

KOL ECHAD

October 2013
Tishrei/Cheshvan 5774

FORESTDALE HEIGHTS LODGE, B'NAI BRITH CANADA

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.

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COVER ART

Kol Echad invites members to submit photographs, which will be considered for the cover of Kol Echad. Digital photos should be e-mailed to jelijo@sympatico.ca. This month's cover photo comes courtesy of Wikimedia Commons. The photo was taken in Krems, Austria in 2010.

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.

AT A GLANCE

October 7	Speaker & Dinner Meeting
November 4	Dinner Meeting
November 23	Chanukah Party
December 2	Dinner Meeting

**Watch your e-mails and
our website for dates of fall meetings.**

Dinner at 6:30; Meeting at 7:15
Dinner Charge: \$10 members/non-members
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UNLESS OTHERWISE CHANGED**

PRESIDENT'S PEN



As I sit down to write this article for Kol Echad, the leaves in our backyard are beginning to turn colours. I can't believe it, the holidays are just about over, and now we look

forward to the colder weather.

The nice part about the fall is that it's apple picking time. Our family always takes a drive up every year to a small farm on 16th Side Road between Keele and Jane. It's a beautiful place with a small restaurant and store. They make the most wonderful pies and other goodies. Upon returning home, the apple sauce lady, Debbi, begins her stock piling. The grandkids love to come over and help out. We usually have enough to last us the entire year.

I am looking forward to our October meeting. Our family has known Marc Saltzman since he was about 10 years old. We all belonged to the then Adath Shalom Synagogue. Marc has grown into a wonderful young man with a

beautiful family. I hope you will all invite your family and friends to come out to hear Marc speak.

I am thrilled for our Brother Michael Kates on the birth of his granddaughter, Joelle Bayla, named after our dear friend, Bonnie, z'l, and Michael's dad, z'l.

Being a part of B'nai Brith for so many years has made me believe in the slogan "People Helping People." For many years our Lodge was able



to do just that, "People Helping People," but now it is more difficult to get members who want to head up community service projects. We need your help! Please let me know if you are interested in being a

part of the community service or fundraising committees. There are so few of us and there is so much to do!

As our immediate past president, Ray Moscoe said in one of his columns, ***"we must carry on the traditions!"***

I look forward to seeing all of you at the October meeting.

Harvey Silver

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EDITOR'S DESK



...and the circle of life continues.

It really never stops, the world that is.

We are constantly saying goodbye to the past and ushering in new worlds and new realities.

I was reminded of this last month as we said goodbye to Lodge brother, Nate Salter. His "Notes from Nate" was an integral component of the Lodge bulletin, both Kol Echad and its predecessor, Horizon.

At the same time we were saying goodbye, another Lodge member, Stewart Indig, stepped forward to offer his services. As a result, Kol Echad is welcoming our newest monthly column, "All Stew."

In no way is this a replacement for Nate's treasured memories. How could it?

I'm thrilled that we have another individual committed to the idea of participating in the Lodge's communications structure. This is why Forestdale Heights has one of the best bulletins in B'nai Brith Canada; its members remained committed.

Two years ago, when Kol Echad lost another important voice, I thought that

Bonnie Kates' "As I See It" had been silenced. However her son, Marc, stepped into the void and the column continues to entertain and amuse to this day.

In the case of our newest columnist, it's like comparing apples and oranges (no pun intended). Where Nate offered a peek into his life and insights on Forestdale Heights, Stewart is promising to share his favourite recipes.

Last month it was punch, and this month it is cedar-planked salmon. I'm sure everyone will welcome the newest contribution to Kol Echad. I know I will.

Change also came to my professional life again last month, as *The Candian Jewish News* moved locations. This was the fourth such move since I joined Toronto's leading Jewish publication 29 years ago.

After operating at the corner of York Mills and Don Mills for 15 years, the newspaper moved north to smaller premises in Concord on Steeles, just west of Dufferin Street.

Again, it reminded me that life is never static. What will the move be like? What will it be like working and living in York Region?

So many questions and so many unknowns. I guess I have to hope for the best and embrace this new reality.

Shalom,

Jeff Rosen

GROUND RULES FOR ALL MEETINGS



- ✓ Be honest and open
- ✓ Respect each others' point of view
- ✓ Don't interrupt
- ✓ Know when enough is enough
- ✓ Hold the side bar discussions
- ✓ Turn off cell phones & pager ringers

DINNER MEETINGS



At the September meeting, the cost of dinners served was discussed and a vote was held on the price charged to members, non-members and guests. As a result, the following will be the price of dinners served at monthly meetings, effective January 1, 2014

Members - \$10 per person
Non-Members/Guests - \$15

OCTOBER MEETING

Please join us at our **October 7 meeting**, when our guest speaker will be Marc Saltzman.



Marc is one of North America's most recognizable and trusted tech experts, specializing in interactive entertainment, consumer electronics and Internet trends.

