

Forestdale Heights Lodge, B'nai Brith Canada

KOLECHAD

April 2020
Nisan/Iyar 5780

Volume 18, No 8



LODGE MEETINGS SUSPENDED

SEE PAGE 5

KOL ECHAD

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

It is published 10 times a year.

We welcome all articles and letters from members of the Lodge and their spouses.

All material submitted is subject to editing.

The editor may consult with members of the bulletin committee regarding suitability and editorial decisions.

All opinions expressed in Kol Echad are those of the individual writers and do not reflect the views of either Forestdale Heights Lodge or B'nai Brith Canada.

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Sign up for the latest Jewish coronavirus updates

The spread of COVID-19, a new coronavirus, is reshaping Jewish communities. The Jewish Telegraphic Agency is collecting the news flowing in from across the globe. Get a short e-mail from JTA at the end of everyday with the latest updates.

Go to <https://bit.ly/34b98c1>



PRESIDENT'S PEN

Stewart Indig



HAPPY PASSOVER. This is the time of year we clean up the house to get rid of all the chometz. We will sort of be doing that at the Lodge as well. We will be “cleaning house” and bringing in a new executive. In reality, it will be almost the same people just playing different roles. There are only a handful of people willing to lead the Lodge. Now, don't get me wrong, there are a lot of members that want a say in what goes on in the Lodge, but very few who want to lead. I guess every group has its flock and a Moses. Our Lodge is no different.

This month we will come up with a new executive. It will be leaner than in the past. We will do away with the positions of Financial Secretary and Recording Secretary. I feel that we should all take turns recording minutes of a meeting. As a goodwill gesture, I will begin with the September meeting. As for the duties of Recording Secretary, the paid membership list is easily obtainable by the President and Treasurer from B'nai Brith Canada. As the organization has changed to a calendar year membership, there is really not much as work involved as in the past. So, between the two positions, they can come up with a monthly report.

As my time as President is ending, I think my next two columns will focus on my past five years in the position.

The Indig clan wishes you all a Happy Passover.



COVER ART

It's that time of the year again. Pesach or Passover, begins on Wednesday, April 8 with the first Seder, and concludes on Thursday, April 16.

The week after, Yom Hashoah is commemorated on April 21 and Yom Hazikaron will be commemorated the week after that, on April 28. The next day, Yom Ha'atmaut will be celebrated.

Chag Sameach!



An advertisement for Kingston Olive Oil Co. The top part shows a bar setting with a sign that says "KINGSTON OLIVE OIL CO. TASTING BAR". In the background, there are bottles of olive oil and stacks of white cups. To the right, the text "Kingston, Picton, Mississauga" is overlaid. Below the bar image, the text reads "Celebrate Taste. Celebrate Healthy. Celebrate Local. Now in THREE locations across Ontario". At the bottom left, there is a small image of an olive oil bottle, a pear, and cinnamon sticks. To the right of this image, the text says "WE PROVIDE FREE SHIPPING TO A SINGLE ADDRESS IN CANADA FOR ORDERS OVER \$50. BELOW THAT, WE OFFER A \$10 FLAT RATE." At the bottom left, the phone number "613.546.5483" is listed, and at the bottom right, the website "http://www.kingstonoliveoil.com/" is provided.



613.546.5483

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MESSAGE FROM THE PRESIDENT

Dear Fellow Lodge Members,

Given what is going on in the world, I am willing to cancel the meeting in March, April and May if necessary. The bare hard truth is yes a lot of places are closing down for the next month or so but let's examine why. Broadway in New York, Mirvish in Toronto and sporting venues closed down. These places draw a large number of people under one roof. There are large crowds there. Our Lodge, if every single member attended a meeting still would not constitute being a large cloud. We are not a large group.

I would have a much larger concern about going out to a restaurant. We have no idea about who is cooking or serving the food. That is a much larger worry than a group of us getting together and shumzing. I do agree that perhaps - if we do have a meeting - we do away with dinner for the next little while. That makes sense to me.

Let us not overreact. I fully agree that there is a concern and we should be taking precautions. At the same time, we should also remain calm. The reason schools are closing down for two weeks after March break is quite intelligent. March break is a busy travel time. Closing down for the two weeks afterwards is the government's way of forcing self-isolation. That makes sense!

In closing, I would hope that if we do have a meeting, you stay away if you are sick. In the next couple of weeks, you should avoid large crowds and stay away from restaurants, especially buffets. I would certainly avoid touching things that are being touched by many people. Any Lodge meeting is certainly too small to be of concern.

Stay calm and be well,

Stewart



EDITOR'S DESK

Jeff Rosen



SNAFA.* Can you think of a better word to describe the state of our nation in late February 2020?

In Ontario, the government has finally returned after a two-month mid-winter break (this after an extended five-month break). Rather than moving ahead with new business, they find themselves bogged down with escalating strikes by educators across the province. While both the government and union leaders say they are acting in the best interests of students, actions taken by Ford and Company show that they are interested in only one thing — cutbacks at all costs.

Honestly, I'm not sure what is going on with this government. This same gang became the butt of jokes after producing stickers that could not stick to gas pumps. They are also the same group that seems unable to do something as simple as roll out new licence plates for cars. According to reports, the new blue licence plates give off a glare when hit by light, making them difficult to read at night. First, they denied there was a problem, then blamed it on the manufacturer, but insisted that they would continue to distribute their defective products.



I know, we laugh at their problems, but I don't think foreign companies would be inspired to set up shop in Ontario after examining this government's record.

