

# KOL ECHAD

Forestdale Heights Lodge  
B'nai Brith Canada



Remembering  
Harvey Silver

*Happy New Year!*

# COVER ART



January marks the start of two new years. The first, January 1, is the beginning of a new secular year. Then, on Wednesday, January 24, Tu B'Shevat begins in the evening. It finishes the next day, Thursday, January 25. It is also called "Rosh Hashanah La'Ilanot," literally "New Year of the Trees." In Israel, the day is celebrated as an ecological awareness day, and trees are planted in celebration.

While most trees have shed their green foliage, we can enjoy the beauty of the season when a layer of snow covers the majestic branches.

In this issue, we also say goodbye to Harvey Silver, a loved and devoted member of our Lodge.



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# KOL ECHAD

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

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.

## **Editor**

Jeff Rosen

## **Editing Staff**

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Debbi Silver

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## **Website**

[www.kolechad.ca](http://www.kolechad.ca)

## AT A GLANCE

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FHL will hold Zoom meetings on the second Tuesday of each month in 2024.

Start time: 7:00 p.m.

**Upcoming Meetings:** February 13, March 12, April 9, June 11.

No meetings are planned for January and May.

### **Kol Echad schedule for the 2023-24 season**

March/ April – Purim/Passover Issue

**Deadline: February 10**

May/ June – Spring/Summer Issue

**Deadline: April 10**

**BE SURE TO CHECK OUT  
OUR WEBSITE AT  
[www.kolechad.ca](http://www.kolechad.ca)**





## PRESIDENTS' PENS

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Ruth Pupko

They say that the flu season starts in December, and I guess that I was one of the lucky ones to get it even though I had my flu shot. Now, it seems it is making the rounds, and we are not into the winter season yet! The days may not be very cold, but the nights are. I am glad that Debbi and I were able to deliver the hats, socks, and gloves early this year. I volunteered at the B'nai Brith Canada clothing drive three times. I went twice with my neighbours, Heidi and Gwen, and there are a lot of retired and older people who come twice a year to participate in this valuable service to the community. On Sunday, the clients were lined up to Bathurst and around the corner. Thankfully, students were also there to help, as it was hectic from 10:00 to 2:00. I would definitely recommend our Lodge participate in this worthwhile CVS program.

The rest of this column is dedicated to our dear member, the late Harvey Silver.

CVS was always dear to him as he was the first one to volunteer, initiate and just come up with ways to enhance and motivate us to do better and strive to do our best. No job was difficult for him, and he worked tirelessly for years to make a difference in the community. Most of all, he could tell a story and make our meetings a lot of fun. Our meetings will never be the same again.

A lot of members will be honouring Harvey in their own way. I know that I will never forget my dear friend Harvey as my neighbour and friend and will miss just sitting around together and shmoozing over a cup of coffee. He is my friend and will always be my friend!

All the best. Remember, every day is a bonus.







# PRESIDENTS' PENS

Debbi Silver

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To write or not to write, that was the question I asked myself today.

I decided that the Lodge deserved to hear from me personally about my beloved husband, Harvey z"l.

Harvey's passing was a huge shock to our family. We were watching the Leafs and Raptors a few Saturdays ago, and then

the news. Harv went to bed, and I continued to watch TV. Approximately a half hour later, I went to bed. It felt like the covers were being pulled off me, and I went to his side and realized that there was no sign of breathing.....he slipped off the bed and was gone☹. I called EMS, and they came right away and tried their best to revive him, but it didn't happen. Our children came right away.

The rest of the day, I was in a fog, going to Benjamin's, making the arrangements, etc.

I was so very proud of our granddaughter, Jaime, and our daughter, Lisa, for speaking at the funeral. Lisa, Harvey and I were a threesome. We went on trips, dinners, outings, and cruises. It was a wonderful life.

I have read all the wonderful words people wrote about Harvey, and it made me very sad that he couldn't see for himself the outpouring of love and friendships he had over the 78 years of his life. Harvey was a devoted husband, father, Zaidy, brother, brother-in-law and friend. He was kind and would take the shirt off his back for anyone. Harvey worked very hard to support our family. He worked seven days a week for 20 years in our cigar store, and then as a courier driver. He was out in all kinds of weather.

At our last Lodge meeting, I couldn't hold it together at the end of the evening. Harvey wasn't there beside me as he was for 56 years. He was so devoted to all kinds of things, especially working at the bingos. It was his passion. Harvey, I will love you forever.

Thank you to the Lodge members who were always there for Harvey.





## THANK YOU

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Dear Ruth,

On behalf of my family, I would like to thank Forestdale Heights Lodge for the beautiful dinner, which was provided during the shiva.

Thank you to you, Albert and Honey for serving us.

The Lodge has been so important to both Harvey z'l and myself. The love that was given during the time of shiva was so much appreciated.

Thank you all for your support during this difficult time.

Fondly,

*Debbi*



## EDITOR'S DESK

Jeff Rosen

Here we are, at the start of another year. Which one is it now?

