

KOL

Forestdale Heights Lodge
B'nai Brith Canada

ECHAD

Happy New Year!



Tevet/
Shevat
5785



January/
February
2025

Volume 23, No 3

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

Marc Kates

Lisa Rosen

Contributors

Marc Kates

Rosalie Moscoe

Debbi Silver

www.kolechad.ca

COVER ART



It's time to slow down and smell the...cocoa! Who hasn't enjoyed a cup of hot chocolate on a cold winter's day? January marks the start of two new years. The first, January 1, is the beginning of a new secular year. Then, on Wednesday, February 12, Tu B'Shevat begins in the evening. It finishes the next day, Thursday, February 13. 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.

[\[Adobe Stock photo\]](#)



FHL EXECUTIVE

Presidents

Ruth Pupko
Debbi Silver

Vice-President

Ray Moscoe

Treasurer

Debbi Silver

Financial Secretary

Ruth Pupko

Recording Secretary

Stewart Indig

Chaplain

Stewart Indig

Trustees

Albert Ohana
Carl Zeliger

Past Presidents

Harry Basil
David Galet
Michael Wolburgh
Harry Warga
Earl Lepofsky
Irving Knopman *
Stanley Penzner *
Gary Pollock *
Harvey Rachman *
Nathan Salter *
Allen Fink
Murray Fallen
Norman Aronson *
Frank A. Wilson
Zev Scherer
Allen Goldberg
Stan Horowitz
Harvey Glasner
Gabriel Nachman
Al Reider *
Michael Kates *
Frank Shapiro *
Jack Britstone
Albert Ohana
Carl Zeliger
Arthur Eisenbaum
Shelly Luftspring *
Harvey Silver *
Michael Kates *
Jeff Rosen
Bonnie Kates *
Irv Pupko *
Ray Moscoe
Harvey Silver *
George Garten
Stewart Indig

*Deceased

AT A GLANCE

FHL will hold Zoom meetings on the second
Tuesday of each month in 2025.

Start time: 7:00 p.m.

Upcoming Meetings:

- January 14 - CANCELLED
- February 11
- March 11
- April 8
- May 13
- June 10

Kol Echad schedule for the 2024-25 season

March/April – Purim/Passover Issue

Deadline: February 20

May/June – Spring/Summer/FINAL Issue

Deadline: April 20





PRESIDENT'S PEN

Debbi Silver

Hi everyone,

I am sitting at my computer watching our first “little” snow falling (It's December 4 right now). I guess winter had to come sooner or later. I'm happy that I don't live in Buffalo or Barrie.

As the year comes to an end, I wonder what will happen in Forestdale Heights Lodge's future. I understand that some of you want to keep the Lodge going. For that to happen, members must step up and take responsibility. It has been a struggle over the last number of years, and now it is time to stand up and be counted.

I look forward to our dinner on December 9 (this will be over by the time you read this). It will definitely be so nice to see those who are attending.

This article is short and sweet.

We must pray for the hostages to be released!

I wish all of you a healthy and happy New Year.

Debbi



FHL IN THE COMMUNITY

After languishing in storage for years, Jeff Rosen delivered the Lodge menorah to FHL president Ruth Pupko, who had it displayed in her condo lobby during the December holiday period.





EDITOR'S DESK

Jeff Rosen

It's 2025, which means we have reached the quarter-century mark and the middle of the third decade of the 21st century.

It's also the final year for Kol Echad. That's right, after 23 years at the helm of Kol Echad and 33 working (volunteering) for FHL Communications, I have decided to step down.

This decision was not made lightly, but after much consideration, I believe it's time to close this chapter of my life. This shutdown will not happen overnight but will proceed in stages. Work on the final issue has already begun. We are in the process of gathering material and have already created a cover for this special issue.

To help with this send-off, we are asking members for their assistance. We would love if you could jot down your thoughts about what Forestdale Heights Lodge means to you. It doesn't have to be long, and all submissions will be included (after editing, of course).

This means that after this issue, we will publish a Pesach issue in March before turning our sights on Volume 23, Issue 5.

You may wonder if there will be a last-minute reprieve, a change of heart to produce a sixth issue (and beyond). The short answer is no, at least not under the stewardship of this editor. (There *may* be a special issue compiling everything created since last September, but that remains a work in progress.)

