

# KOL



Forestdale Heights Lodge  
B'nai Brith Canada

# ECHAD



January/February 2022  
Tevet/Shevat/Adar I 5782



*Happy New Year!*

Volume 20, No 3

# COVER ART



It's such a perfect winter scene; all we need now is Forest Gump sitting on that bench under the tree!

January marks the start of two new years. The first, January 1, is the beginning of a new secular year. Then, on January 17 is Tu B'Shvat. It is also called "Rosh Hashanah La'llanot," literally "New Year of the Trees." In Israel, the day is celebrated as an ecological awareness day and trees are planted in celebration.

*(Photo EveniT & StockSnap at pixabay)*

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# KOL ECHAD

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

It is published five 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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# PASSOVER GREETINGS

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*To all members of Forestdale Heights Lodge:*



This year we will be running Pesach Greetings in the March/April issue of Kol Echad. As the Lodge is still operating on virtual mode (Zoom meetings), there will be **NO CHARGE** for this service. If you wish to put in a larger ad, send ad information and payment to Jeff. Payment can be sent by Canada Post or e-transfer. Larger ads are \$20 for a quarter page, \$40 for a half-page or \$80 for a full page.

The deadline to put a greeting in is February 1.

Please send wording and electronic payments for your greeting to [jelijo@sympatico.ca](mailto:jelijo@sympatico.ca).

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# PRESIDENT'S PEN

Ruth Pupko

**I**t's that time again!

Chanukah is now over, and 2022 will be here before you know it (as I write this)! Our synagogue made a beautiful party and celebrated my uncle's 80th birthday. This honour was quite deserved since he took care of the shul by shopping every week and was the first one there to open the doors. He took care of my grandparents from the time they came to Canada and later on took care of my two aunts. His home is always open for family and anyone in the community.

Our members also work very hard and are still working to make this world a little bit better. Our donation of warm hats, gloves, and socks has enabled us to help in keeping someone a little bit warmer this winter. I am also proud of the monetary donation to the UJA Federation of British Columbia and pray for the residents of British Columbia to recover. The bottom line is that we are all making a difference in stepping up and working very hard, just like Uncle Max.

Make yourself happy and listen to music in different languages. Trust me, you will feel upbeat and more relaxed. It's great while cooking, reading or even cleaning. Go ahead, try it.

Looking forward to seeing you at our next virtual meeting.  
Take care and be safe.



**Top 5 Tips for Maintaining Psychological  
Wellness during COVID-19**

<https://bit.ly/2xlxcwA>





## EDITOR'S DESK

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Jeff Rosen

A new year is upon us. I thought that by now, we would be looking at COVID-19 in our rear-view mirrors. However, it seems that with the Omicron variant, this virus will be with us for at least a little bit longer. Restaurants and fitness studios returned to total capacity in late October. Unfortunately, some of those gains were reversed in late December when 50% capacity limits were reinstated in several sectors. Let's hope that we don't return to full lockdowns.

I loved it when Goodlife Fitness re-opened last summer, allowing me to return on a regular schedule. However, it really has been an annoyance to wear a mask in the change room and when moving between exercise machines, especially after vaccine mandates came into effect. After all, I thought, we were all vaccinated. Shortly after re-opening, the gym instituted a "Fast Pass" program to check everyone's vaccine certificate and log the information into their system upon their first visit. That allowed members to scan their membership tag every time they returned. However, that was not enough for our provincial leaders. A new system was then instituted, where members had to show their vaccine credentials EVERY TIME they visited the gym. Total insanity, if you ask me. I mean, if I was vaccinated on a Monday, why would there be any difference when I returned Tuesday or Wednesday.



However, rules are rules, even if they make absolutely no sense. I continued the new regime I began last summer when I signed up with a personal trainer.

I always wondered why people would sign on with a personal trainer. After all, the exercise equipment is available for all members to use at no additional cost. So, why pay someone to guide you? However, I have learned so much since starting last August.

**Continued on next page**



I never realized how many muscle groups there are in our bodies. Each requires their own exercise regime to remain in peak condition. I also learned that there is a right and wrong way to breathe when working on an exercise machine. It is never easy. Strangely enough, at the end of every session, I find that not only am I physically recharged (if not sore), but that my mind is equally revitalized.

\*\*\*



While this program helps me physically, mentally my mind keeps floating to the past. The last issue I talked about how my daughter was turning 30 (which she is now, and the celebration was fantastic).