That would presume that investors would overlook a far more serious problem. This one definitely took too long to resolve and I know that another prime minister sharing the same name as our current leader would not have been as patient in clearing the rail lines and getting passengers moving across this great country.

Canada's Indigenous people have definitely been mistreated over the years. They have the right to protest and make their views known. However, once you block international bridges, vandalize rail cars and rail lines on private property, you have gone too far. At that point, it is up to law enforcement agencies to do their job.

Continued on next page

I hope Prime Minister Trudeau finds a solution. He definitely took too long to get into the game. Instead of lobbying for a seat on the UN Security Council, he should have returned to Canada at the first sign of trouble. When he finally returned to Canada, his banter was less than inspiring.

I wish there was a simple solution to this issue. Unfortunately, even with the blockades lifted, it will probably take years to solve the underlying problems. Along the way, it will probably take a toll on several politicians and affect the economy in ways that we cannot yet see.

We are indeed living in interesting times. I just wish things weren't so interesting. Be well and have a fantastic Pesach!

*** Situation Normal, All Focked Up!**

* * *


I went for a walk outside and there were fewer people out and about. We stopped at Longo's and were greeted by rows of empty shelves, with no bread, eggs or oatmeal. We went to Sobeys on more than one occasion and were unable to buy chickens. I stopped at Shopper's Drug Mart and willingly joined a line at the back of the store outside the storeroom just to obtain one package of toilet paper.

Welcome to the new normal as defined in mid-March 2020. By now, restaurants are only doing take-out and delivery (please check what our advertisers are doing!), synagogues have closed their doors leading up to Pesach and supermarkets are the only places where you will find large groups of people.

It's only the first week since Ontario Premier Doug Ford declared a state of emergency and, so far, the public seems to be taking everything in stride. However, I can't but help but wonder how people will be living and dealing with this situation in four weeks' time or in six months. Already, there have been reports of increased gun sales in the United States. Fortunately, it is not that simple to obtain a gun in this country. That's definitely a great thing because firearms and social isolation are a terrible mix. Add liquor to the mix and you've created the perfect concoction for anarchy and mayhem.

Of course, life at *Chez Rosen* is far less exciting. This past week we have slowly started to clean the house. A few rooms were done one day and we said, "Dayenu, it's enough for today."

Continued on next page



Other days were devoted to shopping for Passover food. During “normal” years, everything would be done in one day. However, given our excess of time, we decided to spread out the process, visiting one store one day, a different one the next. To make the process easier, we rose early and headed out, encountering few crowds. Of course, even though we were at Sobeys by 8 a.m., we still ran into people we knew. Obviously, a lot of folks had the same idea as us.

We also trekked out to Oakville early in the week to bring our daughter, Jordana, home as her daycare shut down until the end of March. Will it be open by the time you read this? Personally, I have my doubts. It’s been great having her home, but I know that eventually she will long to be back at her “own place.” As long as they don’t close the border between Thornhill and Oakville, that definitely won’t be an issue.

I know, you laugh at the last idea, but who knows what will happen in the weeks and months to come. If Prime Minister Trudeau invokes the Emergency Measures Act, such routine travel may be banned. How far could he go with this? I keep thinking of his dad, when asked the same thing. “Just watch me,” Prime Minister Pierre Trudeau famously uttered.



Perhaps I have started to ramble on. I have often found that it’s a perfect way to clear one’s thoughts. I can’t help but think of all the movies I have watched over the years in which society devolves after a cataclysmic event. (*If the chimps start talking, we are in serious trouble.*)

Right now, the focus is on keeping order and moving forward, one day at a time. However, I wonder what society will look like after we clear this hurdle and arrive on the other side. If streaming synagogue services, programmes and education are found effective during this crisis, will they be abandoned for the tried and true or will new models be instituted? Will the restaurants and businesses we have come to patronize still be around?

Before closing off, I do have to admit that despite my negativity towards Ontario’s premier in this piece and my last column, he seems to be growing as a leader. Perhaps there is room for improvement, not just in him, but also in all of us.

Be well and, more importantly, be healthy.

* * *

April 3: Found out yesterday that The CJN is closing its doors permanently. So much swirling through my mind right now on that. I will try to share next month.

You might not be able to do everything at once, but you can do everything in one place.

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Statement on Celebrating Passover 5780/2020
How is this Passover different than all other Passovers?
On all other Passovers there were no pandemics, but on this Passover,
COVID-19 plagues the world.

Passover is a time when many gather with friends and family or join together in community seders. Barring a major downgrading of COVID-19 concerns by Public Health Toronto, it is clear that such gatherings should not happen this year.

The best public health advice at this moment is for everyone to stay home as much as possible. This is for your own health and the health of society at large. As such, **Passover Seders should only be celebrated with the members of one's immediate household.** To be clear, especially since those over the age of 65 are at increased risk of death from COVID-19, **seniors in our community should prioritize taking care of their health over family celebrations for the duration of this crisis,** even if that means not spending seder night together with the family. We understand that this will be a heartbreaking reality and a major disruption for many.

There are many wonderful ways to celebrate Passover, even as we limit human contact. Please speak with your local rabbi for guidance.

To paraphrase the Talmud: Better we should have one less-than-ideal Passover, so that we can celebrate many Passovers in the future. (Yoma 35b)

24 Adar 5780
March 20, 2020



MICHAEL LEVITT

MEMBER OF PARLIAMENT

YORK CENTRE



660 Wilson Avenue 416-638-3700 michael.levitt@parl.gc.ca

STAY UPDATED ON COVID-19

Up-to-date information on COVID-19 can be found at www.Canada.ca/coronavirus, www.Ontario.ca/coronavirus, and www.Toronto.ca/coronavirus. Avoid scams and false information; get the facts at official government websites.