I know that it starts with a four. There have been so many years during my time at this post – 1994, 2004 and 2014. However, it is now 2024, the start of a new year. I hope that it will be much better than the one we just left behind. Who could have conceived of the horror, the bloodshed that consumed our

beloved Israel just a few months ago?

There were so many mistruths written and spoken since Hamas attacked Israel, so many distortions of history. I don't know if this was due to historical amnesia or simple antisemitism (as if Jew hatred is ever simple). But facts are facts, and history is history, at least as I remember it.

The early 21st century was problematic for Israel (as if any other time wasn't!). There were protests and anger in Israel as the country's right-wing prime minister, Ariel Sharon, finalized a deal to see his country withdraw from Gaza in the hope of peace. That meant every settler had to leave. Of course, many opposed the plan, and Sharon was forced to call in the troops to enforce the deal.

There was some hope that a lasting peace was possible. Unfortunately, it was all a dream. Israel left the area, and Hamas eventually took over, with the first order of business to destroy the infrastructure left behind. To make matters worse, they started launching missile barrages on Israel. Was it any surprise then that the Jewish state built a fence to rein in this terrorist entity?

Like all conflicts, the civilian populations on both sides of the fence have been the real victims since Hamas started their never-ending attacks. I realize that Israel has to respond to the ongoing attacks, but all that seems to be happening are short-term victories while hatred of Jews grows everywhere and a new generation of terrorists is spawned. Besides, Israel should know that collective punishment rarely, if ever, works.

**Continued on next page**



The only way out of this “Groundhog Day” scenario is for the Palestinian people to demand better governance. Then, and only then, should Israel sit down and talk about a peace deal with leaders in Gaza.

Much closer to home, I’m feeling perplexed. I’m a lifelong liberal (both small and large L), but I think it’s time for Prime Minister Justin Trudeau to follow his father’s example and take a walk in the snow. He’s done a lot of good for the country since he became prime minister in 2015 (along with several faux pas). He’s had to deal with former right-wing U.S. President Donald Trump and successfully steer this country through the worst pandemic in a century. However, I feel that his time has passed, and it’s time he passes the torch to a new leader.

Unfortunately, like many before him, he sees himself as invulnerable and may lead his party to another significant defeat at the polls. Herein lies my dilemma. I firmly believe in the Liberal Party brand, but not so much its leader. Will I abandon my party? Right now, it’s too hard to decide. The NDP remains too far out on the political spectrum. I could vote for the Conservative Party, but the thought of their leader as prime minister gives me cause for concern. He is dismissive of anyone who disagrees with him and, as of yet, has not articulated any policies that I feel would improve Canadians’ lives. Sorry, Mr. Pollièvre, but slogans and catchphrases do not make one a prime minister. I still do not know what “powerful paycheques” are and what you would cut to lower taxes.



What will I do then? I could sit on the sidelines when the next federal election is called, but I strongly feel that if I abandon my vote, I give up my right to criticize our government. Hopefully, there will be a few different choices before we go to the polls. Maybe Trudeau will see the light. Perhaps moderate Conservatives will tire of their current leader’s rants.

Failing that, I have no idea.  
Be well. Here’s hoping for a better 2024.





# CVS

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**On November 7, our co-presidents, Ruth Pupko and Debbi Silver delivered much needed supplies to Ve'ahavta, including clothes and mittens.**

**Forestdale Heights remains a strong CVS Lodge.**



**On November 14, co-president Ruth Pupko and friends went to Beth Radom and sorted clothes for the B'nai Brith Canada clothing drive.**



# CVS @ CHANUKAH

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Keeping with Lodge tradition, FHL members delivered gift parcels to the brave men and women who dedicate their lives to keep our streets safe. These people include police, firefighters and paramedics. Those taking part were Carl Zeliger, Debbi Silver, Michael & Carol Pacter, Ruth Pupko, Mark Spergel, Ray & Rosalie Moscoe, Marilyn & Eddie Arkin, Jeff Rosen and Stewart Indig. Here, Jenna and Maya Indig help their Zaidie deliver gift parcels to the police command post at the corner of Bathurst and Sheppard. The post was set up in response to a rise in antisemitism following Hamas' attack on Israel.

**[Stewart Indig photo]**



# CVS @ CHANUKAH

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At left, Mark Spergel delivered a gift parcel to paramedics at the EMS Station at Bathurst & Finch.

Below, FHL co-presidents Debbi Silver and Ruth Pupko delivered holiday treats to firefighters at the Toronto Fire Station 114 at Yonge and Canterbury Place.



# DECEMBER MEETING

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With a heavy heart and fond memories, Forestdale Heights Lodge held its final meeting of the year on December 5, bidding farewell to Harvey Silver, the “heart of the Lodge,” who passed away in November.

As well as Lodge co-presidents Ruth Pupko and Debbi Silver, those in attendance included Zoom moderator Stewart Indig, Eddie & Marilyn Arkin, Albert Ohana, Ray Moscoe, Carl Zeliger and Jeff & Lisa Rosen.