When the pandemic struck in 2020 and shut down much of society and our monthly dinner meetings, then FHL president Stewart Indig asked if I would continue publishing Kol Echad to keep the lines of communication open within our membership. Things were definitely different back then, as meetings were cancelled until that fall. That meant Kol Echad had to change course and become something different.

Continued on next page



Since then, this publication has morphed from a pure lodge publication to an entertaining/entertainment newsletter with updates on Forestdale Heights. It didn't diminish the final output. In some ways, I think we wound up with a better end product.

Certainly, our advertisers must have agreed, as most stayed with us until we ended our relationship with them last summer. By then, Kol Echad had become a profitable publication, paying for itself and bringing money into the Lodge.

Still, finding new and interesting material to fill the pages was always a challenge.

I'll be the first to admit that I will miss this experience. I will definitely miss writing my column, which has been an important outlet to keep my writing muscle in tune.

My family has repeatedly asked what will come next after Kol Echad is no more. I am still trying to put all the pieces together. However, I remain inspired by a plaque I bought many years ago and keep close by as a reminder.

Until our penultimate issue in March, be well.

***LIFE IS A JOURNEY
NOT A DESTINATION***



MILESTONES

Birthday

Ruth Pupko

February 14



Condolences

FHL expresses condolences to Elizabeth Bloom on the passing of her father, John Hodin, 95, of Woodbridge, Connecticut.

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.

Top 1975 Hits

1. Love Will Keep Us Together - The Captain and Tennille
2. Rhinestone Cowboy - Glen Campbell
3. Philadelphia Freedom - Elton John
4. Before the Next Teardrop Falls - Freddy Fender
5. My Eyes Adored You - Frankie Valli
6. Shining Star - Earth, Wind & Fire
7. Fame - David Bowie
8. Laughter In the Rain - Neil Sedaka
9. One of These Nights - The Eagles
10. Thank God I'm a Country Boy - John Denver
11. Jive Talkin' - The Bee Gees
12. The Best of My Love - The Eagles
13. Lovin' You - Minnie Riperton
14. Kung Fu Fighting - Carl Douglas
15. Black Water - The Doobie Brothers
16. Ballroom Blitz - The Sweet
17. Somebody Done Somebody Wrong Song - B.J. Thomas
18. He Don't Love You Like I Love You - Tony Orlando and Dawn
19. At Seventeen - Janis Ian
20. Pick Up the Pieces - The Average White Band



B'NAI BRITH CANADA



A Message From our Chair and COO

As 2024 Draws to a Close: A Year of Action and Consequences

This year tested us with extraordinary pain and suffering, but also action, perseverance, and results. Amid challenges to Canadian Jewry, B'nai Brith has stood as a sword and shield, delivering outcomes that protect and uplift our community.

Delivering Results: Actions with Real Impact

B'nai Brith achieved significant results in combating antisemitism and hate. Major successes included securing the designation of Samidoun, a front for the PFLP terrorist group, and the Houthis, an Iranian-backed extremist group, as terrorist entities. Years of persistent advocacy culminated in these victories.

Continued on next page



We launched a public awareness campaign in May 2021, exposing Samidoun's activities and meeting with government officials. In May 2023, after Samidoun endorsed the October 7 Hamas attacks, we intensified our advocacy. Finally, on October 15, 2024, Canada designated Samidoun as a terrorist group. This action strengthens national security, enabling law enforcement to prosecute affiliates and disrupt financial networks. Our role in designating the Houthis emphasized the importance of confronting groups that glorify violence and threaten stability.

In Montreal, we disrupted a 3D printing gun manufacturing operation. At McGill University, we halted an anti-Israel referendum and advocated against SPHR's status. Beyond campuses, we gained intervenor status in multiple legal cases, addressing antisemitism at its root. These victories highlight the power of unity and action.

Supporting the Vulnerable: Community Cares

Our Community Cares programs delivered thousands of pounds of food and clothing to those in need. Affordable housing initiatives provided homes for over 600 families, offering stability and hope. Seniors' programs filled critical gaps, offering comfort and community. By addressing immediate needs and long-term solutions, we are building a stronger community.

Looking Ahead

As we approach our 150th anniversary, we reflect on our history of defending the Jewish community, fostering unity, and driving change. This milestone is both a celebration and a call to action.

