rotund Reporter has escaped the clutches of the Mackenzie Health Centre Richmond Hill (otherwise known as York Central) not as good as we used to be, but a whole bunch better than when we went in. When I sat down to write this column at the end of February, some words in the song "Big Yellow Taxi" came to mind. Those very pertinent words are "You don't know what you got till it's gone." My fellow members, having been on the hospital's frequent flyer list for over six years, I now know exactly what they mean.

There was a time I could jump in the car to go to Canadian Tire, zip down to see the kids and grandkids, take the wife out to grab a bite at a local eatery, or, yes, hop over to a Lodge meeting. This was all done with no pre-planning, other than putting on the gutkes in the cold weather and making sure the shoes and socks matched.

However, once a major illness intrudes on your life, all this goes in the toilet. When you get past the point where you find that you will be walking out of the hospital instead of leaving feet first in a plain pine box, you then have to look at your recovery process.

In my case, my head was *farshimelt*, I was weak as a kitten, and my road to recovery — detoured by my dialysis — was a long one since I had one shot after the other, picking up viral pneumonia, while getting over the heart attack and stroke.

Just when things were at their bleakest, with G-d's help and the love and support of my family, I made the decision that I wasn't quite ready to say a final goodbye. I wasn't ready to give up the Golden Years, regardless of the twists and turns they bring, because I worked too damn hard and for too many years not to enjoy the fruits of my labour.

G-d has blessed me with amazing children and wonderful grandchildren, and at this point in my life, I treasure the miracle of watching them growing up.

Continued on next page



My poor father never had that pleasure, dying before my kids were born, so in spite of my illnesses, I still consider myself one lucky SOB. Even though I currently depend on my wife to go anywhere, I get to hug my kids. Let me tell you that when you enter your kid's home and you hear an excited two-year-old scream "Zaidy" followed by a hug and kisses, then my friends, you know what *naches* really means. At that point, all my pain and problems disappear.

My only regret is that I will only get to spend a few more precious years with them.

You know something, though, for as many years as I still have, my single biggest job is making them laugh and giggle and have them know that their Zaidy loves them with all his heart. The love of a grandchild for a Zaidy is priceless, and the love of a Zaidy for a grandchild is forever.

Oy, Pincus is nudging me, I should tell you a story.

Pincus and Gittle were at Yorkdale shopping for Chanukah gifts for their kleinike. Gittle turns around and shoyn, no Pincus. Since they had lots more shopping to do, she calls his cell phone. He answers, and she says to him, "Nu, Pincus, where are you?"

"Oy tsatzkaleh, you remember last year we there in that fancy schmancy jewellery store where you saw that tennis bracelet you loved, but we couldn't afford? You remember I promised you that someday I would buy it for you?" "Oh yes," she says excitedly. "Well," replies Pincus, "I am in the bar next door to it, having schnapps and watching the hockey game." Last time I saw him in the emergency room when I was there, he couldn't see me through the black eyes.

Kol Echad, April 2013

A NOTE TO MY FORESTDALE FAMILY

I am going in for a mitral valve repair via open-heart surgery. While I am fortunate enough to have the leading specialist in the field operating on me, the final outcome is in Hashem's hands. If all goes according to plan, this column will return in a few months.

If Hashem's plans call for a loving Zaidy, with a little writing talent, to become a member of his team, then I hope I made you laugh and think about the messages. In that case, these will be my final words in Koi Echad.

I have enjoyed bringing all my bubbameises to you over the years and hope my scribblings have not only brought you a laugh, but given you reason to stop and think.

See you in the funny papers.

Nate



FOOD SENSATIONS

It's BBQ season again, and throwing something on the grill is an easy summer dinner. This guide will help alleviate some of the "Is it cooked?" stress from grilling. Exact times will vary due to the thickness, but the following is a great starting point.



Chicken

Thighs and breasts are two popular cuts of chicken to grill. Make sure to cook over medium heat (350-450F). If the temperature is too high, it will cause the outside to cook before the middle gets to 165F. Always check the internal temperature with a thermometer before serving.

Chicken Thighs (Boneless): 5-6 minutes per side;

Chicken Breast (Boneless): 5-6 minutes per side.