Ruth opened the meeting by asking if anyone would like to share their memories of Harvey, who served as president of the Lodge from 2000-01 and 2013-14. At the time of his passing, he was chairman of the Lodge’s board of governors.

A discussion was held on the future of Kol Echad. A motion was presented and passed by an overwhelming majority to move Kol Echad further into the digital age. As of January 1, the print version of Kol Echad is only being sent to advertisers as per a prior agreement with them, which expires in June. Members will now only get the digital issue, which they can read online or download for personal use.

Turning to CVS, Ruth informed members that she has been helping at a few B’nai Brith clothing drives. The clothing arriving has been of higher quality of late, she said.

Later in the meeting, she asked the Lodge to approve a donation to help Beit Halochem (Canada). This organization helps rebuild the lives of Israeli-disabled veterans and victims of terror. It was approved by all members present.

The Lodge also decided to continue its popular Purim CVS program at the B’nai Brith Seniors building. Carl will report back at the next meeting.

The past and current presidents in attendance also approved Albert Ohana and Ray Moscoe to serve as the new joint Chairmen of the Lodge’s board of governors.

Finally, it was decided to reschedule the Chanukah dinner for December 17 at Chicken Nest.

There will be no meeting in January, so our next Zoom meeting will be on February 13, 2024.

***Jeff Rosen***





# SOCIAL

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On a dreary, rainy December 17, Forestdale Heights Lodge brought some light to the Bathurst-Lawrence area when members gathered for a post-Chanukah dinner at Chicken's Nest restaurant.

Following our successful holiday gathering in January 2023 at Ba-Li Laffa in Thornhill, the Lodge decided to move this year's party to accommodate those living south of Highway 401. It proved a great idea, and



the 13 members present appeared to have had a great evening. Everyone welcomed the chance to interact in person, unhindered by the computer screens we use to conduct monthly meetings.

Those in attendance at this gala social evening included Marilyn & Eddie Arkin, Debbi Silver, Cathy & Stewart Indig, Carl Zeliger, Rosalie & Ray Moscoe, Honey & Albert Ohana, Ruth Pupko, and Lisa & Jeff Rosen.

The (kosher) food was delicious, and the portions were so plentiful that many of us left the restaurant with a “doggie bag” for another dinner (or lunch).

After most of us said “enough” and pushed our plates away, Cathy Indig rose and made a moving toast/tribute to Harvey Silver, who passed away on November 12.

As much as everyone enjoyed themselves, the evening ended a little over two hours later. With so much turmoil in the world, the evening was a welcome escape and a great way to end the year.

Hopefully, we will be able to meet in person more often in 2024 rather than virtually.

Thanks go to Albert Ohana for organizing the evening.

**Jeff Rosen**

*More photos next page*







# CORRESPONDENCE

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Dear Forestdale Heights Lodge,

Thank you kindly for your gift to the Canadian Red Cross.

**Your gift makes all the difference.**

It means that the Red Cross can provide assistance to those in need across Canada and in every corner of the globe. It enables our experts to get on the ground immediately following a disaster with immediate relief and long-term support.

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Sincerely,



Conrad Sauvé  
President & CEO



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**Canadian  
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# Thank you for standing with us.

Together, we can help protect our families.



# 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 operating in virtual mode (Zoom meetings), there will be **NO CHARGE** for placing line-item greetings. If you wish to put in a larger ad, send ad information to Jeff. Payment can be sent by Canada Post to Debbi. Larger ads are \$20 for a quarter page, \$40 for a half-page or \$100 for a full page.

The deadline to put a greeting in is February 1.

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



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# PERSPECTIVES

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Keep this in mind, especially those of you who order online. This is how hackers get your information.

Do you know the difference between `http://` and `https://`? I don't know how many of you know the difference, but it is worth sending to anyone who does not. The main difference

between `http://` and `https://` is it's all about keeping you secure.

HTTP stands for Hypertext Transfer Protocol. The "S" stands for "secure."

If you visit a website or web page and look at the address in the web browser, it will likely begin with the following: `http://`

This means the website is talking to your browser using the regular "unsecured" language. In other words, it is possible for someone to "eavesdrop" on your computer's conversation with the website. If you fill out a form on the website, someone might see the information you send to that site.

This is why you never enter your credit card number in an `http://` website!

However, if the web address begins with `https://`, that basically means your computer is talking to the website in a secure code that no one can eavesdrop on.

If a website ever asks you to enter your credit card information, you should automatically look to see if the web address begins with `https://`.

If it doesn't, you should NEVER enter sensitive information such as a credit card number, social insurance number, passwords or any other confidential information.

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

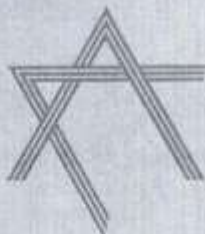
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# REMEMBERING HARVEY SILVER

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It's Sunday afternoon, November 12, just hours after I received a phone call that has shattered my world. The news that our beloved Lodge brother, our past president, Harvey Silver, is no longer with us is hard...no impossible...to comprehend. I feel like part of me has been ripped out. He was always there for everyone, to lend a hand when called upon, to accept any job, any task with a smile. Now, he's gone. I can't believe I won't talk to him again, getting the latest on envelopes for Kol Echad or a request for a politician's address.



