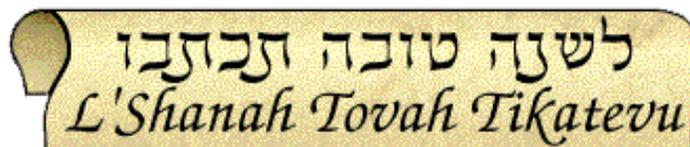


41 YEARS OF GREAT MEMORIES



*May this year 5769 bring
health, happiness and peace*

Forestdale Heights Lodge Executive



Don't miss our October Program: Monday, October 6
Dinner 6:30 p.m. followed by guest speaker
Further details inside Kol Echad
Please RSVP to Albert Ohana
at salonpiaff@rogers.com or call 416-494-2636

KOL ECHAD



Kol Echad is the official publication of Forestdale Heights Lodge. It is published 10 times a year. We welcome any and all articles or letters from members of the lodge and their families. All material submitted is subject to editing. The editor may consult with members of the bulletin committee regarding content 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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Website:
<http://www.kolechad.ca/>

At A Glance

October 6	Speaker/Dinner Meeting
November 10	Dinner Meeting
January 12	Dinner Meeting
December 8	Speaker/Dinner Meeting
January 31	Night at the Races

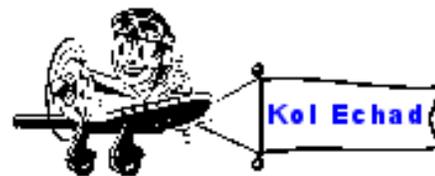
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November Issue	October 5
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January Issue	December 9

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President's Pen



This is a very exciting time of year. For us in Forestdale Heights Lodge, it is the beginning of another year in which we will renew our friendships that have, perhaps, slumbered over the summer. It is a time to reflect on what we will do in the coming year to accomplish our goal of “people helping people.” We have done much in the past, but there is always more that we can do.

For us as Canadians, we are faced with an election. Elections are a serious business. We all know that the policies of whichever government is elected will have a major effect on our lives for the next couple of years. Policies on the economy, taxes, energy, environment, health, education, aid to cities, and support for the military are issues which are sure to be hotly discussed in the next few weeks. Relationships with Israel and the Middle Eastern countries will be uppermost in our thoughts. It is important that we all make careful and informed decisions when we cast our ballots.

At the same time, we will be watching with much interest the election in the U.S. Both candidates promise change, but have very different ideas about what those changes mean. But the spillover effect on

Canada affects us all. Their economic policy, their environmental policy, their energy policy, their policy regarding NAFTA - all of these will affect our lives, yet we don't have a say. We hope the people of the U.S. will make a choice which will be positive for Canadians.

For us as Jews, this is the most exciting part of the year. As we approach Rosh Hashanah and Yom Kippur, we have a chance - or even an obligation - to reflect back on the past year and to consider what we can do to make our lives better and more meaningful.

It is a time for renewal. It is a time for family. In the middle of August Ruth, Aaron and I were able to travel to Dayton to visit my father and my brother. We don't see each other very often so it is a special time when we can get together. As a former American, I always felt that one of the major differences in the two cultures was that Americans tend to move all over the country and that Canadians tend to stay closer to home. I never really thought about this, but at this time of year it is nice to be with family and to celebrate the “holidays” together.

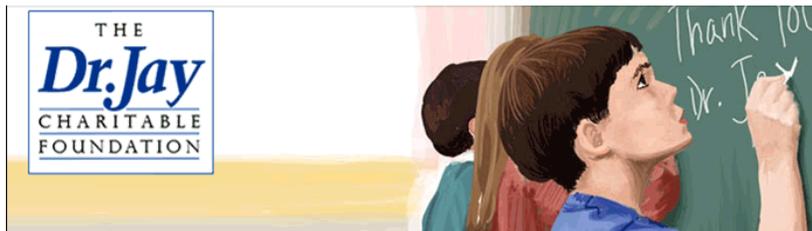
So from Ruth, Aaron and me to all of you and your families, we wish you a sweet, healthy, and happy new year.

L' Shana Tovah Tikatevu

Iro Pupko

Be sure to be at our October meeting
on Monday, October 6

When our guest speaker will be
Dr. Jay Batcher,
a founder of the Dr. Jay Foundation



At our meeting, Dr. Batcher will discuss the foundation and its role in building playrooms at a number of Toronto hospitals. The playrooms are supervised play care centres for sick children or children of parents or siblings undergoing cancer treatment.