However, I keep fixating on other numbers. I can't believe that it will soon be 40 years since I made a decision that affected the course of my life. Back in 1982, my 23-year-old self – then enrolled in the journalism program at Sheridan College in Oakville – knew that he didn't want to spend his entire life in Toronto. So, well before graduation day, he started sending out resumes to, well, everyone and everywhere. As you all know, back then, everything was paper and "snail mail," or as we all called it then, "Canada Post."

It took several months, and he got back numerous rejections, as well as a few interesting replies. In the end, that lad did manage to chart a new path for himself – for me – that year. However, I think I will leave that trek for another day, another column.

Be well.

### **Kol Echad schedule for the 2021-22 season**

March / April – Purim/Pesach Issue

**Deadline: February 10**

May / June – Spring Issue

**Deadline: April 10**

July / August – Summer Issue (Digital only)

**Deadline: June 10**

# NOVEMBER MEETING

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## **LEST WE FORGET!**

Forestdale Heights Lodge president Ruth Pupko opened the final meeting of 2021 as one dedicated to the brave men and women who fought in the First and Second World Wars. As the meeting was held on November 9 – two days before Remembrance Day – she invited members to share stories of friends and family who went through the wars.

As well as Ruth, Ray Moscoe and Debbi & Harvey Silver shared their memories with the 12 members taking part in this month's Zoom meeting. This included Ruth Pupko, the meeting's moderator, Stewart Indig, Albert Ohana, Ray & Rosalie Moscoe, Harvey & Debbi Silver, Eddie Arkin, Carl Zelig, Jeff & Lisa Rosen, and Marilyn Arkin (who was off-screen).

The November meeting lasted just over an hour and proved productive, with everyone sharing their opinions on several Lodge-related matters.

Discussing the pushka can fundraising project, Harvey said that less money was coming in due to the ongoing COVID-19 crisis.

There was some discussion about this year's Chanukah greetings, which appeared in the last issue of Kol Echad. It was agreed that this fundraiser should have been better advertised to members.

Ray reported on this year's CVS program, which saw him and Rosalie deliver parcels to All Saints Anglican Church (see separate report).

It was decided that the Lodge should purchase Chanukah-themed stamps, which would be used, in part, when Rosalie sends out letters to EMS personnel.

Members also voted to send \$300 to support B'nai Brith Canada's Chanukah parcel program.

Finally, it was decided to cancel the December meeting and reconvene on Tuesday, January 11, 2022.

Everyone wished each other a Happy Chanukah before signing off.

*Jeff Rosen*





# CVS

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At the October meeting, members decided that as part of our Winter CVS program, packages would be prepared and delivered to the All Saints Church, which would distribute the packages to the homeless. Ruth Pupko purchased hats, socks, gloves, fruit punch, and granola bars, while Debbi and Harvey Silver supplied Dad's cookies and chips. Toiletry supplies were added by Jeff Rosen, Ray & Rosalie Moscoe and Albert Ohana.

On November 9, Ray and Rosalie Moscoe delivered the supplies to the church. They are seen in the photo with church organizer Shea.



## **BC Flood Relief Fund**

Back in November, a storm caused extensive flooding, mudslides, and strong winds in British Columbia. It forced thousands of people from their homes and stranded others.

The province's Jewish community and its Federation responded by opening an emergency BC Flood Relief Fund to provide support for those individuals and communities affected in British Columbia.

**Forestdale Heights Lodge quickly responded by donating \$200.**

If you wish to donate, go to <https://bit.ly/30B9GdT>



**Flooding in Merritt, British Columbia on November 17, 2021.**

**(Wikimedia Commons photo)**



# CVS

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In early December, Forestdale Heights Lodge sent out letters of thanks to our valued community heroes, members of the police, fire and EMS departments. Thanks to Rosalie Moscoe for spearheading this vital project.

December 8, 2021

To our Community Heroes:

We are the members of Forestdale Heights Lodge, B'nai Brith Canada, a Jewish, social and community service volunteer organization. One of our lodge's principal activities is providing community service programs to Toronto and surrounding areas. We are also involved in assisting various vital charities throughout the year to help the homeless, those who need food and clothing, and those who need social interaction or mental health assistance.

We recognize the outstanding work you do all year long, protecting and helping community members. When an emergency arises, be it a fire, a need for a police officer or an ambulance call, it is you who respond quickly and work as a highly organized team to keep us safe.

To our police services, we appreciate all your valiant efforts to keep citizens safe in their beds or on the roads and streets. We also realize the valuable contributions of accompanying mental health workers who work to save or calm those in crisis. We know paramedics with their medical knowledge will be there if they are called to the task to help those in dire straits.