Burgers

Preheat the grill high – 450-550F – when grilling burgers. Cooking at that temperature will create a delicious crust on the outside. Once on the grill, close the lid and step away. Do not press down or flatten the meat. It will result in a less juicy burger. Only flip one time halfway through cooking.

Rare: 5 minutes;

Medium Rare: 7 minutes; Medium: 8 minutes;

Well Done: 10 minutes.

Continued on next page



Fish

Don't fear cooking fish on the grill. Ensure the grates are properly preheated (450-550F) before placing the fish on them. Since fish is delicate, only flip once halfway through cooking. When done, it will be released from the grates.



Steak






High heat is best when grilling steak – 450-500F – to seal in the juices and ensure beautiful grill marks. Set it and forget it. Don't open the lid or flip it too many times. Steaks only need to be flipped once during the cooking process.

Rare: 8 minutes;

Medium Rare: 9 minutes;

Medium: 10 minutes;

Well Done: 14 minutes

| | | |
|-------------|---|-----------|
| Rare |  | 120-125°F |
| Medium-rare |  | 130-135°F |
| Medium |  | 140-145°F |
| Medium-well |  | 150-155°F |
| Well-done |  | ≥160°F |

The classic temperature scale for steak doneness



FOOD SENSATIONS

Chanukah Doughnuts

Ingredients

~~1/4 cup warm water~~
~~6 tbsp. sugar~~
~~2 packs of dry yeast~~
~~1/2 cup orange juice~~
~~1 stick butter (or margarine)~~
~~1 dash salt~~
~~2 eggs (slightly beaten)~~
~~3 cups all purpose flour~~
~~Vegetable oil for frying~~

Instructions

~~In a cast iron skillet, heavy pot or deep fryer, heat oil to 350 to 375 degrees Fahrenheit.~~

~~In a small pan, heat the orange juice, butter or margarine, salt and 5 tablespoons of sugar. Take it off the heat and allow it to cool to lukewarm.~~

~~Beat two eggs in a medium bowl and then add the cooled orange juice mixture, followed by the yeast mixture. Stir to mix, and then add the flour to create pliable dough.~~

~~Sprinkle flour on a surface (table or counter) and place the dough to knead several times. Put the dough into a greased bowl and allow the dough to rise in a moist, warm place for 1/2 hour. (You may want to use the same method as for the yeast.) When the dough has risen, punch it down.~~

~~Roll out the dough, leaving it about 1/2 to 3/4 inch thick. Cut the dough into circles or strips. Place these on a greased, floured baking sheet with at least one inch of space between them. Put them back in the same location where they had risen before. Allow them to rise for at least 20 minutes.~~

~~Add the doughnuts to the preheated oil one or two at a time and cook on each side until golden brown. Drain them on paper towels.~~

~~Sprinkle with powdered sugar or cinnamon sugar. This will make 18 to 24 doughnuts, depending upon the size.~~

~~<https://bit.ly/4drRbJ2>~~



FOOD SENSATIONS

~~Spiced Apple-Pear Sauce~~

~~The natural sweetness of fresh apples and pears makes this homemade sauce a standout over the store-bought version.~~

~~Lemon juice adds brightness and keeps the fruit from browning, and cinnamon and nutmeg lend warm spice notes.~~

~~Ingredients:~~

~~3 McIntosh apples, peeled, cored and chopped into 1/2-inch pieces~~

~~3 ripe Bartlett pears, peeled, cored and chopped into 1/2-inch pieces~~

~~1 tablespoon fresh lemon juice~~

~~6 cinnamon sticks~~

~~1/4 teaspoon ground nutmeg~~

~~1 to 2 tablespoons sugar~~

~~Instructions:~~

~~Combine the apples, pears, lemon juice, cinnamon sticks, nutmeg, 1 tablespoon sugar and 1/4 cup water in a medium saucepan. Bring to a boil over medium-high heat. Cover, reduce the heat to medium-low and cook until the apples and pears are very soft but still a bit chunky, 15 to 20 minutes. Taste the mixture and add the remaining tablespoon of sugar if desired.~~