*The Dr. Jay Charitable Foundation provides
Palliative Care funding and support for children,
helping families face terminal illness
with dignity and determination*

Editor's Desk



Spring is usually associated with rebirth as nature begins a cycle of renewal. The other side of the coin is autumn, when we as Jewish people begin our own cycle of renewal as we prepare for the High Holidays.

In synagogues (at least in mine) Torah mantles are changed and spiritual leaders don special garments for Rosh Hashanah and Yom Kippur. At the same time, the Jewish people begin their own preparations for the holiday, with one eye looking back on the Jewish year coming to an end, with the other cast towards the future. We can only hope that our deeds and actions will make the world a better place.

We know what kind of year it has been and, unfortunately, it has been a less than stellar one. Wars continue to destroy the undeveloped potential of so many good young men and women. While some argue that some wars are legitimate, both the conflicts in Iran and Afghanistan appear to be no-win situations. No matter how long outside interests remain in these

countries, sooner or later their troops will return home, leaving the people to their own devices.

Meanwhile, North Americans will have to make their own decisions about how they want their own countries to be run in the coming months.

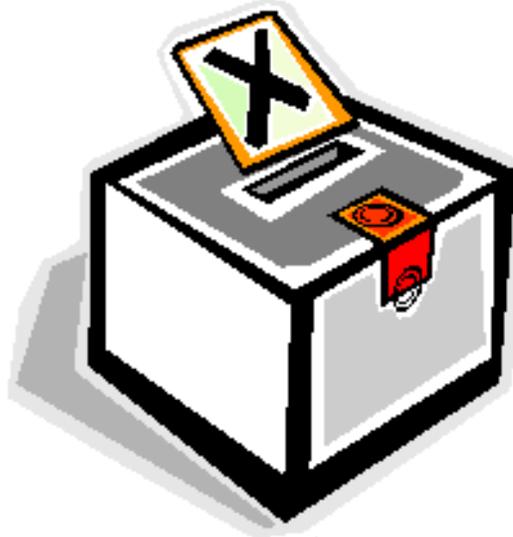
Americans will soon head to the polls, and are being offered two very different paths to choose. Regardless of who wins, their election is proving quite interesting. On one side you have the first African American running for their highest office. On the other side, you have a war veteran teamed with a so-called "hockey mom."

We have no shortage of hockey moms in our own great country, but unfortunately few will be running for office when Canadians head to the polls on October 14.

Still it will be interesting with four parties staking their claim to fame across Canada and a fifth trying to hold on to their seats in Quebec.

Whatever happens, it too is sure to be an interesting race.

The coming year should also prove interesting in both our own lodge and B'nai Brith Canada in general.



Continued on next page

Our new executive may take a few months to get on their feet, but I have no doubt that once up and running they will continue to maintain Forestdale's strong commitment towards CVS and will ensure that FHL remains a strong and vibrant lodge.

All in all, 5769 is shaping up to be a very interesting year.

I am sure my own life will be anything but dull. With great excitement, we recently welcomed a new addition to the Rosen household. No, it is not a sibling for our daughter or even a grandchild. It is a book.



Yes, you heard me right. This past June Lisa bought me my first digital SLR camera and I have been shooting literally hundreds of photographs since then. At the end of August I put them together using my Blurb.com software and created a 100-page coffee table treasure.

I told you, life is never dull at the Rosen household.

So stick with Kol Echad. We promise not to disappoint.

On behalf of Lisa and Jordana, I would like to wish everyone a safe, healthy and happy new year.

Shanah Tovah

Jeff Rosen



**Jeff, Lisa
& Jordana Rosen**



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

Random Musings



Foods produced by animals, such as eggs, milk and honey, play a large role in Jewish dietary traditions. These foods are

and yes, a beauty as it pours. It adheres to the foods dipped into it, making them more special.

This holiday season, I will truly appreciate honey and its powerful symbolism, as I dip a piece of apple and

nutrient-dense, and because they do not require that a creature die in order to feed us, they seem all the more special to me. During Pesach, eggs are used to prepare many dishes, and have also been regarded as a symbol of life. On Shavuot, dairy foods are emphasized.