Jay Harris
Chairperson
B'nai Brith Canada

Judy Foldes
Chief Operating Officer
B'nai Brith Canada



B'NAI BRITH CANADA

BBC OFFERS HOME CLOTHING PICK-UPS

Donate your used clothing from home!!
We are launching our new home pick-ups for clothing donations!
Simply prepare your clothes for donation in garbage bags and call 416-633-6224 x 120 to arrange for our truck to collect your donations – from your home.
Items will be donated to those in need, while excess clothing will be used to fund our foodbank.



CONFIDENTIAL REPORTING ANTI-HATE HOTLINE

B'nai Brith Canada operates the 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 1-800-892-6224.

If you would like to look back on where we came from, go to the Wayback Machine at

<https://bit.ly/4gIRllo>

OR

<https://bit.ly/3ZJHce6>

Horizon On-Line

People Helping People

July 2001



SOCIAL



While Chanukah came late in 2024 (and spilled over into 2025), the Festival of Lights arrived earlier than usual for members of Forestdale Heights Lodge as they gathered for their annual holiday social gathering. After venturing south of Highway 401 last time out, this year we returned to our favourite Thornhill locale at Ba-Li-Laffa Restaurant on Monday, December 9.

Contrary to the belief that the number 13 is unlucky, it has proven to be quite fortunate for our Lodge. Over the past three years, we have consistently had 13 attendees for these special dinners. This year's gala included Elizabeth Bloom, Cathy & Stewart Indig, Ira & Paula Kushinsky, Ray & Rosalie Moscoe, Honey & Albert Ohana, Ruth Pupko, Jeff & Lisa Rosen, and Debbi Silver.

Continued on next page



It was wonderful to see everyone again in person, free from the computer screens we typically use for our monthly meetings. We enjoyed catching up on each other's lives while sharing delicious meals. Not only was the food delectable, but the portions were generous, allowing many of us to leave the restaurant with leftovers for another lunch or dinner.

We capped off the evening by singing Happy Birthday to Albert Ohana, who was celebrating his 75th birthday, and enjoyed the delicious birthday cake served in his honour. Although we left plenty of cake on the platter when we departed, we were assured that the staff would enjoy it later in the evening.

After much noshing and fressing, Lodge co-president Ruth Pupko proposed that the Lodge make a generous donation to Beit Halochem Canada, which provides aid to disabled veterans of Israel. This organization is dedicated to rehabilitating, rebuilding, and enhancing the lives of Israelis who have been disabled in the line of duty or through acts of terror. Everyone agreed that supporting this cause was truly worthwhile.

As much as everyone enjoyed themselves, the evening had to end, and it did, just over two hours later. With so much turmoil in the world, it was a welcome escape and a great way to end the year. Sadly, it may be Forestdale Heights Lodge's final social gathering.

Thanks go to Albert Ohana for organizing the evening.

Jeff Rosen



SOCIAL



[Jeff Rosen photos]



COMMUNITY

COMMUNITY RESOURCES TO FIGHT ANTISEMITISM

New link: www.outsmartingantisemitism.com

UJA UPDATES: www.jewishtoronto.com/activist-updates

To report issues and discrimination, info@jewishtoronto.com

UJA Legal Task Force with Centre for Israel and Jewish Affairs (CIJA):

ltf-war@cija.ca

To report hate crimes and threats:

Call Toronto Police at 416-808-2222

York Region Police at 866-876-5423

Peel Region Police at 905-453-3311

Halton Region Police at 905-825-4777

and UJA Community Security at 416-635-5600

DOWNLOAD THE BNAI BRITH ANTI-HATE APP AT www.bnaibrith.ca

Canadian Jewish Political Affairs Committee

training sessions on getting involved

with the political process: <https://cjpac.ca/>

REPORT GRAFITTI TO THE POLICE:

<https://www.tps.ca/services/online-reporting/graffiti/>



FOOD SENSATIONS

Easy Classic Meatloaf

Ingredients

For the Optional Glaze/Topping:

- 4 tablespoons ketchup
- 4 tablespoons honey or maple syrup
- 2 tablespoons Dijon mustard
- 1 teaspoon Worcestershire sauce

For the Meatloaf:

- 2 pounds ground beef
- 2 large eggs, lightly beaten
- 1/2 cup water
- 1 cup plain, dry breadcrumbs
- 2 tablespoons minced dried onions, or 1/2 cup finely minced onion
- 1 1/2 teaspoons burger seasoning, or 1 1/4 teaspoons salt and 1/4 teaspoon ground black pepper
- 1/2 cup ketchup



Preparation

Gather the ingredients.