We wish we could salute your contributions in person to let you know how much we appreciate what you do with a holiday gift and a smile. However, because of COVID-19 restrictions, please accept this sincere letter of thanks and holiday greetings, and know we appreciate what you do. You truly are the unsung heroes of our community, and we sing your praises widely.

We also want to take this opportunity to wish you and your families a happy, healthy, and joyous holiday season.

Sincerely,

Ruth Pupko, President  
Forestdale Heights Lodge

## AT A GLANCE


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Zoom meetings will be held on the second Tuesday of each month in 2022.  
Start time: 7:00 p.m.

**January 11, February 8, March 8,  
April 12, May 10, June 7**

*All Dates Subject to Change*



# COMMUNITY

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## MEL LASTMAN, 1933-2021

Mel Lastman was the last mayor of the former City of North York and the first in the modern City of Toronto. However, initially, the popular businessman was not a fan of amalgamation. Read about it at <http://kolechad.ca/jan/lastman.jpg>

*(Wikipedia photo)*



## VOLUNTEERS NEEDED

B'nai Brith Canada requires volunteers for two-hour shifts to work as greeters and B'nai Brith Ambassadors at bingo halls.

### ALL COVID-19 PROTOCOLS WILL BE FOLLOWED

The bingo revenue allows us to provide services such as emergency food boxes to hundreds of seniors who are food insecure and other necessities to the most vulnerable in our community. We need your assistance and ask anyone who can volunteer to contact Cheryl Landy at (416) 633-6224, ext. 134 or e-mail [volunteer@bnaibrith.ca](mailto:volunteer@bnaibrith.ca) for more information.



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# GOOD & WELFARE

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## **Birthday**

Ruth Pupko

February 14



\* \* \*



Forestdale Heights Lodge extends condolences to the family of Gary Pollock, president of FHL 1975-1976, who passed away on November 5, 2021.

May his memory forever be a blessing.

\* \* \*

If you have any memorable moments in your life (or the lives of your children and grandchildren) you wish to share with the Lodge, please send announcements to [jelijo@sympatico.ca](mailto:jelijo@sympatico.ca).

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# HARMONY

Rosalie Moscoe

**R**ough times. However, hope is in the air! In the past few months, we've lost too many friends and some relatives, but the tragedies have taught me to look for companionship, joy and laughter as our saving grace. When my children came to our home for Chanukah, we greeted them with cheerful Chanukah songs and fun decorations. We did the Hora the minute they entered and danced until we were dizzy. Another large family

Chanukah party in a party room was fun, even though I was masked most of the afternoon with 25 people in attendance. Latkes and lots of delicious food, including bagels, lox and cream cheese, a dairy platter, cakes and fruit, were plentiful. Lighting the Chanukah candles was the highlight, with everyone singing the baruchas together. It was beautiful to celebrate. It reminded me of the old Jewish joke, "they tried to kill us, we won; let's eat."

And so, life goes on. Ray and I still can't believe so many years have passed to see the family bloom, some with many grandchildren, and we feel so blessed to have one dear granddaughter. She's starting to thrive after two years behind a computer, alone at home. We're so happy to see her with friends at a new school in her first year of high school. She loves the arts, and I feel so blessed for her that her school offers many wonderful courses to inspire her.

As the New Year has arrived, it fills me with hope for a better year ahead. I see that people are trying to live their lives to the fullest – enough of fearful times! We need to embrace each day and fill it with interests while some of our friends and family still work, fulfilled, not willing to hang up their hats. Ray 'works' for our daughter in her business.

**Continued on next page**



Even though he won't take any pay, he says it pays him in many other ways. He loves to feel useful and interact with people along with helping our daughter. I keep busy taking some courses online and studying to write children's books based on my original children's songs that I wrote and recorded so many years ago!

Of course, I'm available if needed at my daughter's place for one thing or another – cleaning out a fridge when my daughter is at work so that the old fridge can be pulled out and replaced. Or, if my granddaughter needs a lift to her friend's house a few miles away, I'm glad I can be available to drive her across town! Or I'm thankful that I have the time to help my son in his delivery business, sometimes driving him to pick up food or other items for his clients.

As difficult as it was for me to retire, I love having the time to explore other areas of interest that were in the back of my mind – now brought forward. I did some glass artwork for a few years; however, the pandemic stopped that in its tracks, with most of the studios still closed. In the meantime, my computer (I call her Sadie) and I have become buddies – of sorts. Of course, we have our arguments and often butt heads (not that a computer has a head!) But often, I realize that Sadie really is much smarter than I am. This is our new world, our new reality!