As we celebrate the Jewish New Year, honey takes a central role. At the start of a new year, this is a fitting symbol. The wish for a sweet year is a plea to make our lives hopeful, a request to have a better year than, perhaps, the one before it. As we get older, more complicated life circumstances occur. Responsibilities sometimes require difficult decisions. The amber stream of thick honey year after year, provides a sense of continuity,



some challah. My wish for my family, and for you and yours, is for a happy and very sweet new year.

Elizabeth Bloom

**Reserve the date for what promises
to be a fascinating evening
December 8 meeting
Guest Speaker
Toronto City Councillor
Howard Moscoe**



Survey Says...

In order for Kol Echad to continue to improve in both print and on the Internet, we require your feedback.

What are we doing right...what are we doing wrong? Is there anything you would like to see added or discontinued in either version? Do you, as members, feel we should continue to offer both a print edition and a website devoted to the Lodge? Would you prefer to not to have the print edition mailed to you?

To respond, please send an e-mail to jelijo@sympatico.ca or mail to 150 Harris Way, Thornhill, Ontario L3T5A8. All responses will be tabulated and will be discussed at a future meeting. All names will be kept confidential.



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As I See It



When G-d created time, He first created night and then day. A Jewish calendar day begins with the night, before the day. A day in the secular calendar begins and ends at midnight. A Jewish day goes from nightfall to nightfall.

The first month in the Jewish calendar is Nisan. So how is it that Rosh Hashanah, falls out on the first day of the month called Tishri? Did you know that first day of Tishri is said to be the day that Adam and Eve were created? Rosh Hashanah is the birthday of the world. Yet, Rosh Hashanah begins on the first day of the seventh month. Among the diverse holidays we Jews have on the Hebrew calendar, Rosh Hashanah suffers from a peculiarity of oddness.

On one hand it is a festival and as such, we partake of the festive mood that pervades the other holidays as occasion for feasting and celebration. On the other hand we experience the Jewish New Year as a solemn day of judgment, on which our destinies as individuals, as a people, and as a species all hang in the balance, pending the verdict of the celestial court.

Rosh Hashanah is a time for personal renewal. It is when a new year is born, in spite of it falling out on the first day of the seventh month. It is a time to begin introspection, to look back at the mistakes of the past year and plan changes to make a better life in the new year.

Jews around the world come together to celebrate the holy days. We reflect on the year and we wonder what lays ahead for Israel, the Jews and the world. This is a fragile time for our people. Many Jewish communities around the world are thriving in a state of safety and security unprecedented in our history, yet the presence of anti-Semitism remains. Israel is in a constant state of suicide bombing attacks and the threat of nuclear arms at the hands of Iran is frightening. The international community must do all it can to stop Iran from acquiring the means to develop nuclear weapons.

Rosh Hashanah is an opportunity for reflecting on the year that has passed and setting goals for the year to come. As we dip our apples in honey, we pray for an additional measure of sweetness. Let each one of us add a special prayer to protect the safety of the young men and women who serve to defend freedom in Israel and those who are serving to defend freedom on behalf of Canada.

May we continue to grow in our commitment to our faith, and our community, and experience blessings in the year ahead. May the world become a better place for us all and that you and your family have a sweet new year one of good health, joy, and much *nachus*.

L'shana tova tikotevu.

Bonnie Kates

Sandy's Script



This is a short sequel to my previous column....if there is more to be said, why not say it!

As mentioned, my twin grandsons were born on July 30. We were then thinking

about planning a *bris* for the two boys. Since the babies' weight required a minimum of five and a half pounds, we were faced with a waiting period.

Meanwhile, Edmonton does not have a *mohel* and arrangements had previously been made with Dr. Aaron Jesin, our family physician and *mohel*, to fly in to perform the circumcisions. We were monitoring the weight of each of the babies and finally they reached, and in one case (Colin), exceeded the minimum weight to go ahead with the *bris*.

The *bris* was scheduled for Tuesday, August 19.

The rabbi of my daughter's shul made a point of visiting her in the hospital after the babies were born. He had mentioned that he was going to be on vacation and if she needed anything, the replacement rabbi would be able to help. The evening before the *bris*, the rabbi phoned (while

on vacation) to see how everyone was doing.

We were concerned if we would be able to have a *minyan* and the rabbi said he would call the shul and make arrangements. Needless to say on the day of the *bris* in walks the rabbi who was filling in at the shul along with his students to help us with the *minyan*.