Heat oven to 350 F. Spray a 9 x 5 x 3-inch loaf pan with nonstick cooking spray and set aside.

If using the optional topping, in a small bowl, combine 4 tablespoons ketchup, 4 tablespoons honey or maple syrup, 2 tablespoons Dijon mustard, and 1 teaspoon Worcestershire sauce until well mixed. Cover the bowl and refrigerate.

In a large bowl, combine 2 pounds ground beef, 2 large eggs (lightly beaten), 1/2 cup water, 1 cup plain, dry breadcrumbs, 2 tablespoons minced dried onions (or 1/2 cup finely minced onion), 1 1/2 teaspoons burger seasoning (or 1 1/4 teaspoon salt and 1/4 teaspoon ground black pepper), and 1/2 cup of ketchup.

Continued on next page



Mix until well blended and pack into the prepared loaf pan. Place on a baking sheet and bake the meatloaf for 1 hour and 10 minutes.

Carefully drain off any excess fat.

Top the loaf with the optional glaze mixture or about 4 tablespoons of ketchup. Bake until the glaze is bubbly, and the meatloaf is cooked through, about 10 to 15 minutes longer. An instant-read thermometer should register at least 160 F at the centre of the loaf.

Remove from the oven and let rest for at least 10 minutes, tented with aluminum foil.

Slice, serve, and enjoy!



Feeling Adventurous? Try This:

Mix up the meat – Experiment with meat mixtures. While beef gives excellent flavour and holds together well, adding ground veal adds lightness to a loaf, and lean ground chicken or turkey provides a different flavour profile and reduces the overall fat and calories. (If using poultry, be sure the meatloaf reaches an internal temperature of 165 F vs. the minimum of 160 for ground beef or veal.)

Work in some veggies – Feel free to add some sautéed vegetables to the meat mixture – just be sure they are not too wet, or they might make your meatloaf soggy.

Play with the spices – Swap out the spice blend for your favourite herb or spice blend, such as Cajun seasoning or chilli powder.

Switch up the glaze – Instead of the optional topping, top the meatloaf with plain ketchup or prepared barbecue sauce just before it's finished baking. For a zestier meatloaf, try chilli sauce or cocktail sauce on top.

Swap out the breadcrumbs – Use cracker crumbs, crushed cheese crackers, oatmeal, or soft breadcrumbs in the meatloaf instead of fine, dry breadcrumbs. Any one of these will add texture and – with the eggs – help hold the meatloaf together. They also soak up excess moisture and are very important for keeping meatloaf tender.

<https://bit.ly/3YNMW5A>



FOOD SENSATIONS

CHILLI FOR A CHILLY DAY

Ingredients

2 medium onions, chopped
1 green bell pepper, chopped
1 tablespoon vegetable oil
2 lbs. lean ground beef
1 (14 1/2 ounce) can of diced tomatoes or
2 cups chopped fresh tomatoes
1 (15 ounce) can tomato sauce
1/2 cup ketchup
2 tablespoons chili powder
1 teaspoon salt
1/4 teaspoon pepper
2 (16 ounces) cans of red kidney beans, partially drained



Preparation

In a large skillet, sauté onions and bell pepper in vegetable oil for 1-2 minutes; add ground beef and cook until browned; drain fat.
Stir in tomatoes, tomato sauce, ketchup, chilli powder, salt, and pepper; simmer, uncovered for 30 minutes, stirring occasionally.
Add beans and continue simmering for 15 minutes longer.





HARMONY

Rosalie Moscoe

It was 1973, and I was 28. At that time, I was an instructor for the Creative Music for Children program for pre-schoolers at the North York Public Libraries, nursery schools and day camps. I was a troubadour, carrying with me my ukulele, guitar, rhythm instruments and puppets. I was already a bit zany.