If you have COVID-19 symptoms or have been in close contact with someone who has it, you should use a self-assessment to help figure out next steps at www.Ontario.ca/Coronavirus

We all have an essential role to play in stopping this virus. Please stay home, wash your hands often, cover your cough, and practice physical distancing. Your actions now will save lives

SUPPORT FOR INDIVIDUALS

No one should have to worry about paying rent, buying groceries, or making ends meet because of COVID-19. Governments at every level are taking steps to help people affected by COVID-19:

The federal government is providing direct support through the [Canada Emergency Response Benefit](#) to provide \$2,000/month for those not receiving employment income.

[Canada Child Benefit \(CCB\)](#) payments are also being increased to support families and, the [Goods and Services Tax credit \(GSTC\)](#) is being increased to automatically provide a special payment by early May for those already eligible. Tax filing and payment [deadlines](#) are also being delayed.

To speed up receiving any benefits, make sure you are registered for [CRA's MyAccount service](#) and have updated your direct deposit details.

SUPPORT FOR BUSINESSES

To help businesses and employees get through this unprecedented time, the federal government is providing direct support through a [75% wage subsidy](#) to keep employees on payroll, as well as [tax deferrals](#) and greatly expanded [access to credit](#) to help businesses weather this storm.

This situation is evolving day by day with information and policies to address it updated often. Comprehensive information on everything mentioned above and more can be found at www.Canada.ca/coronavirus, www.Ontario.ca/coronavirus, and www.Toronto.ca/coronavirus. Please consult these sites regularly for updates

We all have to do our part to fight this virus. Stay home, wash your hands, and practice physical distancing to protect yourself and vulnerable members of our community. We're all in this together.

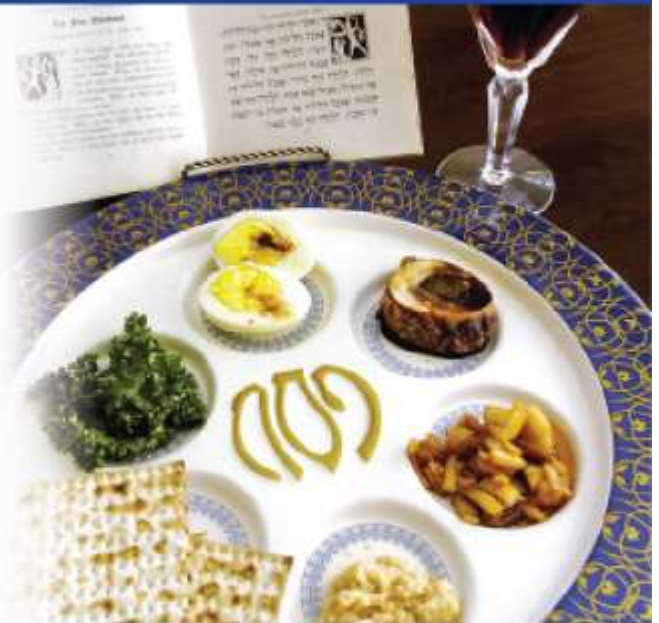
Toronto | York Centre | Ward 6



City Councillor James Pasternak

Wishing everyone in the
community a Happy Pesach!
חג פסח כשר ושמח!

We can still celebrate Passover while
practising physical distancing.
Please consider contacting your synagogue to
learn more about how they are engaging
congregants at Passover during this time.



We are here for you

For accurate information and support resources, please visit:

www.jamespasternak.ca/covid-19

councillor_pasternak@toronto.ca

416 392 1371

www.jamespasternak.ca

NOMINATIONS

A meeting of Forestdale Heights Lodge's Slate Committee was convened on Wednesday, January 22. After an on-line request for further nominations, the following individuals were officially nominated to serve on the executive for the 2020-21 season.

President: Ruth Pupko
Vice-President: Eddie Arkin
Treasurer: Debbi Silver
Recording Secretary: TBA
Financial Secretary: Ruth Pupko/Debbi Silver

Chaplain: Stewart Indig (un-elected position)



CORONA PRECAUTIONS

I went to the bathroom at a restaurant.

I washed my hands.

Opened the door with my elbow.

Raised the toilet seat with my foot.

I switched on the water faucet with a tissue.

Opened the bathroom door to leave with my elbow.

And when i returned to my table I realized.... I forgot to pull up my pants!!!'

Is it considered self-isolation if Johnnie Walker is on one side and Jack Daniels on the other?

CORRESPONDENCE

DIABETES CANADA

March 1, 2020

Forestdale Heights Lodge

Dear Friends,

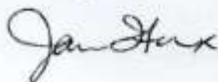
Thank you for your generous gift of \$100.00. Enclosed please find your tax receipt for your donation. The Canadian Diabetes Association is now Diabetes Canada, and your gift is helping people living with diabetes live healthy lives, preventing the onset and consequences of diabetes, and discovering a cure.

Canada is the home to the discovery of insulin. With every discovery, we get closer to a cure, but we need to work faster and we need to keep going until everyone we love is safe from this disease. With your support, we will work to ensure that our most brilliant researchers can continue their relentless pursuit of a cure. Together, we will drive vital programs to reduce the fear of complications and the constant struggle that millions of Canadians face.

Your ongoing support propels our rallying cry as the new Diabetes Canada to make the invisible epidemic of diabetes visible and to end diabetes as well as the shame, blame and stigma that goes along with it.

On behalf of the 11 million Canadians who are living with diabetes or prediabetes, I thank you for your contribution.