Talk we did, for over three decades, running communications for Forestdale Heights. While I was the frontman, he was the *silent* voice, working behind the scenes to ensure Kol Echad ran like a well-oiled machine. Even before the first page of an upcoming issue was started, he would call to let me know that the envelopes were already prepared and on their way to our printer. When summer came, and many Lodge members were taking a hiatus from FHL, he was busy sending out invoices to ensure our advertising base remained strong. For those unaware, Harvey was the one who started talking with advertisers. As a result, our advertising base has continued to grow over the years. He was very methodical in creating a system to keep track of all payments. Your bulletin would not exist today without all his hard work.

His historical knowledge of the Lodge's communications was always impressive, and his stories about how the bulletin was printed decades ago were usually interesting. I loved his ability to recollect the past so easily and to have such great memories of Forestdale Heights.

Harvey and I didn't always see eye to eye on some matters of the Lodge and this publication. Still, we probably had one of the most successful Lodge partnerships in the history of Forestdale Heights. I will always cherish the memories both in and outside the Lodge.

You were one in a million, and I'm honoured to have called you my friend.

Goodbye, Harvey.

**Jeff Rosen**



# REMEMBERING HARVEY SILVER

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# REMEMBERING HARVEY SILVER

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# REMEMBERING HARVEY SILVER

Harvey was my mentor and showed me the ropes to being President. He had a great knack for making a short story very long. It was always a good story, though. He was a big giver to the Lodge and to the community.

Harvey and I worked on several projects together. Bingo, the Toronto Marathon, Yellow Brick House and the EMS program jump to my mind very quickly, and there were a few others. His presence will most definitely be missed. Harvey was someone you could count on. The Lodge will not be the same without him.

May he rest in peace.

*Stewart Indig*



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# REMEMBERING HARVEY SILVER

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It was a very sad day when Ray answered the phone, and Ruth told Ray that Harvey Silver had passed away during the night. We were stunned, Ray was choked up, and it wasn't long before Albert called to commiserate with Ray about the difficult loss of a great guy. Harvey was a hard-working member of Forestdale Heights. He was dedicated, reliable, and a mensch.

He turned up at every event and went out of his way to do everything for the Lodge – with love.

Marathons for the city? Harvey was there helping to organize our booth at the Marathon. Bingos to raise money? Harvey was there. Out of the Cold Programs? Harvey was there. Taking pushka cans to various restaurants to raise money? – Harvey was there. He and Debbi ran around the city and collected the heavy pushka cans filled with coins. Getting goodies for EMS personnel during the holidays? Harvey was there. Helping with Kol Echad and ads? – Harvey was there (along with Jeff!). Harvey helped our Lodge raise a lot of money so we could, in turn, give it to charities in need.

Harvey will be missed by all Lodge members, and I know by many other people. Harvey, you did good! We all appreciated Harvey's contribution to our Lodge. Most of all, we will miss his warm friendship.

***Ray and Rosalie Moscoe***





# B'NAI BRITH CANADA

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## CONFIDENTIAL REPORTING ANTI-HATE HOTLINE

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

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# B'NAI BRITH CANADA

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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



## VOLUNTEERS NEEDED

The bingo revenue allows us to provide services such as emergency food boxes to hundreds of seniors who are food insecure, housing to many Holocaust survivors and clothing 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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To understand war, any war, refer back to Star Trek,

### *Let That Be Your Last Battlefield*

*"To expect sense from two mentalities of such extreme viewpoints, is not logical."*

*"But their planet's dead. Does it matter now which one of them was right?"*

*"Not to Lokai and Bele. All that matters to them is their hate."*

*"Do you suppose that's all they ever had, sir?"*

*"No... but that's all they have left."*

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# Forestdale Heights Lodge

#2667 B'nai Brith Canada

For years now, all columns, Lodge Milestones/Good & Welfare, and exciting features found in the print/pdf issues of Kol Echad have also been posted to the Lodge's website, [kolechad.ca](http://kolechad.ca). Now that members of Forestdale Heights Lodge have voted to restrict the print issue to advertisers only, there is another matter to decide.



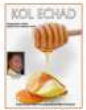
September 2010



October 2010



November 2010



September 2013



October 2013



November 2013



December 2013



January 2014



February 2014



March 2014



April 2014



May 2014



October 2015



November 2015



December 2015



June 2017



September 2017



October 2017

Should this material also be posted to the website? If not, then what should be the function of the website? The site also holds back issues of Kol Echad, dating back to September 2010, numerous recipes, a history of the Lodge for the past year and valuable links to the Jewish community.

While I maintain it every month, its future is primarily yours.

Hoping to hear back from everyone.

Send your comments to [jelijo@sympatico.ca](mailto:jelijo@sympatico.ca).

Thank you so much for your attention and participation.