~~Remove the sauce from the heat and stir a few times until the sauce is well combined with small chunks. Cool to room temperature. Remove the cinnamon sticks and serve. (For a smoother sauce, remove from heat, remove the cinnamon sticks and then whisk the mixture until smooth before cooling.)~~

~~<https://www.foodnetwork.com/recipes/food-network-kitchen/spiced-apple-pear-sauce-recipe-2109317>~~





HARMONY

Rosalie Moscoe

~~Ray and I took a trip down memory lane, reminiscing our many years in Forestdale Heights Lodge — 54 for Ray and about 25 for me when they allowed women into B'nai Brith lodges. We recalled so many events, volunteering and accomplishments!~~

~~One volunteer event that comes to mind is the Out in the Cold program that was held at Beth Emeth once a month. Those programs were a beacon for people experiencing homelessness to be able to sit down for a hot, delicious, nutritious meal that was served to all who arrived. It was a full evening event, with Bingo games, giving out prizes for the winners, playing music and singing songs. Each person received a parcel of new clothing and a TTC token to take with them. Some people slept there for the night. Everyone seemed to have a good time.~~

~~As for other homeless people, many of our members volunteered either packing up toothpaste, brushes and clothing, while others handed out those packages to the homeless on the streets or to churches and food banks to be distributed to those in need.~~

~~We were proud when Forestdale Heights was involved with other lodges in raising and donating money, which contributed to the purchase of an ambulance in Israel. At our meetings, we carefully decided which charities would receive our donations. We gave out thousands of dollars over the years wherever there was trouble, a fire in the north when Indigenous people had to vacate their homes, or a charity we felt needed our help. To this day, our donations continue, especially to Jewish charities and Israel. Of course, let's not forget the Passover and Chanukah deliveries we took part in, driving around the city to deliver to those in need. We truly practiced tzedakah — meaning righteousness, fairness, or justice.~~

~~Continued on next page~~



~~So, where did we get this money for donations? — mainly from all the bingo games we held at various large venues in Toronto. We can't forget the designated pushka cans (with a slit on top) that were spread around many locations in North York, where people dropped in their coins — which really added up for our donations! We were involved in large B'nai Brith conventions where we sent delegates to bring our ideas to the table to spread the good.~~

~~The Toronto Marathon was another great event that got many of our male members up at the crack of dawn. They set up the first booth to hand out water and other drinks to the runners. Our B'nai Brith banner was flying in the breeze. We enjoyed catered Lodge meetings at B'nai Brith house, where we discussed what organizations we would choose for donations and other ways to keep our Lodge alive.~~

~~If we are talking about FHL, we must mention the camaraderie that existed! Do you remember all the fun Chanukah parties when we handed out gifts to all our kids, played games and sang songs? We also had fun times as we recalled Lodge picnics when our kids were little, complete with wheel barrel races and prizes! We can't forget about all the Lodge installations — catered affairs, including entertainment and dancing.~~

~~Forestdale Heights Lodge spearheaded saving the B'nai Brith baseball league, which was about to fold. It became the largest organized men's baseball league in North America — up to 1,200 players at one time. Because of the huge baseball league, B'nai Brith recruited many new young members. Also, our Lodge had two teams that participated in the basketball league.~~

~~Reading of the Megillah every year at Purim brought out many people at the B'nai Brith senior's home on Bathurst Street, and our Lodge members were there to run it and take part. Of course, we can't forget our Lodge bulletin, Kol Ehad, which bonded us together, and the work it took to get it looking spectacular. What a Lodge!~~

~~Yes, now we're older and attend to our families and grandchildren, and many of us may not have the oomph we had years ago, but those members (and many other past members) still can recall the wonderful events we carried out. Know that so far, we have accomplished essential and gratifying work through our Lodge and for B'nai Brith.~~

~~We wish all our brothers and sisters of Forestdale Heights Lodge a happy and healthy Rosh Hashanah. May it be a better year for all Jewish people.~~





AS I SEE IT

Marc Kates

~~“One can tell a lot about a place by simply reading its graffiti,” is how I began the September edition of Kol Ehad. My own words hit me hard, very hard, on our end-of-summer trip to Scandinavia with the kids.~~