Sincerely,



Dr. Jan Hux
President & CEO
Diabetes Canada

P.S. Make a positive and lasting difference to end diabetes every day of the year. Join our group of monthly supporters today. Please call us at 1-800-BANTING (226-8464) or email our Donor Relations team at donation@diabetes.ca to learn more.

CORRESPONDENCE

Holland Bloorview

Kids Rehabilitation Hospital Foundation

Holland Bloorview Kids Rehabilitation
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150 Kilgour Road
Toronto ON Canada M4G 1R8

A teaching hospital fully affiliated
with the University of Toronto

Tel: 416.424.3809
Toll-Free: 1.800.363.2440
Fax: 416.425.4531
hollandbloorviewfoundation.ca

March 9, 2020

Forestdale Heights Lodge

Dear Friend,

In case you didn't know, **you are amazing.**

You're amazing because of the light and joy you give to kids with disabilities and their families by supporting programs and services at Holland Bloorview. Every day when I walk through the doors of the hospital I see kids laughing and smiling.

Whether they're getting their hands dirty with paints in Spiral Garden, pedaling furiously down the hallways on adapted bikes, or telling silly jokes through their communication devices - there's a special joy that rings through the hallways here, and it's all because of you.

And it's that same sense of joy I hear in the sighs of relief from parents who get assistance through our Family Support Fund or Parent Talk series, helping them find support systems to help them better understand their child's disability.

Each and every day, you're making a tangible difference in the lives of hundreds of kids through your recent gift—and I can't thank you enough. It truly is because of your generosity that kids with disabilities can live their most meaningful lives.

In this spring issue of the Holland Bloorview Rounds, I am excited for you to meet one of those kids: Angelo is a vibrant 11-year-old who loves sports and whose energy is absolutely contagious. Angelo was born with cerebral palsy that affects the entire right side of his body. But, thanks to donors like you, Angelo's been given so many opportunities including pursuing sledge hockey, and becoming an ambassador for Holland Bloorview.



Angelo

You've brought so much joy and happiness into Angelo's life. I hope you know how grateful I am. And I hope I can count on your support going forward.

As you read this issue, please know it's because of you that Angelo is where he is today.

Sincerely,

Sandra Hawken,
President & CEO, Holland Bloorview Kids Rehabilitation Hospital Foundation

Your donations have supported important programs and services that have changed the world for our friends like Angelo. Thank you making a difference

CORRESPONDENCE



Dear Jeff,

I hope you and your loved ones are safe and well.

In this time of uncertainty, I want to share with you that Blue Door has a robust preparedness plan in place to act quickly to COVID-19 developments.

Every measure is being taken to ensure the safety and health of our staff and the men, women, and children in need of support. We are working closely and consistently with government, health officials and our partners as we move forward.

So many who are experiencing homelessness also are struggling with compromised physical and mental health challenges and now more than ever need our support.

Youth, families, and men will continue to need lifesaving emergency housing and counselling - and we will be there for them.

Like many other emergency services, Blue Door will remain open to support some of the most vulnerable members in our community.

Thank you for social distancing and for thinking of others.

At this time we are having to stop all volunteer activity at Blue Door, but as always are thankful for all you do for Blue Door.

Thank you for your continued support of children, women, and men experiencing homelessness during this difficult time.

Please stay safe and healthy!

A handwritten signature in black ink, appearing to read "Michael Braithwaite", is written over a light blue horizontal line.

Michael Braithwaite
CEO

PURIM 5780



Neither escalating concerns about a depressed economy nor a growing pandemic could slow (or stop) Forestdale Heights Lodge's popular Purim programme at the B'nai Brith Seniors' Residence. However, we did take extra care this year, putting on gloves before serving the Purim treats.

On Monday, March 9, approximately 40 people, including residents of 4300 Bathurst Street and the family of Rabbi Jay Kelman, came out as the rabbi and his sons expertly recited the Megillah as they have done for so many years. It really is amazing watching his children grow up.

While the number of residents and guests was up from last year, this year's turnout from our Lodge was down slightly. On hand to serve the hamantashen and clementines were Stewart Indig, Ruth Pupko, Debbi Silver, Mark Spergel and myself. We were later joined by Harvey Silver.

Although programme leader, Carl Zeliger, was absent this year, we thank him for arranging the entire programme and purchasing the treats for the evening before he departed for Israel to meet his newborn grandson.

A special thank you to Rabbi Jay Kelman and his family for continuing to support our endeavour.

Jeff Rosen



PURIM 5780



More photos & report found at
kolechad.ca/purim20.htm



PURIM 5780



TALKING POINTS

Debbi Silver



Spring is definitely around the corner. As of today (March 8), the snow is gone.

We just returned from our two-week cruise on the Caribbean Princess. I guess I should start at the very beginning.

We arrived at the airport at 5 a.m. and checked our bags, only to find out that they were overweight. Harvey went to get out his credit card and, lo and behold, he discovered that he left it on the counter at home. Definitely, it was not a very good start. Thankfully, I had my debit card. Away we went...we arrived in Fort Lauderdale and were met by our friends, went out to lunch, followed up by a visit to their condo in Deerfield.

We were taken to our hotel in Plantation where we met our friends, Helen and Howard, who were going on the cruise with us. On Sunday, we took the shuttle to the Port of Fort Lauderdale to board the ship. Having ordered a wheelchair, the boarding process went much faster.

We were very happy with our room, which included a balcony. We sailed at approximately 4 p.m. and had two days at sea, where the weather was beautiful and the entertainment was fine. After day one, we were told that there were a few cases of the Norwalk Virus, so we were told to wash our hands and use the Purell machines.