I took the long way around in applauding the Edmonton Jewish community and how they personally take time to visit, help and make a new person in the community feel welcome.

The Edmonton Jewish community synagogues and organizations have programs that are available to all Jewish families from a welcoming committee to a program at the Kollel that supplies families with new babies kosher dinners every evening for two weeks.

I am very pleased that my daughter and her family have such kind and wonderful people around her! She doesn't have any relatives there, but she has people who care!

Wishing everyone a very Happy, Healthy and prosperous new year.

Sandy Gordon



High Holiday Greetings 5769



*The Pupko family wishes all members
of Forestdale Heights Lodge
a Happy and Healthy
New Year*



*Ray and Rosalie Moscoe
wish our Forestdale Brothers, Sisters and their families
a Healthy, Happy and Prosperous New Year
Shanah Tovah!*

**Bonnie & Michael Kates
& Family**



*May this year be filled with health, happiness
and sweet memories for you and your family
L'Shanah Tovah*

Stan Horowitz and Terry Goldfarb



*Shanah Tovah
to all our friends
and family*

לשנה טובה תכתבו
L'Shanah Tovah Tikatevu

*Best wishes for
a Happy and Healthy New Year*

Ivan and Elizabeth Bloom



*May you all be blessed
with a very happy
and healthy New Year*

**Greetings from
Carl, Debby, Rachel,
Rebecca and Josh Zeliger**

High Holiday Greetings 5769



*Avery and Marla Matlow
want to wish all our members
and friends
Health & Happy New Year
Shanah Tovah*



**From our house to yours
we wish you a very Happy and Healthy
New Year**

**The Silvers
Harvey, Debbi, Lisa, Mark, Shawna
Zoe and Jaime**

**MAY THE NEW YEAR BRING
HEALTH, HAPPINESS AND JOY
TO ALL OUR FORESTDALE FAMILY**



**ANDREA & NATE SALTER,
SHARI & DAVID AND ? STEPHENS ,
HEATHER, ROBBIE, JUSTIN & OWEN KUGLER,
DEBORAH, DAVE & BENJI REINE**



*Harold and Noreen Cohen
wish everyone L'Shana Tova Tikatayvu
and pray for peace in Israel
and the whole world*



*Best wishes for a year
filled with peace, health,
happiness & sweet memories*

Lloyd & Jacquie Lindsay

High Holiday Greetings 5769



*Wishing all members
of Forestdale Heights Lodge
a happy and healthy New Year
Shanah Tovah*



Harold & Hindy Davis



*Albert & Honey,
Sherri, Danielle, Jamie,
Reich, Jacob & Joshua
Rebecca, Stu, Dankev, &
Ethan, Lilah*

Happy & Healthy Holidays



*Best wishes for a
Happy and Healthy New Year*

**Barry & Sandy Gordon
& Family**



*Best wishes for health, happiness
and prosperity to all
Shanah Tovah*

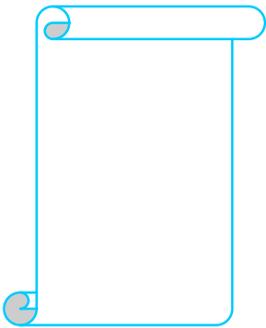
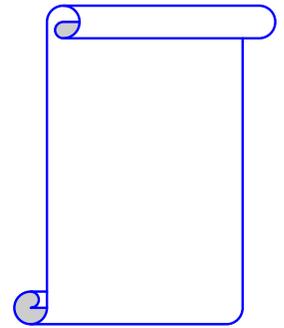


Elliott Moldaver

September Meeting



September Meeting



Notes from Nate



News and views of Forestdale Heights Lodge from a past president who is still alive and kvetching in Thornhill.

GEVALT!!!!!!

Before I even knew what happened it is *nuch yom tov* already, will

someone tell me where the summer went? It must be old age creeping up on me, because last time I looked it was *shoyne Pesach* and time to get out the garden furniture. Yes this year seemed to have slipped past so quickly, High Holiday season just arrived *tsaklop* and here it is.

You know in thinking back over the last few months, I guess the big thing is that our little Benji, the co-apple of his *Zaidy's* eye went from a little baby to a big little boy who can walk all by himself, though a little bit like a drunken sailor.