That year, I had offered to do a one-hour showtime program at The Baycrest Centre. Up to that time, I had been putting together skits for my National Council of Jewish Women chapter for our annual Mother's Day luncheons, along with a few other fearless and lively members. The short play that stands out in my mind is Cinderella. I was an eight-month truly pregnant Cinderella. I was 5'5", and the prince, another of our female members, was very tiny, barely five feet tall, dressed appropriately as the charming prince. A more well-matched couple you will never find!



Rosalie and her mother

The funniest part was when the clock struck 12. I forgot to leave my glass slipper behind, as the story goes. (It really was a spiked-heeled gold shoe, size 11. I have big feet. We couldn't find any glass slippers!) There was a pause in the play for a few seconds as we couldn't think of what to do. Then, from the side wings, I threw my not-so-dainty shoe onto the stage for the prince to find. It brought down the house. We couldn't have planned it any better!

Continued on next page



So now, I had to come up with an hour-long program at Baycrest and turned to my talented mother for assistance. The stage was nothing new for either of us. I had been singing in youth choirs and for family members at parties since I was five. But I still was wondering how to fill that hour for seniors!



Mama came to the rescue with Charleston Daze, a nostalgia bit she had put on for the Creative Living Centre for seniors, where she was a full-time volunteer and a part-time office secretary. I added the Charm School number that I had helped write for a day program at NCJW, and we added “Bubie comes to Babysit” (does that ring a bell?), and the show was ready to go on. The collaboration was a success!

Soon after, we were immediately booked by seniors centres and closing programs for volunteer recognition days and synagogue shows. We even got paid! Our skits were exaggerated bits of life dreamed up on the phone late at night after my children Rhonda, then 6 and Darren, 4, were safely tucked in bed, and both households were quiet. My mother and I always felt that if we laughed till we cried, then we knew it was going to be good! We hired a pianist-accompanist, Ada Lewis, well into her 80s, and we were on our way. She *mostly* played on key.

The Charm School skit featured me as a rather haughty instructor at a made-up charm school. I had never been to a charm school, nor did I know there was really anything like it. But I suppose an imaginary finishing school would fill the bill.

Mama came on the scene dressed in a striped red and white t-shirt. Included under her shirt was a huge pillow to make her appear rather large. She wore tights and running shoes and carried a huge bag. I started giving instructions about exercise, and Mama got on the floor and did leg raises on her side while I turned my back and grabbed weights. I came to the part about the importance of eating properly – cottage cheese and fruit – and at that point, while my back was turned, Mama grabbed a large salami and a knife out of the bag. She cut off a piece of the salami and shoved it in her mouth. Again, as I turned my back, Mama snuck a huge bagel (about eight inches in diameter) out of her bag – bought at an Italian bakery. Without saying anything, she ripped off a piece and started to eat it. The audience went wild.

Continued on next page



The *Bubie Comes to Babysit* skit was so much fun to do we could hardly get through it without bursting out laughing.

We decided Mama would sport a very thick Yiddish accent, a cute, cut-out character of a little old Jewish lady. Yet she was the antithesis of my modern mother, who was born in Canada, had played baseball and rode a bike in her 20s and eventually ran an office single-handedly.



During one skit, Mama had a jar of chicken soup in her hands, “Oy Rosalie, look what I brought for you!” Rosalie replies, “I thought you were bringing me chocolate! Who wants chicken soup?”

Mama and Rosalie was truly a family affair. My husband Ray, a kibitzer in his own right, was a perfect foil for our humour and provided encouragement every step of the way. My kids always wanted to get into the act. My father, Sam, stayed close at hand, too, in case of an emergency, such as when one of the stage props, a salami, went missing! All he had to do was to run to the nearest deli and purchase a stand-in. My Aunt Sarah, my mother’s sister, helped backstage as a wardrobe mistress. We even performed at a large family bar mitzvah in Montreal!

Our last effort was the Yiddishe Cowboys, which was rather cheesy but funny – shtick at its highest. A year later, my mother went on to start a musical group for seniors, Doris’ Musical Variety Show. She received a government grant, which paid for rhythm instruments, flutes, recorders, music, a piano player and ukuleles for participants. The group sang and performed all over Ontario at seniors’ centres. The grant even included a bus for travelling. *My mother had a bus!* It lasted for seven years until she passed away. However, the group continued for many more years afterwards. Those seven years were the most fun time of Doris’ life, along with the Mama and Rosalie routine.