~~We arrived in beautiful Copenhagen and spent our time touring the sites. We took a boat ride through the canals, biked all around the city, and learned a lot about Danish history and culture. I was proud that the tour guide mentioned how Denmark managed to save almost its entire Jewish population during the World War II by clandestinely ferrying Jews across to neutral Sweden. In a rare breath of fresh air from the antisemitism of North America, surely the Danes, with their heroic past, would be knowledgeable about world events to not fall for the distorted narratives perpetuated by people who are not students of history.~~

~~I was wrong. Copenhagen was littered with graffiti “Free Palestine” stickers. It became my mission to remove as many stickers as I could find. In Christianshavn, known for its bohemian and hippie commune, we were met with Palestinian flags being flown from windows, bikes, and buildings. We did not feel safe and left Christianshavn quickly.~~

~~We visited the Great Synagogue in Copenhagen too. Like many Jewish institutions, we had to provide our passport picture pages in advance to tour the magnificent synagogue completed in 1833. The tour guide, the son of the Chief Rabbi of Denmark, commented that antisemitism in Copenhagen was almost non-existent.~~

~~I respectfully disagree. Since any Jewish institution is a target, the Danish government has sealed off the street to any vehicular traffic in front of the shul, and an armed soldier with an automatic rifle stands at the ready at the entrance. These security measures are paid for entirely by the state. The Jewish population of Denmark has diminished dramatically over the years, and with the increase in antisemitism, how long can Denmark be a safe haven for Jews?~~

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~~Copenhagen was clean and nice, but Stockholm was spotless and elegant. We had a great time at the ABBA Museum, the Nobel Museum, and the Vasa Museum. The family went on a food tour of Copenhagen and enjoyed the Swedish delicacies. (Although I like black licorice like my mom, licorice and raspberry flavours should not be enrobed in a chocolate bar!) Stockholm, I had hoped, was different from Copenhagen. It seemed that way until we came face to face with a pro-Palestinian, anti-Israel march through the downtown core. I was still on my one-man mission to remove as many graffiti stickers as I could find around the city. In one central square, there was a Ukrainian cultural festival going on. It was hard not to notice that there were no anti-Russia signs. Double standards exist in Stockholm, too.~~

~~Our next stop was Oslo, the birthplace of the 1993 Oslo Peace Accords. We toured the magnificent Oslo Opera House. Instead of spending my time admiring the structure, I couldn't help but be angered by a person wearing an "Anti-Zionist Social Club" hoodie. How could this be allowed out in public? Apparently, this apparel is OK in Oslo. After calming down slightly, we went to the Edvard Munch Museum next door to see his famous painting, "The Scream." Here, too, in the museum, a woman was wearing a sweater with what looked like the outline of the State of Israel, but it was covered in a watermelon, the image that has become synonymous with the Palestinians because both a watermelon and the Palestinian flag share the same colours.~~

~~In Oslo, the graffiti was more extensive. I saw flyers with lists of Israeli companies and products Norwegians should boycott. I saw anti-Israel graffiti in spray paint, and I felt the need to leave.~~

~~Our final Scandinavian stop was the city of Bergen, in Norway's north, in fjord country. It was beautiful, but it lost some of its beauty when I saw a woman carrying a "Palestine will be Free" umbrella along its cobblestone streets.~~

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FORESTDALE FUNNIES

~~Q: How many politicians does it take to change a light bulb?~~

~~A: Two — one to change the bulb and one to change it back again.~~

~~The secret to making Parliament more efficient is to replace all the MPs with horses. Sure, every vote would end in “neighs,” but hay, at least the housing market would be stable.~~

~~Man: Two years ago, my brother ran for Parliament.~~

~~Friend: What does he do now?~~

~~Man: Nothing — he got elected!~~

~~A robber held up a well-dressed man, pointing his gun and yelling, “Give me all your money!” The man replied, “Don’t you know who I am? I’m the Prime Minister!” The robber retorted, “In that case, give me all my money!”~~