**Jeff Rosen**  
Editor



# FOOD SENSATIONS

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## CLASSIC CHILLI

*Chilli is an excellent choice for a cold winter day.*

Prep: 10 minutes; Cook: 35 minutes

Servings: 4 to 6 servings

### Ingredients

1 tablespoon vegetable oil

1/2 cup onion, chopped

1 teaspoon salt

1/2 teaspoon freshly ground black pepper

2 teaspoons chilli powder

1 pound ground beef (ground chuck)

1 1/2 to 2 cups cooked kidney beans, or a 15-ounce can, drained

1 (14.5-ounce) can diced tomatoes

1 (8-ounce) can tomato sauce

Sour cream, green onions, chopped cilantro, optional



### Preparation

Gather the ingredients.

Heat a large skillet or Dutch oven over medium heat. Add onions plus half of the salt and pepper to the hot oil and stir until onions glisten and start becoming translucent, about 2 minutes.

Add chilli powder to the onion mixture to bloom the spice. Stir for 1 minute until it is incorporated.

Add the ground beef, stirring and breaking up the beef, until it is no longer pink.

Add the drained beans, tomatoes, tomato sauce and remaining salt and pepper. Stir to blend. Bring to a simmer.

Cover, reduce the heat to low, and simmer the chilli for 20 minutes.

Top servings with your choice of toppings, like sour cream, green onions, and/or cilantro.

**Continued on next page**



## **Tips**

If the chilli isn't as thick as you'd like it, simmer for a few minutes longer with the lid removed. Stir often to prevent scorching.

If the chilli is too thick, add a splash of broth, beer, or water and stir.

## **Recipe Variations**

Add green or red bell pepper to the skillet along with the ground beef and onion.

For some heat, add a diced jalapeño or up to 1/2 teaspoon of cayenne pepper.

Just before the ground beef is browned, add 1 to 2 teaspoons of minced garlic; sauté for a few more minutes before adding the remaining ingredients. Or, add 1/2 to 1 teaspoon of garlic powder to the chilli and the chilli powder.

This chilli can also be made using other ground meat like turkey or chicken.

Swap the kidney beans for your favourite. Black and pinto beans are both good options. Add an extra can of beans if you like.

Make vegetarian chilli by swapping the beef for a vegan "meat" product.

To make it in a slow cooker, brown the beef and onions before adding all the ingredients to the insert. Cook on low for about 4 hours.

To make in a pressure cooker like the Instant Pot, brown the beef and onions and add the ingredients plus 1 cup of broth. Cook at high pressure for 10 minutes and use a natural release. To thicken, simmer uncovered for a few minutes.

## **How to Freeze**

Cooked, cooled chilli can be frozen for up to 3 months. Add to a freezer-safe, airtight container and defrost in the fridge before reheating.

<https://bit.ly/45Ykf6a>





# FOOD SENSATIONS

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## BAKED GARLIC CHICKEN LEG QUARTERS

*Another great meal for a cold winter day.*

Prep: 15 minutes; Cook: 45 minutes

Servings: 4 servings

### Ingredients

4 cloves garlic, finely minced

1 teaspoon dried oregano

1/2 teaspoon kosher salt

1 teaspoon chilli powder

1/4 teaspoon ground cumin

1/4 teaspoon freshly ground

black pepper

2 tablespoons extra-virgin olive oil

4 chicken leg quarters

1/2 cup chicken broth (or 1/4 cup chicken broth and 1/4 cup white wine)



### Preparation

Gather the ingredients.

Preheat the oven to 425 F. Lightly oil a 9 x 13 x 2-inch baking dish or line it with foil.

Combine the garlic, oregano, salt, chilli powder, cumin, and black pepper in a small bowl. Add the olive oil and mix well. Use a mortar and pestle to form a paste, or mash it with a fork.

Snip off any excess skin and fat deposits from the chicken. Arrange the leg quarters in the prepared baking dish and rub the garlic-spice mixture over each piece.

**Continued on next page**



Pour 1/2 cup of chicken broth into the bottom of the baking dish. If desired, use 1/4 cup of chicken broth with 1/4 cup of dry white wine instead.

Bake the chicken, uncovered, in the preheated oven for 40 to 50 minutes or until the chicken registers at least 165 F on a meat thermometer.

### **Recipe Variations**

For Cajun-spiced chicken, omit the chilli powder and ground cumin. Decrease the salt to 1/4 teaspoon and add 1 1/2 teaspoons of Cajun or Creole seasoning to the oil and garlic mixture.

Cut up about 1 1/2 to 2 pounds of potatoes (or use whole small baby potatoes) and 2 to 3 carrots, toss with a few tablespoons of olive oil, and arrange the vegetables around the chicken pieces. Roast until the chicken is done and the potatoes are tender.