Seek beauty in the world. Reach out to help others. Love your life; love your friends and family! But each day, love yourself.

Happy New Year to all and to all a good night!

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**T**he weather outside is stormy...

The New Year 2022 is now upon us. We are hoping for better times ahead, even though the new variant is all around us at the time of this writing. Stay safe! Wear your mask!

Times have changed in the Silver household. Last November, Harvey was diagnosed with mild dementia. As a result, our lives have definitely taken a different turn. His driver's license was suspended; this was the biggest blow to Harvey. His independence is gone. Harvey now depends on me for everything. Everything means driving to appointments, etc.

Thankfully, Harvey still looks after many things around the condo. I have taken courses on caregiving and understanding the meaning of dementia. I can't say it's been easy. We are trying to take a positive attitude as we go through every day.

Harvey has asked me to use this medium to talk about the Pushka Can Project. Over the last 10 years since Michael Kates z'l and Harvey began this project, many dollars have been raised for Forestdale Heights Lodge. We had over 10 locations in the north part of the city and Thornhill at one time. Before the pandemic began, two locations had closed their doors. Unfortunately, a few stores couldn't leave the cans on their counters during the last two years due to the plexiglass. Actually, two locations had their cans stolen. Right now, we have four excellent locations:

- ✓ **Bagel Plus on Sheppard,**
- ✓ **Kiva's on Steeles,**
- ✓ **Centre Street Deli on Centre Street**
- ✓ **Bagel World on Desira.**

Over the years, we have raised over \$7,000. There have only been a few Lodge members taking part in this program. This means that if you have a favourite restaurant or store, you could ask the owner if a can could be put next to the cash register. Harvey then would be involved to make sure the can is delivered and subsequently picked up after the can is filled.

**Continued on next page**



If you are interested in learning the process and could take it over from Harvey, please call him at (289) 597-5780. **RIGHT NOW, THIS AND THE KOL ECHAD ARE THE ONLY FUNDRAISING PROGRAMS THAT FORESTDALE HEIGHTS LODGE IS INVOLVED IN.** Please think about fundraising for the Lodge.

In the next few months, we will be discussing upcoming **Allocations for 2022**. If you have a suggestion on where to donate our dollars, please let Ruth know.

That's it for now. Stay safe.

If you haven't visited our website, [kolechad.ca](http://kolechad.ca) for a while, remember that not only does it include most material in our print/pdf editions, but a number of unique features including:

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# PERSPECTIVES

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*Last spring, we decided to look at how life had changed since the pandemic's start through the eyes of Kol Echad's dedicated columnists.*

*Six months later, the virus is still with us, although the introduction of vaccines has allowed part of our life to return to normal.*

*How much has life really changed? I guess we'll leave that up to the historical record – again through snippets compiled from Team Kol Echad.*

## **March/April**

### ***Debbi***

Today is February 8; our life has been upside down for the last few months. To begin, Harvey tested positive for COVID-19 on December 23, 2020. It was difficult, but we are lucky to have a den, which I slept in and Harvey in our bedroom. The best was Harvey had no symptoms whatsoever. We are very thankful for that. I brought him his meals to the door for 10 days. We did survive!

### ***Rosalie***

In these unprecedented (pandemic) times, many of us are jittery, anxious at hearing the number of cases of COVID-19. Most of us are not travelling, nor can we dine out or see family or friends. At times, it's isolating and difficult to cope!

## **May/June**

### ***Debbi***

What to write....that is the question? What should be an easy task just doesn't seem that way anymore. We really have too much time on our hands staying home, watching the news, getting frustrated by the headlines, waiting for hair salons to open up, etc. The good news is that our daughter, Lisa, is about 85% cured of COVID-19. Unfortunately, smell, taste, and headaches seem to be a thing of the future for the pandemic's total cure.



**Continued on next page**



## **July/August**

### ***Jeff***

Just recently, I looked into the rear-view mirror, comparing my life now to life last summer. While we now know so much more about this cursed virus, life is pretty much the same as it was a year ago. Yes, restaurant patios have re-opened, but for the most part, most things remain locked down, sealed shut.

### ***Marc***

As of now, in the Kates household, all those eligible to receive a vaccine have now been fully vaccinated. That includes my 12-year-old son, who was more than happy to roll up his sleeve. Living with a front-line health care provider allows us to hear what's happening "out there." We know what the situation is within the health care system and listen, often with disbelief, about those who choose not to be vaccinated.