~~Q: What do you call a bad lawyer?~~

~~A: Senator.~~

~~Q: Why can’t you let a politician on a plane?~~

~~A: Because he’ll keep trying to destroy the other wing.~~

~~A politician running for office was asked about his policy on liquor. He answered, “If you mean the demon drink that poisons the body, ruins the mind, destroys the family and creates criminals, then I’m against it! But if you mean the beautiful drink used for a wedding toast, the foundation of a fun Friday night and the biggest source of tax revenue to fund needy orphans, then I’m for it! And I won’t change my mind, no matter what you say.”~~

~~Q: Why isn’t the government displaying a Nativity scene this Christmas?~~

~~A: They can’t find three wise men.~~

~~Politicians can find an excuse to get out of anything ... except office.~~



FORESTDALE FUNNIES

Q. Do female frogs croak?

A. Paul Lynde: If you hold their little heads underwater long enough.

Q. If you're going to make a parachute jump,

at least how high should you be?

A. Charley Weaver: Three days of steady drinking should do it.

Q. True or False, a pea can last as long as 5,000 years?

A. George Gobel: Boy, it sure seems that way sometimes.

Q. You've been having trouble going to sleep.

Are you probably a man or a woman?

A. Don Knotts: That's what's been keeping me awake.

Q. According to Cosmopolitan, if you meet a stranger at a party and think he is attractive, is it okay to come out and ask him if he's married?

A.. Rose Marie: No, wait until morning.

Q. Which of your five senses tends to diminish as you get older?

A. Charley Weaver: My sense of decency.

Q. As you grow older, do you tend to gesture more or less with your hands while talking?

A. Rose Marie: You ask me one more growing old question, Peter, and I'll give you a gesture you'll never forget.

Q. Paul, why do Hell's Angels wear leather?

A. Paul Lynde: Because chiffon wrinkles too easily.



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Q. Charley, you've just decided to grow strawberries. Are you going to get any during the first year?

A. Charley Weaver: Of course not, I'm too busy growing strawberries.

Q. During a tornado, are you safer in the bedroom or in the closet?

A. Rose Marie: Unfortunately, Peter, I'm always safe in the bedroom.



Q. When you pat a dog on its head he will wag his tail. What will a goose do?

A. Paul Lynde: Make him bark?

Q. If you were pregnant for two years, what would you give birth to?

A. Paul Lynde: Whatever it is, it would never be afraid of the dark.

Q. According to Ann Landers, is there anything wrong with getting into the habit of kissing a lot of people?

A. Charley Weaver: It got me out of the army.

Q. Back in the old days, when Great Grandpa put horseradish on his head, what was he trying to do?

A. George Gobel: Get it in his mouth.

Q. According to Ann Landers, what are two things you should never do in bed?

A. Paul Lynde: Point and laugh.



FORESTDALE FUNNIES



LOOKING BACK

Malton airport in 1959. Now Pearson International



LOOKING BACK

Ontario Place and the city, 1980s



FINAL THOUGHTS

VITAMIN F

Why do I have a variety of friends who are all different in character?
Some of them have obvious flaws, but then, so do I.
How do I get on with them all?
I think that each one helps to bring out a “different” part of me... With one of them, I am polite and as refined as I can manage.
I joke a lot with another.
I talk about serious matters with one.
With another, I laugh a lot.
I share a glass of wine with one,
And dance on occasion with another.
I listen to one friend’s problems and give them advice. Then I listen to another advising me.
They are all like pieces of a jigsaw,
When completed, they form a treasure box.
A treasure of friends!
They are my friends, who understand me better than I myself do, who support me through good days and bad days.
They are the anti-depressants that I need to make it through life.
Doctors tell us that friends are good for our health.
Dr. Oz calls them Vitamins F (for Friends) and recounts the many benefits of friends to our well-being.
Research shows that people in strong social circles have less risk of depression and terminal strokes. If you take Vitamin F constantly, you can be a lot younger than your physical age. The warmth of friendship reduces stress and can decrease your risk of cardiac arrest or stroke.
We should all value our friends and keep in touch with them.
I’m fortunate to have a plentiful stock of Vitamin F!
Thank you for being one of my vitamins!



*Submitted by Bonnie Kates as her final contribution to Kol Echad,
November 2011*





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HEIGHTS
LODGE**

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