The next morning we were met by staff at the buffet who first made us wash our hands with soap and water before handing us our plates and bowls, etc. We were not allowed to take anything by ourselves – coffee, tea, juice, all were given to us.

Our first stop was St. Thomas. We decided to remain on the ship and enjoy the sun as we had been to the island twice. Our next stops were Antigua, then St. Kitts, then Martinique. In Martinique, we hired a taxi with two other couples and toured the island. It is beautiful. The driver took us close to their volcano. The next day was Barbados, then Trinidad & Tobago. It was nice, but it was just like the other islands.

Then it was back for another day at sea. Our next stop was Curaçao, where we had arranged a Judaica tour. We were almost not let off the ship due to health reasons. After an hour, it was decided that the ship could dock. We met our tour guide and away we went.

Continued on next page

She took us to the oldest Jewish cemetery in the Western Hemisphere. The stones were laid flat, with the people's names on the top. Harvey and I couldn't walk through the cemetery due to the uneven land. Our next stop was the Jewish Museum and Children's School. It was amazing to see this modern museum with all the historic books and pictures dating back to the 1500s. We were then taken to the synagogue – United Congregation Mikve Israel-Emanuel, in the heart of downtown Curaçao. Wow, when you stepped into the synagogue, you felt like time stood still. It was an incredible site; the sand floors, the bima in the middle of the room, the

architecture and the lights, most of which had candles in them. We then went into the museum, where items also dated back to the 1500s, including a Passover table, different kinds of clothing and utensils used by the Jewish people during that time. We went into the gift shop and I



bought a gift for my daughter. We were also given a tour of the Curaçao Liqueur Factory, which was started by Jewish immigrants. We were then taken back to the ship.

At about 4 p.m. we were told that the ship would not be going to Aruba due to the Norwalk Virus. As a result, we were at sea for two days as we headed back to Fort Lauderdale. The Princess had to put the passengers up in hotels in and around the airport. We were lucky; we stayed at the Element, which is a Marriott hotel. We went out for dinner to a fabulous restaurant called DocB. If you are ever in that area, be sure to go there. The food was amazing.

Continued on next page

On Sunday morning, March 1, we headed to the airport for an uneventful return trip as the plane took off and arrived on time. Back in Toronto, we were greeted by our daughter who picked us up at Pearson.

All in all, I would say we had a nice vacation, with good friends, the food in the dining room was so-so, but we also ate at two specialty restaurants, which were fantastic. I guess the Norwalk Virus put a bit of a damper on the cruise, but we had a wonderful time.

Happy Passover from our family to yours.





A happy and healthy Passover to all.
Cathy & Stewart Indig & Family

We would like to wish all members of FHL a very happy Pesach.
Jeff, Lisa and Jordana Rosen

Wishing everyone peace, good health and happiness.
Chag Sameach
The Silver Family
Debbi, Harvey, Lisa, Mark, Shawna, Zoe, Jaime and Ezra

The Pupko family wishes all members and their families
a very happy and healthy Pesach.



Wishing all members and their families a happy, healthy
and meaningful Passover holiday.
Carl, Debby, Rachel, Doron and Erez, Rebecca and Daniel & Josh Zeliger

Terry Goldfarb & Stan Horowitz would like to wish
their Forestdale Heights family a joyous Passover.



We wish all our dear sisters and brothers of Forestdale Heights Lodge a happy and sweet Passover.

Ray and Rosalie Moscoe

Eddie & Marilyn Arkin want to wish all the members of Forestdale Heights Lodge and their families a happy Passover.

The Kates Family extends to its FHL family its best wishes for a חג פסח כשר ושמח.

Marc, Rachel, Seth, Eve and Joelle

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Chag Sameach*



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A message to Forestdale Heights Lodge Members

Wishing you and your family a
joyous and blessed Passover



Keith Irish

Councillor Ward 1 — Thornhill

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kirish@markham.ca

 [@KeithIrish1](https://twitter.com/KeithIrish1)  [Keith.Irish](https://www.instagram.com/Keith.Irish)



Happy Passover Chag Pesach Sameach!

חג פסח שמח



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Hon. Marco Mendicino
MP for Eglinton-Lawrence
416.781.5583

michael.levitt@parl.gc.ca marco.mendicino@parl.gc.ca

Toronto | York Centre | Ward 6



City Councillor

James Pasternak

Your trusted voice at Toronto City Hall

Wishes everyone in the
community a Happy Pesach!

חג פסח כשר ושמח!



Top left: Flag Raising at City Hall. Your trusted representative at City Hall for the Jewish community and Israel

Right: Greeting Pesach at City Hall with the Mayor
Bottom left: Walk with Israel

OUR OFFICE HAS MOVED

New Office Location
2800 Keele Street, Unit 1
Toronto, ON M3M 0B8



councillor_pasternak@toronto.ca

416 392 1371

www.jamespasternak.ca

TORONTO MARATHON

COVID-19 Update

To our dedicated participants,

Under recommendation of the Province of Ontario's Chief Medical Officer of Health and in an effort to reduce the spread of novel coronavirus (COVID-19), we deeply regret that **the 2020 Toronto Marathon, which was scheduled for Sunday May 3rd will be cancelled.**

All of the actions we are undertaking are being guided and informed by the advice of The World Health Organization (WHO) and Canadian public health authorities.