Amazingly, thank G-d he knows how to play with cars and trucks, without any help from *Zaidy*. His *Boobie*, my darling wife, is shocked because his first words after Dada were "ball" and "vroom-vroom". Needless to say the old gene pool from the Salter side is still working. Let me tell you when we get to Deborah's house and a certain little somebody comes walking towards his *Zaidy* with arms outstretched; there ain't nothin' in this world that is better. Andrea just came back from a weekend in Montreal with the other two grandsons, and of course we had to detour

from the airport to make her weekend complete so she could also see her Benji. Then she went home and slept like the proverbial log (no, I didn't know logs could snore).

Having grandchildren sure makes a serious lifestyle change when these little angels become a part of your life, and G-d only knows how we managed to live without them. With oldest daughter Shari anxiously awaiting the arrival of granddaughter #1 come November the whole cycle is going to start again. Funny thing is when G-d created this old *Boobie* and *Zaidy* he apparently made individual segments in our hearts for each and every one of these little ones with unlimited openings available. This does hold true to my long believed theory that grandchildren are G-d's reward for not killing your own children, no matter how much they really needed it at that particular time. Just think when the little lady shows up our social life is going to be reduced to bowling and babysitting each weekend. I can hardly wait and we are already taking bookings from assorted daughters.

You know this month I also came to realize that sometimes there are those who are a part of our lodge family, that sometimes cause *rubor* of the *mucosa* membrane of the intestinal tract. I have also come to understand that sometimes e-mail can become a very dangerous thing,

Continued on next page

because one can say in writing things that one would never tell a person face to face. I know we all have our problems and aggravations in life. Some have problems with health and some have problems with family and some have problems in business, but when one stops and catches one's breath here just before *yom tov*, it is maybe time to really evaluate what is important and what should be cast aside.

I will not go into the details of the past month, but suffice it to say, your long suffering Rotund Reporter was about ready to throw in the towel, stop participating, stop writing and generally remove myself from among the active members of our lodge. Was it over something major - are you kidding??? Did the whole *mitzeah* amount to a hill of beans - not likely. Is the individual going to change - maybe just after the Pope becomes Jewish. The bottom line is that like my own family, there have been highs and there are lows. After over 40 years, when one sits back and looks at the trials and tribulations of being an active member of Forestdale Heights Lodge, the reality sets in, and the temper calms down, and here we are typing a column again.

In spite of the health challenges we are facing and feeling down lately, one has to look back on the good times we have had with the lodge, the friends we have made over the years, the misadventures we have been a part of and the fact that a new year is beginning. When an old and dear friend in the lodge calls and forces one to evaluate what was going on, then in the clarity of a second opinion, one has to realize that like a marriage, being a Forestdalenik for those many years is not something to be discarded without serious thought.

So let me say that with the Jewish New Year dawning, the start of a new year of our lodge operation getting underway, and with the Salters expecting another addition of our family (and the boys still outnumber the girls around here) we can once again look forward to a better year than the one that just snuck past. To all my brothers and sisters in FHL my heartiest wishes to each of you for a year of health, prosperity and joy and as the famous cowboy used to say, "May the good Lord take a liken' to ya".

Nate Salter

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High Holiday Recipes

Chicken with Slivered Apple Slices

4 Boneless, skinless chicken breasts
1 T brown sugar
1 t salt
1 t powdered cinnamon/sugar
1 Large golden delicious apple
1 Beaten egg
1/2 Cup bread crumbs
4 T melted margarine

Preheat oven to 375 degrees.

Slice the boneless chicken 1/3 way through, crosswise at an angle in four places.

Slice the golden delicious apple into 16 pieces, as you would an apple pie, and dip pieces into a mixture of 1 T brown sugar, 1 t salt, 1 t powdered cinnamon/sugar mixture just before assembling.

Insert apple slices into slits in chicken. Mix remaining apple mixture into crumbs.

Dip chicken breasts into beaten egg and then into crumbs and place on cookie sheet and drizzle with melted margarine.

Bake for 40 to 50 minutes or until juices run clear and crumbs are golden brown, in a 375 oven.