## **September/October**

### ***Jeff***

There are so many questions surrounding the upcoming High Holiday period this year. How many people can safely be invited over for a post-shul luncheon or dinner? At this point, we don't even know how synagogues will handle services this year. I'm sure many have started to plan, but there are so many unknowns.

### ***Debbi***

September.....wow, the time goes by very quickly. Our summer turned out to be very quiet and uneventful. The good thing is, we have now begun to do our own grocery shopping.

### ***Rosalie***

Due to the lingering pandemic, we don't know yet if we will be having in-person High Holiday services this fall. We think we will, but who knows? Likely, it will be online. Great offerings of well-known guest speakers are scheduled at our shul, Beth Torah, and as far as we know, the visiting rabbinate and cantor will be in attendance as we've been without our long-time rabbi and cantor for many months.

**Continued on next page**



### **Marc**

Do you get the sense of déjà vu? This summer seemed quite similar to last summer. COVID has certainly changed how we go about our lives. Some things are indeed changing, some for the positive, others for the negative. The school year ended with a whimper, and the sense of students' accomplishments ceremoniously ended with the clicking off of the computer. The kids did go off to camp, and had a wonderful time. For a few short weeks, the kids got to be kids again, and do the things they like to enjoy.

### **November/December**

#### **Ruth**

Last night (October 5) was our first virtual meeting, and it was terrific to welcome my fellow Lodge members. Where did the summer go? It disappeared so quickly once Rosh Hashanah came. Our outdoor exercise classes were so much fun, and it didn't hurt us to learn a few Latin dance moves since our instructor is Brazilian!



#### **Jeff**

A year ago, I wrote about how the High Holiday season differed from anything we had previously experienced. I never imagined that 2021 would be a repeat performance. Like last year, Lisa, Jordana, and I stayed home for Rosh Hashanah and Yom Kippur. Somehow though, it didn't seem so bad, didn't seem so strange. That, in itself, says something.

#### **Debbi**

The leaves have turned beautiful colours; fall/winter is upon us. It really is a lovely time of year. Our grandchildren are back in school, activities have started to proceed, as usual. Our lives are almost back to normal. Getting together with friends and going out to eat has been fun. Of course, we had to show our "validation of vaccination."





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# FOOD SENSATIONS

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## **FAT-FREE, GLUTEN-FREE, VEGETARIAN SHABBOS CHOLENT**

### **Ingredients**

2 onions, chopped  
6 cloves garlic, minced  
1/2 cup dry, soaked pinto beans (or one 15 oz. can)  
1/2 cup dry, soaked kidney beans (or one 15 oz. can)  
1/2 cup dry, soaked navy beans (or one 15 oz. can)  
1-cup brown rice  
6 medium potatoes, cut into chunks  
2 tsp. salt  
2 tsp. chilli powder  
2 tsp. paprika  
Black pepper, to taste  
4 tbsp. ketchup  
2 tbsp. BBQ sauce  
4 tbsp. onion soup mix  
Water to cover (about 5-6 cups)



### **Preparation**

Combine all ingredients and mix well.

Cook in crockpot on high for six hours, then turn down to low. Continue to cook on low overnight (or at least six more hours).

**IF YOU COULD BE  
ANY AGE AGAIN  
WHAT AGE  
WOULD IT BE?**

Click on document  
to send reply  
or e-mail [Jeff](#)



# FOOD SENSATIONS

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## 5-INGREDIENT EASY CHILI

### **Ingredients**

1 lb. ground beef or turkey\*  
1 small white onion, diced  
3 (15 oz.) cans diced tomatoes with green chillies  
2 (15 oz.) cans beans, drained (black beans, kidney beans, a combo, or whatever you like)  
2 tbsp. chilli powder

### **Preparation**

In a large stockpot, cook ground beef or turkey over medium-high heat until browned, stirring frequently. Using a slotted spoon, transfer the cooked beef or turkey to a separate plate and set aside. Reserve 1 tablespoon of grease in the stockpot, and discard the rest. Add the onion to the stockpot and sauté for 4-5 minutes or until soft. Add remaining ingredients and the cooked beef or turkey to the stockpot, and stir to combine. Bring to a boil, then reduce heat to medium-low, cover, and simmer for 10 minutes. Serve immediately, garnished with optional toppings if desired or, store in a sealed container for up to 3 days.

\*If using ground turkey, you may need to heat a tablespoon of olive oil beforehand to help cook and brown the turkey, and then add an additional tablespoon of oil to cook the onion.