I went on to become a professional children’s performer, part of the Canadian duo Jim and Rosalie. We made five albums and we were nominated for two Juno awards. I’m glad my mother got to see that. I lost her too early when I was only 40, and she was 75.

Being part of Mama and Rosalie was a wonderful time of my life. It allowed me to work closely with my mother in a fun and collaborative way. Mama and Rosalie was written up in *The Canadian Jewish News*, and as *The CJN*’s Miriam Herman said in the article about us: “One thing is certain – Mama and Rosalie are in for a lot of fun, and so is everyone else who happens to be within listening pleasure.”

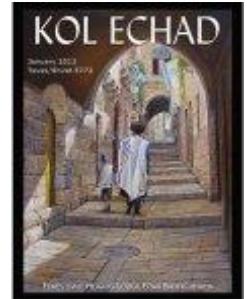




AS I SEE IT

Marc Kates

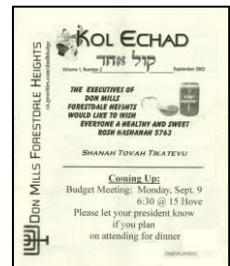
In January 2012, I penned my very first column of “As I See It” for Kol Echad (cover at right). Seeing as it is now January 2025, I guess this means that my column has become bar mitzvah. Wow! It’s hard to imagine that 13 years have flown by. This column’s infancy began with Jeff Rosen posing the question if I’d like to take over my late mother’s column. Like any new venture, I didn’t know in what direction I’d take the column, how long I would write for, and would I be any good at it – after all, it wasn’t my original column in the first place. Thirteen years later, here I sit, expressing myself, based on the thoughts I’ve collected during the past little while.



Sometimes, it’s difficult to generate ideas for Kol Echad, and other times, the ideas just seem to flow. I’ve found writing “As I See It” a therapeutic, creative release. When cobbling ideas together, I often seek inspiration from my mother’s columns. Even 13 years after her passing, she is still able to share her thoughts with me, and when I read over her words, I can’t help but get those “warm fuzzies.” She writes about politics, life events, pet peeves, friends and family, and world events. When taking those trips down memory lane, I get those “Oh yeah” moments when I say to myself, “I remember that happening,” or, “So those were her thoughts at the time.”

I did that again for this edition of Kol Echad, as it continues to pique my curiosity to see where we both stand on various topics.

In her September 2002 article, she writes about my trip to Israel. She writes:



Our eldest has been to Israel numerous times. I questioned him, “Why now, when there seems to be so much turmoil and chaos, would he choose now to be there?” He answered simply, “If ever there was a time in our history that our brothers and sisters need to know we care, it’s now.”

Continued on next page



In the 22 years since I said those words to my parents, I shared those same sentiments with people around me about my summer trip to Israel, especially in the aftermath of October 7. At least I am consistent, and my support for the State of Israel is unwavering.

In that same column, she writes:

When my oldest son called from Israel to see if we had heard of the F-16 that had dropped a bomb on a Hamas leader, killing others – he called to say he was okay. He also added that Hamas was now saying they will retaliate with more suicide bombs aimed at civilians and tourists. My heart honestly skipped more than just a beat...

Without knowing it, my mother describes the situation we are in now, both internationally and domestically.

In September 2003, my mom, who, by this time, was editor of Kol Echad, wrote about antisemitism and the Toronto police:

Our world is changing drastically these days. The security that we deal with on a daily basis is becoming more “stepped up” with each passing day. This is not a new concept for Jews.

September 2003 Eilat 5763/Tishrei 5764

קול אחד KOL ECHAD
קול אחד Budget Meeting

ONE VOICE

Monday, Sept. 8 @ 6:30 p.m.
15 Heve
Dinner cost: \$5.00
Meeting to follow

RSVP:
Albert Olasa 416-494-2636/
alolasa1@rogers.com or
Alan Wilson 905-883-2307/robblol@hotmail.com
by Sept. 1 to let them know if
you will be coming for dinner.