This decision is disappointing, we're sure. It is essential, though, to protect the health and wellbeing of our participants, volunteers and spectators who have supported our race for more than 40 years. This unprecedented cancellation has challenged our leadership team with implementing special considerations and processes, which we will continue to complete to improve safety that will influence athletes in future years. We understand the commitment that each of you have made to come and participate in the Toronto Marathon. We further thank your extended families for their support to you as you work at becoming a better athlete. We are sensitive to the fact that preparation for racing extends beyond race day itself. As such, the Toronto Marathon wants to give each of you the opportunity to race with us in the future and we are working on options for you.

We appreciate your understanding in this very challenging time as we all navigate this rapidly evolving situation. At present, we are able to commit to an opportunity to join us for a virtual run this spring, or the option of deferral. More details will be forthcoming.

All future updates will be communicated via email, social media channels, and posted on our website.

Sincerely,

Jay Glassman

RACE DIRECTOR





HARMONY

Rosalie Moscoe

Do you eat on the run, gulp down a quick meal, then proceed with your day? 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. Digestion problems result; (I've been there!) You can

improve digestion naturally with a few simple changes to your eating habits.

Steps to Improve Digestion:

✓ Digestion starts with chewing well and slowly until each mouthful is ground to a pulp (or liquid). Try it! Gulping food down is a sure-fire way to indigestion when the body's own enzymes cannot fully break down the large chunks of food nor fully get the benefits of the nutrients.

✓ Make time to eat lunch. Choose wisely. Instead of gulping a pizza or other fast food, stop and eat a proper meal. A calm demeanour and digestion are good partners. On the go? Either choose a healthy choice at a restaurant or bring a brown bag lunch with a sandwich, some veggies, and a piece of fruit from home.

✓ When eating in restaurants, avoid food covered in creamy sauces or deep-fried fare. Grilled chicken and vegetables, a tuna salad, or even a plain burger with a salad are better alternatives.

✓ Don't stuff yourself. Respect your body's signals that tell that you're full. Eating binges can make you feel sick and bloated (especially on holidays, like Passover!)

✓ Notice if you have a private stash of food such as chocolate cookies, chocolate bars, bags of chips or other junk food. Work on eliminating those foods to improve digestion. P.S. A little dark chocolate (which contains antioxidants) is ok if it's a little bit!



Continued on next page

✓ For digestion support, try digestive aids such as lactobacillus acidophilus, a known, friendly bacteria found in yogourt. You can eat plain yogourt at breakfast or at snacks. I add blueberries, or other fruit and nuts. You can also try taking probiotic capsules (acidophilus) found in most pharmacies or health food stores. Take once or twice a day to help the digestion process. I find these extremely helpful.

✓ Notice if certain foods cause you digestion problems or get tested for food allergies. Many people have food sensitivities to common foods that can cause poor absorption. Foods such as milk, wheat or eggs can be culprits for some.

✓ Make sure you drink enough water during the day to help digestion (between six and eight glasses daily). Sip slowly at meals but take most water between meals.


✓ Are you eating enough fibre foods? These foods help keep the bowels moving - an important part of overall health. Some high fibre foods include prunes, whole wheat matzah, raspberries, pears, whole wheat or brown rice pasta, brown rice, bran flakes, oatmeal, Brussels sprouts, split pea soup, green peas, lentils and baked beans. (From personal experience, don't eat them all at once!) Choose healthy foods and habits to suit your body. Your health is worth the effort. ☺

* * *

Due to the global COVID-19 virus and our Prime Minister's message to all Canadians to come home from abroad (or from the U.S.), Ray and I quickly left Florida. We survived the three-day car ride home – together! The trip felt weird – rest stations, stores and restaurants were all closed. One afternoon, we ate a take-away lunch from Crackle Barrel as the dining room was closed. We sat on a bench outside the restaurant and enjoyed the meal! However, the lunch Ray and I thought was the most comical was one where I used the hood of the car as my table, (with some paper towel as my tablecloth.) I rummaged through the very full trunk, pulled out a can of salmon and found a can of baked beans.

Out came the trusty can opener that I urged Ray to buy for the trip. I opened the two cans and had a pretty tasty lunch using my plastic fork. I needed a bath afterward, while Ray was much more civil and sat in the car and ate a hamburger and French fries from the drive-thru Burger King. On the trip, we mostly ate our own food as I had packed a cooler; good thing I did! In some towns, no restaurants were open, period!

Continued on next page



When we got to Canada – the border was a breeze to cross. There were no line-ups and all the customs officer asked was if we had been on a cruise, had any symptoms, told us about self-isolating, and how to do it. He gave us an instruction sheet to follow. When we got over the border, we cheered, “Whoopee!” We had been worried about being stuck in the U.S. (not that we hate it there, but it was surely time to come home!) Our very serious customs officer didn’t care how much we spent on clothing or other items. Gee, I could have shopped more!

Once we were over the border and in St. Catharines – things weren’t so smooth. Hotel clerks wouldn’t let us use hotel bathrooms as they had in the U.S. (Very quickly, we headed home!) We saw line-ups around the block at Costco considered going in - for about 30 seconds - then realized people certainly weren’t self-isolating! Ray and I arrived home on March 19, (a month early – our lease, signed, sealed, but not fully delivered). When I arrived home that afternoon, I ordered groceries online to be delivered that evening. But of course, they weren’t. We survived to tell the tale.

Now to unpack for the next two weeks. We have too much stuff! Our SUV looked like a caravan piled high in an old Western movie! I must purge!

Oy, what strange times these are! However, WE SHALL SURVIVE! Happy Pesach everyone, even if it’s a virtual one!