<https://bit.ly/47dHUAq>

## MILESTONES

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### **Birthday**

Ruth Pupko

February 14



**FHL extends condolences to Co-President Debbi Silver and her family on the passing of her husband, Harvey Silver, chairman of the Board of Governors and a past president.**

*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).*





# HARMONY

Rosalie Moscoe

Are the foods in your pantry nourishing you? Do you suffer from headaches, fatigue, lack of energy or many health problems? OK, take a look at the foods in your fridge and pantry. Food is our fuel, a source of vitality, and our nourishment. If you're mainly eating sugar, salt, and other chemically engineered foods, your body gets back very little nutrition, and you'll be exhausted.

## Do you eat these "natural" engineered foods? Read Labels!

• Peanut Butter with added icing sugar and hydrogenated oil.

• Ketchup laced with sugar.

• Soy sauce made with caramel, sugar and salt.

• Turkey roll or other processed meats made with salt, sugar and chemicals

• Highly heated oil-based products, such as cooking oils, salad dressings, and mayonnaise. (Note the list of chemicals and know that the oils have been heated to very high temperatures to ensure a long shelf life. Cold-pressed oils are best.)

• Items containing aspartame, soda pop, desserts, yogurt, and sweeteners.

• Junk food: potato chips, pretzels, licorice, chocolate bars.

• White flour products: pizza, cakes, pastries, waffles, pancakes, crackers, bread.

• Processed cheeses, many of the "energy" bars are mostly sugar.

• Processed "whipped cream" are mostly chemicals.

• Highly salted processed foods (sodium).

If the above "foods" sound familiar, it's time to make a change. Find choices with no sugar, salt, chemicals or processed foods! According to Health Canada, the Heart & Stroke Foundation, and the Canadian Cancer Society, we need to limit these items for better health. Treat your bodies as well as your pets! Choose items that are free of additives. Many food companies now produce healthy products to enhance our health rather than ruin it.

**Continued on next page**



**Get Back to Basics.** From eons ago, food has nourished the mind and body. Bodies need proteins, complex carbohydrates, essential fatty acids, and water to ensure a steady supply of vitamins, minerals and other essential nutrients. The mitochondria – your energy factory in each cell of your body, depends on nutrients to power it.

**OK, a little won't harm you.** However, many people are making a steady diet of “non-foods.” People get hooked on these items – then they're dealing with powerful addictions which are difficult to break. Non-foods can fill you up – no room left for good nutrients from fruits and vegetables – antioxidant champs that help protect us from disease and boost vitality.

**Too much sugar?** Excess sugar lowers your immune system, causing cholesterol problems and diabetes. (Most North Americans eat 125-150 lbs. per year). Bodies can't cope. A hundred years ago, we ate 6 lbs. per year.

**Aren't these products expensive?** A bag of brown rice or plain oatmeal are reasonably priced. Frozen vegetables are another great buy. Replace a bag of chips with apples and pears. Air-popped popcorn is a great, inexpensive snack. Plain yogurt and fruit with nuts or seeds are delicious; they can lower your risk of heart disease, stroke, high blood pressure and osteoporosis. Cans of tuna, salmon or cooked chicken provide ample protein inexpensively. Health is truly wealth.

#### **What else can I eat?**

- Choose a variety of foods to ensure an extensive range of vitamins and minerals.

Whole grain products – wheat, spelt, whole rye, brown rice breads, cereals, breads, crackers or pastas. (Don't overdo these.) If you are bloated, have diarrhea or constipation, you may be sensitive or allergic to gluten – high amounts are found in wheat. Try gluten-free products such as buckwheat, brown rice, quinoa, millet (or gluten-free breads), or Yukon gold or sweet potatoes.

- Proteins such as fish, chicken, lamb, beef, turkey, yogurt, low-fat cheeses, soy beans, or other beans – hummus, tofu, tempeh, and eggs.

- An array of plant foods: vegetables, fruits, nuts, seeds, legumes, beans – if digestible.

- Healthy fats – olive oil, butter, olives, avocados, natural peanut or almond butter. Small amounts are adequate.

**Keep it simple!** If you can afford it, go organic! These foods lower the load of chemicals entering your body. I challenge you to read the ingredients on packages of foods in your pantry and fridge. Make better choices to shape up your mind and body. Visit grocery stores that have sections for “natural” or “health” foods,” or visit a local health food store. Dare to take charge of your health – your life through pure, simple, life-giving foods.





## AS I SEE IT

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Marc Kates

I hate the word, “unprecedented.” This word has become overused in the English language in the last few years, and I’m just sick of it. It seems like everything these days is “unprecedented,” from the rise of global temperatures, to the level of inflation, and antisemitism. The latter, at the present time, is the most troubling to me.

There are many policies of the current provincial government with which I disagree, but I applaud the government for putting Holocaust education on both the Grade 6 and Grade 10 curricula. In my classroom, I decided that it is through literature that I would cover the prescribed material, and I chose the novel “Daniel’s Story” by Carol Matas to achieve this.