<https://www.gimmesomeoven.com/5-ingredient-easy-chili-recipe/>





# FOOD SENSATIONS

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## CABBAGE SOUP

### Ingredients

2 lbs. soup meat (flunken)  
2-3 soup bones  
3 qt. water (12 cups)  
2-3 medium beets, pared  
½ head cabbage, finely grated  
28 oz. can tomatoes  
6 oz. tin tomato paste, if desired  
½ cup brown sugar  
3-4 grains sour salt OR 2 tsp. lemon juice  
Salt and pepper, to taste



### Preparation

Place meat and bones in water and bring to a boil. Skim, and reduce heat. Add remaining ingredients. Cover and simmer for three hours. More sugar, salt, and pepper may be added if desired.

**NOTES:** Recipe from *Second Helpings, Please*. A bag of coleslaw mix can be substituted for cabbage. We substitute Splenda Brown Sugar for brown sugar. Additional soup bones can be added for flavour.

*Jeff*

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## REHEATING STEAK

Are you looking to reheat steak without drying it out? Try steaming it.

To make it happen, grab a steamer basket or stainless steel strainer, put it in a pot with water and bring the liquid to a simmer. Wrap steak in tinfoil, place the pouch in the basket, put the lid on the pot, and let the meat steam for 3-6 minutes. To check if it's ready, carefully open the foil pouch and feel if the meat has warmed through. If not, rewrap the packet and cover the pot so that you can let it steam for a couple minutes more. Transfer the beef to a serving dish right away so it doesn't continue to cook.

**NOTE:** Steak can be sliced before steaming to ensure equal heat distribution.

*Jeff*



# CORRESPONDENCE



Dear Forestdale Heights Lodge Members,

I would like to take a moment to recognize the incredible support you have given Ve'ahavta.

The donation given by you for a second year, is an excellent example of the power people have to make a difference – even in our most challenging times.

With the pandemic shaking up all our lives, it's easy to only think of oneself but your community did not accept that. You said, how can I help, how can I act? For this, you are truly wonderful people, and we are so grateful to have you in our corner.

The \$300 donated to Ve'ahavta supports individuals dealing with profound barriers, like limited access to food or warm places to sleep. The funds have been used to provide immediate and essential support to individuals in Toronto experiencing homelessness.

Thank you for doing your part in ensuring the people served by Ve'ahavta maintain hope and can work towards better stability in their lives.

With my respect and thanks,

Brandon Lablong  
Director of Development



\*The Standards Program Trustmark is a mark of  
Imagine Canada used under licence by Ve'ahavta.

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# CORRESPONDENCE

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Forestdale Heights Lodge, BBC

Dear Friends,

We have no words to express our gratitude for your generous donation of \$100.00 towards purchasing a bus. The kids suffering from cancer and their family count on you and many others to help us continue with our work.

Every day, a fleet of buses picks up children and brings them to the House of Dreams. There, children with cancer get a chance to make up on their missed studies as well as play, laugh and heal. In the afternoons, healthy siblings get a chance to relax, learn an instrument, participate in activities, and receive counselling.

The attention and love all kids receive helps everyone in the family.

One of the first questions that kids with cancer ask is, "Will I lose my hair?" Zichron Menachem collects hair from donors around the world to make much-needed wigs for children who have lost their hair during treatment.

In their name and the name of our staff and volunteers we would like to thank you for your unconditional help.

**HOLD THE DATE** On December 5th, the eighth night of Chanuka we will be hosting a Game Night at Chabad Lubavitch Markham. Call us for more information.

Sincerely

Eddie Schneider  
Chairman

Zichron Menachem gives children the power to fight back  
You can give us the power to give and together we shall overcome

Zichron Menachem Canada  
100 Promenade Circle, Ste. 103  
Thornhill, ON L4J 7W7  
Phone 416-352-2267 | Email [sara@zman.org](mailto:sara@zman.org)  
Website [www.zichron.org](http://www.zichron.org)



# FORESTDALE FUNNIES

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I have everything I wanted as a teenager, only 60 years later. I don't have to go to school or work. I get an allowance every month. I have my own pad. I don't have a curfew. I have a driver's license and my own car. The people I hang around with are not scared of getting pregnant, and I don't have acne. Life is great. I changed my car horn to gunshot sounds. People get out of the way much faster now.

Gone are the days when girls used to cook like their mothers. Now they drink like their fathers.

I didn't make it to the gym today. That makes five years in a row. I decided to stop calling the bathroom "John" and renamed it the "Jim." I feel so much better saying I went to the Jim this morning.

Old age is coming at a terrible time.

When I was a child, I thought "nap time" was a punishment. Now it feels like a short vacation.