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Letter from Councillor James Pasternak

Dear Neighbour,

As you are already aware, the spread of COVID-19 in our communities, across the country and around the world continues to be an evolving situation, one that is changing day to day. Many of you have reached out to my office sharing your concerns and worries, and I too share many of these same concerns during this uncertain time.

Though COVID-19 will present its challenges to our daily lives, including social distancing and limiting unnecessary trips outside our homes, it is important that we remain calm and collected. We must all work together to protect our families, colleagues and loved ones, especially those who are most vulnerable, such as seniors and those who are immunocompromised. I know that this can be particularly challenging for those who have senior parents and grandparents, but limiting physical contact is what will keep them most safe at this time.

I want to assure you that city staff from all divisions are working tirelessly to ensure the safety of residents across this city, and that our local government has assembled a COVID-19 task force composed of key staff and agencies working to maintain public safety.

I am also incredibly heartened by the number of York Centre residents who have reached out to my office asking how they can support their community, whether it's offering to sew protective masks, deliver food to seniors, or pack and load boxes of non-perishables for those in self isolation. It is a testament to the will and determination of this amazing community, that so many of you answered the call for help without even needing to be asked. The kindness and positivity that so many have shown amidst much speculation and uncertainty has been inspiring.

I would like to let you know that my staff and I are here for you, to help with whatever you might need in any way that we can.

I hope that you will take the necessary steps to stay safe, check-in with friends and loved ones regularly by phone or email, and remember to be patient and kind to one another during this time.

Sincerely,

Councillor James Pasternak

Chair of the Infrastructure and Environment Committee, Chair of North York Community Council.



Contact: VITO



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PASSOVER FOOD SENSATIONS

PASSOVER BROWNIES

INGREDIENTS

2 eggs

1/2 cup sugar or sugar substitute to equal 1/2 cup sugar

1/2 cup peanut oil

6 tablespoons cake meal

2 tablespoons potato starch

2 tablespoons water

2 tablespoons unsweetened cocoa

PREPARATION

Preheat oven to 365 degrees. Spray a 9 x 9 pan with a non-stick spray such as Pam.

In a medium bowl, beat the eggs until light and fluffy. Add sugar, sugar substitute, and oil and beat again. Beat in cake meal, potato starch, water and cocoa. Pour mixture into the prepared pan.

Bake at 350 degrees for 20 to 25 minutes. DO NOT over bake. Brownies will appear light on top. Remove from oven and cut into bars immediately.

Makes 24 and they are 80 calories each!



GOOD & WELFARE

Birthday

Elizabeth Bloom

April 4

**Mazel Tov to Carl and Debbie Zeliger
on the birth of a grandson in Israel.**



AS I SEE IT

Marc Kates



I write this month's column after just returning home from a Purim seudah. One of the main ideas of Purim is that of "ve'nahafochu," for lack of a better term, "turned upside down." The whole story of Purim is one of things turning

upside down. At the beginning of Megillah, the Jews are about to be annihilated by the evil Haman, but at the conclusion of the Megillah, the Jews are saved. Instead, it is Haman who is hanged on the gallows. In the beginning, Vashti is the queen of Persia, but the throne is then given to Esther. Haman is elevated to being second only to King Achashverosh, but it is his arch-nemesis, Mordecai, who replaces him.

I can't help but think that the idea of "ve'nahafochu" not only pertains to Megillat Esther, but to life in the year 2020. I never thought that the oratory mastery of the English language exhibiting sharp wit and creative wordplay by emulated world leaders would be replaced by those who use vulgar words to describe things and people who are critical and demand transparency. Memorable quotes that still reverberate today have been replaced by crude tweets of 140 characters or less.

Saudi Arabia and Russia are feuding over which country can pump out more oil, reducing the price of gas that we pay at the pump to under \$1 per litre. When was the last time that there was a race to lower gas prices?

Continued on next page



Cities and famous sites around the world are virtual ghost towns with most people staying home hoping not to contract Covid-19. Dream vacations have quickly turned into nightmares, and travel bans have crippled economies and thrown people into chaos. The State of Israel has sabotaged its own tourist industry, as anyone entering the country must be quarantined for 14 days. The Pope is holding Mass indoors, and Saudi Arabia has halted pilgrimage travel to the city of Mecca. Jews are told not to kiss the Torah and mezuzot, as well as shaking hands in synagogue.

In reflection, this “ve’nahafochu” seems like a scene out of The Twilight Zone, rather than the norm, but I am afraid that this IS the new normal. I look forward to a proper order of things; for a clear path to get from point A to point B. This order, or in Hebrew, seder, is what the world needs. In one month’s time, this order or seder will be upon us.

Wishing you and yours a happy, healthy, and kosher Pesach.



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FORESTDALE “FUNNIES”

I interrupt the COVID-19 pandemic to bring you a wonderful story that someone told.

“Last night I went to the supermarket to buy a bag of food for my dog. Already in line, a woman behind me asked me if I had a dog.

I stared at her (those who know me will imagine my gaze)...but then why would I be buying dog food...right?

So on impulse I told her no, that I didn't have a dog, that I was starting the dog food diet again, and that I probably shouldn't because I ended up in the hospital the last time, but i did weigh 4 kilos less!

I told her that it was the perfect diet and that all you had to do is carry a few biscuits in your pocket and eat one or two every time you feel hungry (I have to mention that practically everyone in line was interested in my story).

Frightened, the woman asks me if I ended up in the hospital because the dog food had poisoned me. I answered...of course not!

I was admitted because I bent down to sniff the bum of a German Shepherd and I was hit by a truck.

I thought the man behind her was going to have a heart attack...he was laughing so hard!”