“Daniel’s Story” is the basis of the United States Holocaust Memorial Museum’s primary exhibition program for young people and their families. The novel tells the story of one family’s experiences during the Holocaust from the perspective of a boy growing up in Nazi Germany. As the novel was read aloud in class, I couldn’t help but draw the comparison between the signs of “No Jews and No Dogs Allowed” in the 1930s in Germany, and what my late Zaidy told of growing up in Toronto in the same time period. Today, in 2023, I thought that we had moved beyond the era of outright antisemitism. However, I was blatantly wrong, especially after the Hamas terrorist attack of October 7. Like 80 years ago, it is acceptable to be critical of Jews, and to engage in heinous acts of vandalism and hate speech, all under the guise of the freedom of speech. Only in response to Israel’s “inhumanity” do people march in the streets of Toronto, Paris, London, and Sydney. Why are they not doing anything about Russian aggression in Ukraine nor the genocide of over 10,000 people in Sudan in 2023? The answer, of course, is that the Israel-Hamas war provides the perfect opportunity to show one’s antisemitism in public.

**Continued on next page**





“Daniel’s Story” recounts discussions that take place about what to do next – stay in Germany and hope that these anti-Jewish measures will pass, or go to Palestine. Just a month ago, our neighbours two doors down knocked on the door and announced that a for sale sign was going up on their lawn as they had decided that the feeling of unease in Canada had made them come to the conclusion that making Aliyah was the right choice for them. My brother reported that after October 7, the State of Israel broke a new record of Jews who applied to make Aliyah.

At this very moment, with a young family, we are living day by day, trying to ensure that life continues on as normal as it had before October 7. Of course, nothing since October 7 can be classified as normal. My son’s school had two bomb threats made against it, there are police outside the kids’ schools, and the mobile police units on Bathurst Street add to the tension in the air. My cousins in Israel are called up to the front lines, and my brother sends me footage of the Iron Dome being deployed over the city of Tel Aviv.



So what do we do?

Simply – UNITE. We are stronger together, and despite the difficult times upon us, we need to come together. I am extremely proud of my wife for volunteering to spend two weeks in Israel helping out in a hospital. The fact that medical personnel the world over are willing to work in Israel is a major boost to the confidence and support that the Israelis need.

Yes, the word “unprecedented” still irks me as it is usually used with negative connotations, but perhaps the unprecedented support and unity amongst Jews will change my opinion of this word.

**[Photo courtesy of IDF Spokesperson’s Unit]**



# TU B'SHEVAT

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Tu B'Shevat is a Jewish holiday occurring on the 15th day of the Hebrew month of Shevat.

In 2024, Tu B'Shevat begins at sunset on Wednesday, January 24 and ends the following evening. It is also called Rosh Hashanah La'llanot, literally "New Year of the Trees."

In the Middle Ages, Tu B'Shevat was celebrated with a feast of fruits, keeping with the Mishnaic description of the holiday as a "New Year." In the 16th century, the kabbalist Rabbi Yitzchak Luria of Safed and his disciples instituted a Tu B'Shevat seder in which the fruits and trees of the Land of Israel were given symbolic meaning. The main idea was that eating ten specific fruits and drinking four cups of wine in a particular order while reciting the appropriate blessings would bring humans and the world closer to spiritual perfection. Eating Israeli fruits, such as figs, dates, and carobs, is traditional. It's also customary to eat fruits you haven't tasted before and to say the Shehecheyanu.

Tu B'Shevat is the Israeli Arbor Day, and ecological organizations in Israel and the diaspora have adopted the holiday to further environmental awareness programs. On Israeli kibbutzim, Tu B'Shevat is celebrated as an agricultural holiday.

On Tu B'Shevat 1890, Rabbi Ze'ev Yavetz, one of the founders of the Mizrachi movement, took his students to plant trees in the agricultural colony of Zichron Yaakov. This custom was adopted in 1908 by the Jewish Teachers Union and later by the Jewish National Fund, established in 1901 to oversee land reclamation and afforestation of the Land of Israel. In the early 20th century, the Jewish National Fund devoted the day to planting eucalyptus trees to stop the malaria plague in the Hula Valley; today, the Fund schedules major tree-planting events in extensive forests every Tu B'Shevat.

In keeping with the idea of Tu B'Shevat marking the revival of nature, many of Israel's major institutions have chosen this day for their inauguration. The cornerstone laying of the Hebrew University of Jerusalem took place on Tu B'Shevat 1918; the Technion in Haifa on Tu B'Shevat 1925; and the Knesset on Tu B'Shevat 1949.

**Wikipedia**



# FORESTDALE FUNNIES

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How can you find Will Smith in the snow? You look for Fresh Prints!

Why didn't the whistleblower go outside during the winter? He was Snowden.

What did the snowman say after losing its arm? I'm never playing fetch again!

Why did Dad stop using his loyalty card to scrape ice from his windshield? He only got 10% off.

What's an ig? A snow house without a loo!

What do you call an old snowman? Water.

What do you call a snowman with abs? An abdominal snowman.

What does a gingerbread man put on his bed? A cookie sheet!

Why did the groom have cold feet? He went brrr-foot to the wedding!

What do mountains wear to stay warm? Snowcaps.

How does a snowman get to work? By icicle.