The biggest lie I tell myself is... "I don't have to write that down; I'll remember it."

I don't have gray hair... I have "wisdom highlights" I'm just very wise.

If God wanted me to touch my toes, He would've put them on my knees.

Last year I joined a support group for procrastinators. We haven't met yet.

Why do I have to press one for English when you're just going to transfer me to someone I can't understand anyway?

Of course, I talk to myself. Sometimes I need expert advice.

At my age, "Getting Lucky" means walking into a room and remembering what I came in there.

I have more friends I should tell this to, but I can't remember their names right now.



# FORESTDALE FUNNIES

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I see people my age  
out there climbing  
mountains and zip  
lining and here I am  
feeling good about  
myself because I  
got my leg through  
my underwear  
without losing my  
balance.



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## AS I SEE IT



This year, the notion of the passage of time has taken on new meanings for my family and me. When my mother was diagnosed last November, we knew the reality of this terminal

disease and that very few pancreatic cancer patients live beyond six months. My mother almost made it to a year. Expecting our daughter Eve in May made time very precious. Would my mother live to see her second grandchild? Indeed, she did, and was able to see her through almost the first six months of life. Both our son and daughter will not remember their bubbe, but they will come to get to know her through stories, our values and experiences.

The burial, shiva and the weeks and months since my mother's passing are all lessons I am trying to glean from. I

often compare this time frame to a final exam study period where each sentence is as valuable as the next. I learned the value of friendship, having or not having expectations, caring, kindness and love. I also learned about my mother. To me, Bonnie Kates was simply "Mommy." She was the one who kissed scraped knees, offered advice (whether solicited or not), and listened. The shiva afforded me new perspectives on her life beyond that of mother and wife.

How I wish I could debrief with my mother about all that has transpired these months. Time does roll on, and I am forever changed by her absence from my life. Even though I am still sorting out thoughts and emotions, I am only meritorious to offer this piece of advice: hug your loved ones a little tighter.

For a few fleeting nanoseconds, time does stand still.

*Marc Kates*





## AS I SEE IT

Marc Kates

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It always seems to sneak up -- time. Every once in a while, we receive those reminders that mark its passage. I know that I was present for it all, but acknowledging those moments makes one stop and think. Jeff reminded me not so long ago, that this issue will mark 10 years since I started writing my columns for Kol Echad. While it's hard to imagine 10 years' worth of articles, it also means that it is 10 years since my mother passed away, and 5 years since my father's passing. Marking their *yohrzeits* is truly a shocker. Even though I can't believe it, I do know it. As we plan our son's bar mitzvah, I am doing so without my parents' input and guidance. I'm watching their grandson learn to chant Torah, yet they will not be participating in the service, nor sharing in the simcha that marks his passage into adulthood. Not a day goes by that I don't think of them and want them around, but that desire is intensified when there is a simcha on the horizon. I think that no matter how old we become, we still seek our parents' approval and want to please them.

While they are not here physically, their influence is nonetheless felt. Every time I crack a joke with my students, I think of my mother and her humour. Every time I watch my kids perform an act of chesed, I think of my father and his commitment to CVS. With every prayer, holiday observance, and flicker of either the Shabbat or Chanukah candles, I think of them both and their commitment to their Yiddishkeit. It's not always humour or observances that trigger memories, but the mundane ones too, such as a Sunday afternoon football game on TV or a good piece of cheesecake.

Time seems to be measured differently now, and when referring to time, BC now stands for "Before COVID." It also seems everyone can pinpoint the last few things they were doing before the world turned upside down in March of 2020. Our family had just moved back into our newly renovated home on Friday, March 13, a date that had been chosen months before. March 5 was the last time we had gone to a live theatre performance. Before our summer trip to Newfoundland in August of 2021, I can't honestly remember when I last took an elevator, and for the first time this week, I took the subway.

**Continued on next page**



As with all things in life, the future is unknown, and certainly, unpredictable. What a bizarre time we're living through, but we'll all remember when it started and, hopefully, when it ends. It's often been said that, "the days are long and the years are short." How time manages to change, speed up, and slow down amazes me. What I do know about time is that it is not static and can never go backwards. Time is the first thing in the Torah to which the term "holy" is applied. So, as a long work week is now over and this article submitted, I can take a little breather.

Until next time...

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## LOOKING BACK

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Dempsey Brothers Store -- Lot 16, Con. 1 west.