FORESTDALE “FUNNIES”

During lunch at work, I ate 3 plates of beans (which I know I shouldn't). When I got home, my husband seemed excited to see me and exclaimed delightedly, "Darling I have a surprise for dinner tonight." He then blindfolded me and led me to my chair at the dinner table. I took a seat and just as he was about to remove my blindfold, the telephone rang. He made me promise not to touch the blindfold until he returned and went to answer the call.

The beans I had consumed were still affecting me and the pressure was becoming unbearable, so while my husband was out of the room I seized the opportunity, shifted my weight to one leg and let one go.

It was not only loud, but it smelled like a fertilizer truck running over a skunk in front of a garbage dump! I took my napkin from my lap and fanned the air around me vigorously. Then, shifting to the other leg, I ripped off three more. The stink was worse than cooked cabbage. Keeping my ears carefully tuned to the conversation in the other room, I went on releasing atomic bombs like this for another few minutes. The pleasure was indescribable!

Eventually the telephone farewells signaled the end of my freedom, so I quickly fanned the air a few more times with my napkin, placed it on my lap and folded my hands back on it feeling very relieved and pleased with myself.

My face must have been the picture of innocence when my husband returned, apologizing for taking so long.

He asked me if I had peeped through the blindfold, and I assured him I had not.

At this point, he removed the blindfold, and twelve dinner guests seated around the table, with their hands to their noses, chorused, "Happy Birthday!"



FORESTDALE “FUNNIES”

Amazing Math!!

Do this math problem; amazingly, it will reveal your all-time favorite movie.

For as long as I can remember, I have loved math tricks. This one really works!

It will take you only about ten seconds and, amazingly, it will reveal your all-time favorite movie.

I'm pretty good at math, so I did it in my head, then on paper, and finally on a calculator just to confirm my mathematical calculations.

Each time I got the same answer, and sure enough, it IS my very favorite movie...EVER!

DO NOT cheat. DO YOUR math, THEN compare the results on the list of movies at the bottom.

You'll be AMAZED at how scary true and accurate this test is:

1. Pick a number from 1-9.
2. Multiply that number by 3.
3. Add 3.
4. Multiply by 3 again.
5. Your total will be a two-digit number. Add the first and second digits together to find your favorite movie (of all time) in the list of 17 movies below:

Movie List:

- | | |
|------------------------------------|------------------------------|
| 1. Gone With the Wind | 10. Casablanca |
| 2. E.T. | 11. Jurassic Park |
| 3. Blazing Saddles | 12. Shrek |
| 4. Star Wars | 13. Pirates of the Caribbean |
| 5. Forrest Gump | 14. Titanic |
| 6. The Good, the Bad, and the Ugly | 15. Raiders of the Lost Ark |
| 7. Jaws | 16. Home Alone |
| 8. Grease | 17. Mrs. Doubtfire |
| 9. The Trump Resignation Speech | |

Now, isn't that something?



THINGS TO DO WHILE STAYING AT HOME

1. Read a book. Indulge during this down-time with your favorite travel-inspired books like Jack Kerouac's classic *On the Road*, Paulo Coelho's *The Alchemist*, or Cheryl Strayed's memoir *Wild*.

2. Play a board game. Engage your competitive spirit and play a board game with the family or online if you live alone as a wonderful way to connect with others.

3. Learn a new language. With great online tools and apps such as Rosetta Stone or Babbel, you'll be saying "Bonjour", "Hola" and "Salve" in no time.

4. Binge watch some shows. Grab your bowl and popcorn and get comfy. Let the sweeping landscapes in *Games of Thrones* or *Eat Pray Love* stir your wanderlust. Explore the world's culinary pleasures with *Street Food*, *Cooked* or *Ugly Delicious*.

5. Stay connected. Call or email family and friends who live in other cities or provinces or video chat with those you know and love. While the near future remains uncertain, let's be kind to each other and make sure we are all getting through this together.

**Biblical Irony:
Passover Seder may
be delayed
by a plague**

PASSOVER FOOD SENSATIONS

CHOPPED LIVER

INGREDIENTS

1 lb. chicken livers cooked
3 large onions chopped
4 hard-boiled eggs
1/4 cup of olive oil
salt and pepper

PREPARATION

Chop onions and sauté in oil until brown but not burned.

Boil up eggs in a pot of water for at least 20 minutes or more. Add chicken livers to a pan of onions and sauté until cooked through. Cool chicken livers and onions by leaving them in the pan for a few minutes after cooking. Add chicken livers and onions to the food processor and coarsely chop. Do not turn it into a paste.

Add grated eggs, salt and pepper to taste. Place in a plastic container and refrigerate for three hours. Enjoy!



THORNHILL LODGE

Dear Thornhill Lodge 2994 Members,

After careful review of our current health concerns, the executive of the lodge has determined that we must suspend all programming and meetings for the next two months as a minimum. Please note that immediately we are cancelling the March 21, 2020 and April 18, 2020 events.

As time progresses, we will address whether we can have another event in May.

Regardless of the venue, please note that we have postponed the May 23, 2020 Installation of Officers and Gala. This can be addressed at any future time. If warranted and we are able to meet in May, we will prepare a substitute program.

For the moment, Rita and I have agreed to stay on as Presidents, until we can address the new officers and the installation for the 2020/2021 year.


Our Executive will continue to meet via email and telephone, and we will advise you of any news and events as they emerge.

Thank you and stay healthy,

Respectfully,

Carey and Rita Drutz

For reports on the February 22 meeting, please go to our website at kolechad.ca/thornhill.htm.





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