Marc has authored 15 books since 1996 and currently contributes to nearly 50 high-profile publications in North America, including USA Today, AARP, MSN, Yahoo!, Costco Connection, Toronto Star, Postmedia, Media Planet, and others. Marc hosts various video segments, including "Gear Guide" (seen at Cineplex movie theatres and sister chains across Canada) and is a regular guest on CNN, CNN International and CTV's Canada AM.

Marc also hosts "Tech Talk," a syndicated radio spot.

If you plan to attend, please RSVP to Albert Ohana.

Please note for this meeting, dinner will start at 6:00 p.m.; the meeting will commence at 6:30 and our guest speaker will be introduced at 7:15.



FHL president Harvey Silver, right, meets with Michael Pacter who prints the bulletin, to deliver envelopes for mailing Kol Echad. [Debbi Silver photo]

Shalom & Linda
Magazzinich



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GOOD & WELFARE

Birthdays

Rosalie Moscoe
Carl Zeliger
Sandy Gordon
Ivan Bloom

October 4
October 12
October 15
October 30



Anniversaries

David & Arna Gorender
Harvey & Debbi Silver



October 26
October 28

Mazel Tov to past president Michael Kates on the birth of his third grandchild.
Mazel Tov also to Marc Kates and his wife Rachel, on the birth of their third child.

Special thanks to Michael Kates for sponsoring our September meeting, in honour of the birth of his granddaughter.

If you have any special moments in your life that you wish to share with the Lodge, please send announcements to jelijo@sympatico.ca.

JEWISH HOLIDAYS 5774

Rosh Hashanah	September 5-6
New Year	Thursday-Friday
Yom Kippur	September 14
Day of Atonement	Saturday
Sukkot	September 18-25
Feast of Tabernacles	Thursday-Wednesday
Shemini Atzeret	September 26
	Thursday
Simchat Torah	September 27
	Friday

All Jewish holidays begin at sundown on the evening before the date shown

TASTY TREATS

Banana Bread

Ingredients

2 cups whole wheat flour
1 teaspoon baking soda
1/4 teaspoon salt
1/2 cup unsweetened applesauce
3/4 cup honey
2 eggs, beaten
3 mashed overripe bananas



Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x5 inch loaf pan. In a large bowl, combine flour, baking soda and salt. In a separate bowl, mix together applesauce and honey. Stir in eggs and mashed bananas until well blended. Stir banana mixture into flour mixture; stir just to moisten. Pour batter into prepared loaf pan.

Bake in preheated oven for 60 to 65 minutes, until a toothpick inserted into center of the loaf comes out clean. Let bread cool in pan for 10 minutes, then turn out onto a wire rack.



ALL STEW



Fellow Lodge members, did you enjoy the cedar plank salmon at the Lodge BBQ? Well, if you did, and want the recipe, here it is:

Cedar Plank Grilled Salmon *(Stewart Style)*

This is an easy recipe but you will need to buy a cedar plank. Feel free to go to Home Depot, purchase a piece of cedar wood, and have them cut it into about 18 inch pieces.

Dry Rub Seasoning

2 tsps. granulated garlic
2 tsps. pepper
2 tsps. cumin
1 tablespoon salt
1 tsp. onion power

1 tablespoon brown sugar
1/4 tsp. cayenne pepper (or chili powder)
1 tsp. grated lemon peel

Mix ingredients in a small bowl or use food processor to grind up the spices. I used the small bowl method. (I didn't want to have to wash something else!)

To Start

1. Soak the cedar plank for at least 2-3 hours.
2. Using the dry rub seasoning, season both sides of the fillet (even the skin side if not skinless)
3. Refrigerate the salmon for an hour or so.
4. Put Tequila on the cedar plank just before you place the salmon on the board
5. Place the salmon on the board, skin side down.
6. Turn your grill on medium. When at temperature place plank on grill and close lid.
7. Watch closely, the wood planks could catch fire if not soaked enough. I usually soak for 6-8 hours. Depending on thickness and size of the fillet, it should take about 20 minutes to cook.

BE CAREFUL: DON'T OVERCOOK

Enjoy!! Let me know how it turned out.

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July 10, 2013

Charlene Garten,
Treasurer,
Forestdale Heights Lodge,
c/o 1707-10 Tangreen Court.
Toronto, ON.
M2M 4B9


Dear Ms. Garten:

On behalf of the Pride of Israel Kosher Food Bank, I would like to thank Forestdale Heights Lodge once again for your very generous donation for our Kosher Food Bank.

This donation will help us go a long way towards feeding the needy in the community.

Please convey our sincere thanks to your lodge brothers and sisters for the very generous cash donation for our Kosher Food Bank.

Yours sincerely,


Alan Marks,
Co-chairman,
Kosher Food Bank.

HEALTH IN HARMONY



Do you eat on the run and gulp down quick meals on a regular basis? An hour or two later, an upset stomach, heartburn, bloating or gas become your unwanted companions. Popping antacids as a regular habit only makes matters worse by removing important stomach acids that are meant to help digest foods. Help your digestion naturally.