Dempsey Brothers Store, on the northwest corner of Sheppard Avenue and Yonge Street. Built by the Shepards in 1860, the store was bought by George and William Dempsey in 1923 and later taken



over by George's sons Bob and Jim. While the first floor held the hardware store, the upper storeys were renovated into apartments for the Dempseys' families in the 1930s. After being sold in 1989, the store spent a brief period as a dollar store. Later, the building was given to the municipality of North York, moved to Beecroft Park, and restored as it was in the Shepards' day to house the North York Archives. The amalgamation of the City of Toronto led to another brief period of disuse when the archives moved downtown, but today the building houses the Beecroft Education Centre.

*(Ted Chirside photo/Courtesy of Toronto Public Library – 1955)*

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# LOOKING BACK

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Starting this issue, we are revisiting a FHL Kol Echad classic created by our past president, Nate Salter. Nate would end each of his *Notes from Nate* columns with a quote from his renowned sage, Pinchas Punim. Did it make sense? Sometimes! Was it funny? Again, sometimes. So, what was it, and what did it all mean? Maybe it all amounted to nothing but an expression of joy from Nate. We hope you enjoy it once again.

Here is your Pincus Punim thought for January 2012:

*When a man is single, he is incomplete.  
Once he gets a wife, he is finished.*

Here is your *Pincus Punim* thought for February 2012:

*If my purpose in life is to help others,  
then what are others here for?*



Yonge & Sheppard looking north, Dempsey store on left side – 1911  
(Courtesy Of Toronto Public Library. North York Central Library. Canadiana Department. Gift of North York Historical Society)

# LOOKING BACK

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City of Toronto Archives, Series 648, s0648\_f0239\_id0094

Above: Willowdale Plaza at  
Sheppard and Yonge – 1968  
At right: Same area, developed  
as the Hullmark Centre.



# LOOKING BACK

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Downtown Toronto on Boxing Day 1971

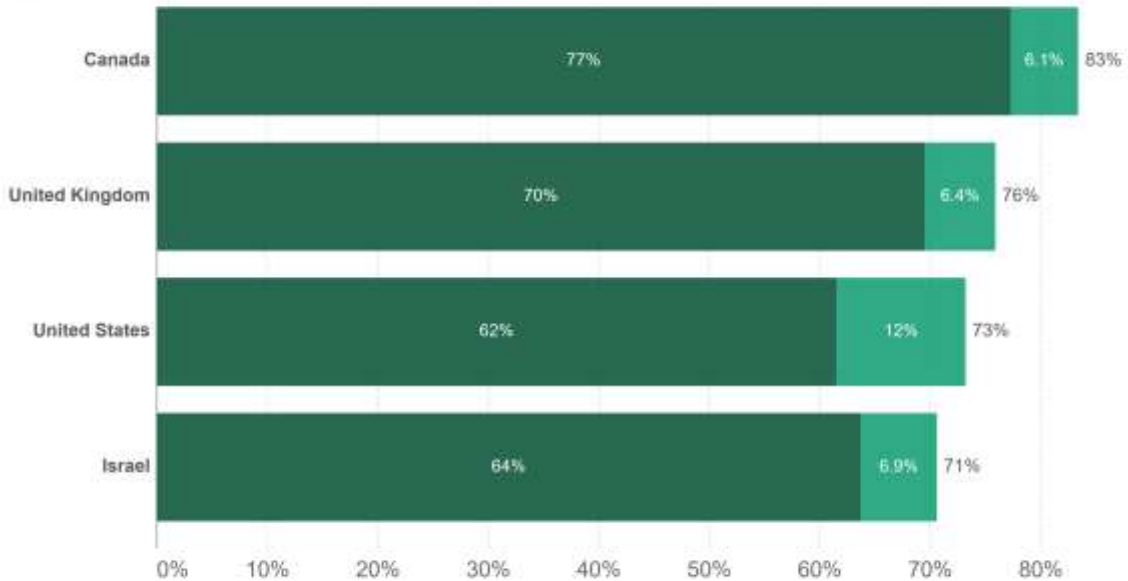


# HEALTH

## Share of people vaccinated against COVID-19, Dec 31, 2021



■ Share of people fully vaccinated against COVID-19 ■ Share of people only partly vaccinated against COVID-19



Source: Official data collated by Our World In Data

Note: Alternative definitions of a full vaccination, e.g. having been infected with SARS-CoV-2 and having 1 dose of a 2-dose protocol, are ignored to maximize comparability between countries

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Go to <https://bit.ly/3x37t65>  
for daily updates

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COVID-19 vaccination

To download your vaccination receipt, go to

<https://covid19.ontariohealth.ca/>

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