Race Night



**SAVE THE DATE:
SATURDAY JANUARY 31, 2009
NIGHT AT THE RACES
WOODBINE RACETRACK
FURTHER DETAILS
TO BE ANNOUNCED**

Good & Welfare

Birthdays

Morty Green	October 7
Carl Zelig	October 12
Sandy Gordon	October 15
Ivan Bloom	October 30
Nate Salter	October 31

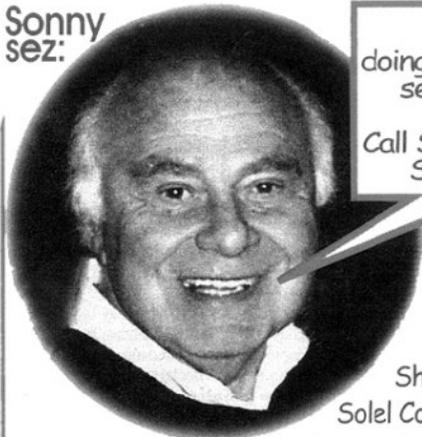


Anniversaries

David & Arna Gorender	October 26
Harvey & Debbi Silver	October 28

If you have something special happening in your life that you would like listed in Good & Welfare, send it to jelijo@sympatico.ca. We will make every effort to include it. Birthdays of members only will be listed in this space. If we have missed a special occasion in your life, please let us know so that we can update our records.

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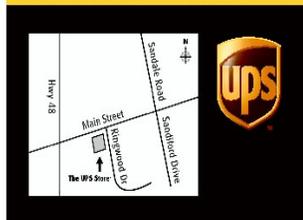
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Apple Cinnamon Kugel

A classic for the holiday table, this traditional Jewish dessert blends grated apples, sugar, matzo farfel, egg whites and cinnamon for a scrumptious kugel. Matzo farfel can be found in many grocery stores and specialty shops.

- * 1 cup hot water
- * 1 cup matzo farfel
- * 1/2 cup white sugar
- * 2 large apples - peeled, cored and shredded
- * 2 teaspoons ground cinnamon
- * 3 egg whites, stiffly beaten

Preheat oven to 375 degrees F (190 degrees C). Spray an 8x8-inch baking dish with non-stick cooking spray.

In a large bowl, combine the water and farfel. Add the sugar, apples, and cinnamon. Fold in the egg whites. Pour mixture into the prepared baking dish and dust the top with more cinnamon.

Bake at 375 degrees F (190 degrees C) for 45 minutes.

Preparation Time: 15 min.; Cooking Time: 45 min.



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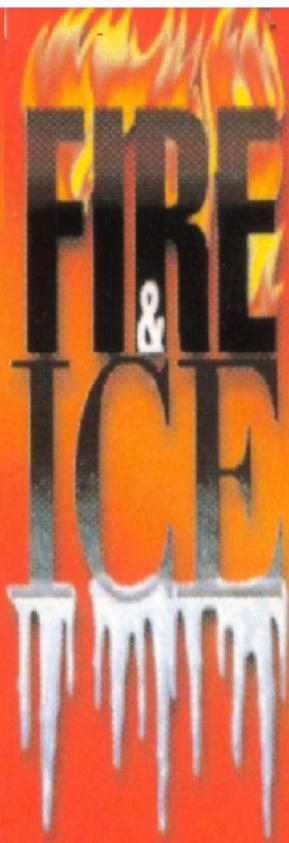
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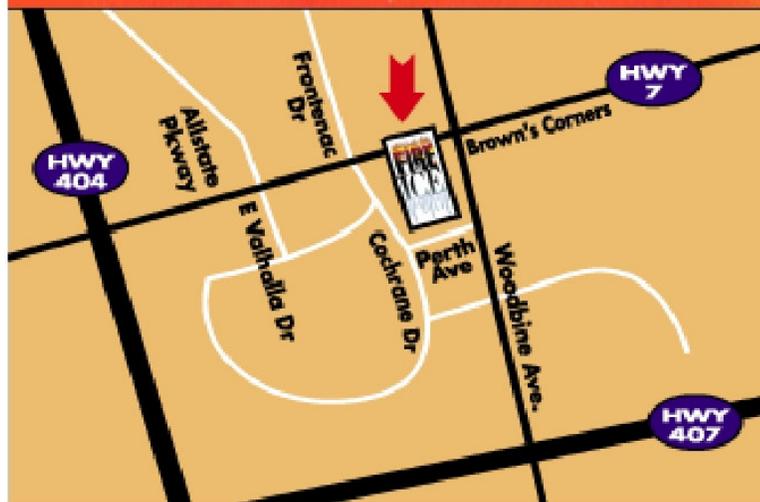
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