1. Don't rush lunch. Digestion starts with a calm demeanour. Choose wisely. Avoid food covered in creamy sauces or deep fried fare. Grilled chicken and vegetables and rice, a tuna salad and fruit, or even a plain burger or sandwich with a salad and soup are better alternatives. Don't stuff yourself. To avoid feeling sick or bloated, respect your body's signals that tell that you're full.

2. Make an oil change (for you, not your car!) Use healthy oils such as cold processed olive or coconut oil, ground flax seeds in yogurt, or high quality fish oil capsules – taken with meals. Poor quality oils and trans fats can make you feel nauseous.

3. Notice if you have a private stash of food (like cookies, chocolate bars, bags of chips, soft drinks, candy or other junk food). Work on eliminating those foods to improve digestion. (However, dark chocolate in small amounts, are loaded with antioxidants to protect health!)

4. Friendly bacteria to help digestion includes lactobacillus acidophilus found in yogurt. A probiotic capsule (consisting of many strains of friendly bacteria) once or twice a day also helps digestion. These capsules can be found in pharmacies or health food stores.



Another helpful digestive aid includes a digestive enzyme complex that is taken with food. Some digestive aids contain HCl (hydrochloric acid) in their formulas. HCl is naturally found in your stomach to help digest proteins and it also kills many bacteria that get in the stomach with food.

5. Notice if certain foods cause you digestion problems – you may have food sensitivities or food allergies. Try eliminating suspect foods for a few weeks to see if you notice fewer symptoms.

Continued on next page

Alternatively, get tested for food allergies, either through scratch tests (which identify foods that cause immediate reactions), or blood tests to determine those foods that cause delayed reactions – symptoms that occur a day or two after eating them. Common foods such as milk, wheat, corn, eggs or gluten can be culprits.

6. There is a brain/gut connection and the gut sends messages to the brain constantly. Two thirds of the body's serotonin (the happy neurotransmitter) can be found in the

gut. If you're upset or stressed a lot of the time, digestion becomes affected leading to diarrhea or constipation. Exercise such as brisk walking or yoga can help relieve stress.

7. Drinking water helps many processes in the body, especially digestion. Water helps relieve heartburn and promotes easy and healthy waste removal. It also helps flush toxins, transports nutrients through your body and controls body temperature. Aim for six to eight glasses of water a day.

Rosalie Moscoe

FORESTDALE FUNNIES

Preparing the Chickens

"May I take your order?" the waiter asked.

"Yes, how do you prepare your chickens?"

"Nothing special, sir," he replied. "We just tell them straight out that they're going to die."

Can You Read This?

The doctor was performing a complete physical, including the visual acuity test. He placed the patient 20 feet from the chart and began, "Cover your right eye with your hand." He read the 20/20 line perfectly. "Now your left." Again, a flawless read. "Now both," the doctor requested. There was silence. He couldn't even read the big E on the top line. The doctor turned and discovered that the patient had done exactly what he had asked. He was standing there with both of his eyes covered with his hands.



CHANUKAH BASH

We're going to spin those dreidels on



**Saturday, November 23
7:00 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: To be announced

RVSP by November 4 to George Garten at
candggarten@hotmail.com or 416-221-2407



*We look forward to seeing you all!
Tell your friends and bring them along for an evening of fun!*

SEPTEMBER MEETING



Above, FHL president, Harvey Silver, right, presents immediate past president Ray Moscoe with the president's pin. At right, Harvey chaired the first part of the opening meeting, before turning it over to senior vice-president George Garten. Below, some of our newer members *shmooze* after dinner before the start of the meeting. For more photos, go to kolechad.ca.

[Jeff Rosen photos]



AS I SEE IT



We are blessed, and we know it. On August 27, 2013, we welcomed our third child into the world. Joelle Bayla Kates entered this world healthy, happy and into a loving family. She has the world ahead of her, and is

bequeathed with love and affection, many *brachot* for a long and healthy life, but also with a strong root in Jewish tradition. We are so acutely aware through those around us of our good fortune, and the miracle that a new baby brings. We can't think of a better way to start the new year than with a new life.

Joelle was given the middle name Bayla after my mother's Jewish name, Ada Bayla. My mother, as the readers of Kol Echad know, was a strong and determined woman whose feistiness was often intertwined with her stubbornness. Despite her propensity to be an *akshen*, she put this quality to good use to get things done. My mother was a master multi-tasker, and

passionate about contributing to both the Jewish and greater communities.

Joelle is also named after three very important men in our lives, our Uncle Sammy Romberg, Uncle Francis Cappel and Zaidy Joe Kates. It is our wish that Joelle grows to embody the good characteristics of all those for whom she is named.

When seeking some way to sum up our feelings about Joelle's birth, I turned to my mother's June 2011 column in Kol Echad. Although she was referring to our daughter Eve, I know she would have said the same thing about Joelle. She wrote, "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."

May we all find blessings and renewal in our lives and knowing to appreciate the miracles around us.

Marc Kates



Rosalie Moscoe

RHN, RNCP



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