Why did the girl keep her trumpet out in the snow? She liked playing cool jazz.

How do you know when it's too cold for a picnic? When you chip your tooth on the soup!

**Continued on next page**



What do you call a penguin in the Sahara Desert? Lost.

Why do birds fly south for the winter? Because it's too far to walk.

What did the wool hat say to the scarf? You hang around while I go on ahead.

What does a Starbucks employee's job title change to in winter? A brrrr-ista!

What did the police officer say when he saw the snowman stealing? Freeze!

**A couple of cows  
were smoking a  
joint and playing  
cards. That's  
right. The steaks  
were pretty high.**



# FORESTDALE FUNNIES

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## Comments made in the year 1957

- "I'll tell you one thing, if things keep going the way they are, it's going to be impossible to buy a week's groceries for \$20."
- "I'm afraid to send my kids to the movies any more. Ever since they let Clark Gable get by with saying 'damn' in 'Gone With The Wind,' it seems every new movie has either "hell" or "damn" in it.
- "Have you seen the new cars coming out next year? It won't be long before \$5000 will only buy a used one."
- "If cigarettes keep going up in price, I'm going to quit. A quarter a pack is ridiculous."
- "Did you hear the post office is thinking about charging a dime just to mail a letter?"
- "If they raise the minimum wage to \$1, nobody will be able to hire outside help at the store."
- "When I first started driving, who would have thought gas would someday cost 29 cents a gallon. Guess we'd be better off leaving the car in the garage."
- "Kids today are impossible. Those ducktail haircuts make it impossible to stay groomed. Next thing you know, boys will be wearing their hair as long as the girls."
- "If they think I'll pay 50 cents for a hair cut, forget it."
- "I read the other day where some scientist thinks it's possible to put a man on the moon by the end of the century. They even have some fellows they call astronauts preparing for it down in Texas."
- "Did you see where some baseball player just signed a contract for \$75,000 a year just to play ball? It wouldn't surprise me if someday they'll be making more than the president."
- "I never thought I'd see the day all our kitchen appliances would be electric. They are even making electric typewriters now."
- "It's too bad things are so tough nowadays. I see where a few married women are having to work to make ends meet."
- "It won't be long before young couples are going to have to hire someone to watch their kids so they can both work."
- "Marriage doesn't mean a thing any more; those Hollywood stars seem to be getting divorced at the drop of a hat."
- "I'm just afraid the Volkswagen car is going to open the door to a whole lot of foreign business."
- "Thank goodness I won't live to see the day when the Government takes half our income in taxes. I sometimes wonder if we are electing the best people to congress."
- "The drive-in restaurant is convenient in nice weather, but I seriously doubt they will ever catch on."
- "There is no sense going to Lincoln or Omaha anymore for a weekend. It costs nearly \$15 a night to stay in a hotel."
- "No one can afford to be sick any more; \$35 a day in the hospital is too rich for my blood."



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## Rethinking your New Year's resolutions **2024**

### **Here's a wild thought: you don't need to set a resolution.**

You are enough just as you are. You don't need to change how you look, live, eat, or work to be valid. Try reflecting on self-love and appreciate your wonderful self. If the start of a new year has you feeling motivated, though, here are some tips to guide you in setting your resolution:

**Reflect on your New Year's resolution:** What's at the root of your desire to change? It's important to distinguish whether it's based on self-love or shame. If it's the latter, there might be more to uncover.

**Set realistic goals:** Keep your goals S.M.A.R.T. (specific, measurable, achievable, relevant, and time-bound). If, for instance, you want to become more physically active in 2024, start by taking small steps in that direction. Though everyone is different, it's more realistic to set a goal of going for a walk every day than reinventing yourself as a gym rat.

**Celebrate small victories:** Each small milestone is one step closer to your goal. If you plan on reading more this year, give yourself a pat on the back each time you finish a chapter. Acknowledging steps in the right direction can be very motivating!

**Be kind to yourself:** It's easy to feel discouraged when you hit bumps in the road, but don't be too hard on yourself. If you slip on your resolution, it doesn't mean you've failed or have to give up. Remember to be kind to yourself and start up again if you can.

*Material supplied by Canadian Mental Health Association.*



# LOOKING BACK

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**The University Theatre on Bloor in 1969.**



# LOOKING BACK

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**“New” City Hall was under construction in 1964, with the Registry of Deeds and Land Titles building still on the left.  
City of Toronto Archives**





# FINAL THOUGHTS

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There is an older woman who lives next door to me. She lives by herself and has a little difficulty getting around, so I cut the grass for her.

Today, I walked over to her house and asked her if she had dinner yet, and she said no. I asked her what she was going to have, and she said probably just a hot dog,

I told her to hang on for a second and asked if she had a plate I could borrow. She said yes.

I came next door and brought this to her for dinner. When she saw the plate, she had the biggest smile on her face, and her eyes lit up. I was thrilled to see that expression on her face.

Later in the evening, she sent me a message thanking me for the dinner. It was the perfect ending to the day and really made my night.



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