The Official Voice of Don Mills & Forestdale Heights Lodges
Eilat B'nai B'rith Canada Volume 2 Number 2
http://ca.geocities.com/k_echad

With protests and counter-protests, encampments, marches, and vile social media posts, our world continues down a trajectory that rattles me. My mother's words are as relevant today as they were when she wrote them in 2002 and 2003. In some way, I find solace in reading her columns, and yet, in another way, I am troubled that we find ourselves in the same difficult situations.

Through it all, Kol Echad and "As I See It" are a bridge between this world and the next. I am forever grateful that I said yes to Jeff all those years ago.



MENTAL HEALTH CARE

2025

Rethinking your New Year's resolutions



Canadian Mental
Health Association
Mental health for all

With the new year upon us, we're bombarded with the expectation to evolve into a shinier version of ourselves. It can often feel like everyone around us is starting a new diet, a new workout routine, or beginning a new life plan that's going to slingshot them into their dream lives.

As soon as we break open that fresh new calendar, we are told that happiness is just around the corner – as long as we make the right changes. With ads on every corner selling us products to help lose weight, become more organized, or live life to the fullest, it's easy to start believing we aren't good enough the way we are.

Improving and challenging ourselves can absolutely be healthy, but it's important to remember that we all deserve love and happiness.

Continued on next page



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 the way 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: Try to 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 2025, 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 in 2025, 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.

Check-in on yourself often: What you feel is best for you now might not be what is best for you as you get further into 2025. If your priorities change, it's OK. It's important to listen to your gut and adapt to life as it comes.

Remember, being able to follow through – or not – on a New Year's resolution doesn't determine your worth. It's 2025. Be good to yourself.

Material supplied by the Canadian Mental Health Association.



FORESTDALE FUNNIES

Reaching the end of a job interview, the Human Resources Officer asks a young engineer fresh out of the Massachusetts Institute of Technology, “And what starting salary are you looking for?” The engineer replies, “In the region of \$125,000 a year, depending on the benefits package.”

The interviewer inquires, “Well, what would you say to a package of five weeks’ vacation, 14 paid holidays, full medical and dental, company matching retirement fund to 50% of salary, and a company car leased every two years, say, a red Corvette?”

The engineer sits up straight and says, “Wow! Are you kidding?”

The interviewer replies, “Yeah, but you started it.”

A science teacher tells his class, “Oxygen is necessary for breathing and life. It was discovered in 1773.”

A blonde student responds, “Thank God I was born after 1773! Otherwise, I would have died without it.”



A preacher fell into the ocean, and he couldn’t swim. When a boat arrived, the captain yelled, “Do you need help, sir?”

The preacher calmly said, “No, God will save me.”

A little later, another boat came by, and a fisherman asked, “Hey, do you need help?” The preacher replied again, “No, God will save me.”

Eventually, the preacher drowned & went to heaven. The preacher asked God, “Why didn’t you save me?”

God replied, “Fool, I sent you two boats!”

My friend thinks he is smart. He told me an onion is the only food that makes you cry, so I threw a coconut at his face.

A boy asks his father, “Dad, are bugs good to eat?” “That’s disgusting. Don’t talk about things like that over dinner,” the dad replies.

After dinner, the father asks, “Now, son, what did you want to ask me?” “Oh, nothing,” the boy says. “There was a bug in your soup, but now it’s gone.”



FORESTDALE FUNNIES

Sherlock Holmes and Dr. Watson went on a camping trip. After a good meal and a bottle of wine, they lay down for the night and went to sleep. Some hours later, Holmes awoke and nudged his faithful friend.

“Watson, look up at the sky and tell me what you see.” Watson replied, “I see millions and millions of stars.”

“What does that tell you?” Watson pondered for a minute. “Astronomically, it tells me that there are millions of galaxies and potentially billions of planets. Astrologically, I observe that Saturn is in Leo. Horologically, I deduce that the time is approximately a quarter past three. Theologically, I can see that God is all-powerful and that we are small and insignificant. Meteorologically, I suspect that we will have a beautiful day tomorrow. What does it tell you?”

Holmes was silent for a minute, then spoke. “It tells me that someone has stolen our tent.”

Q: What time is it when the clock strikes 13?

A: Time to get a new clock.

I went down the street to a 24-hour grocery store. When I got there, the guy was locking the front door.

I said, “Hey! The sign says you’re open 24 hours.”

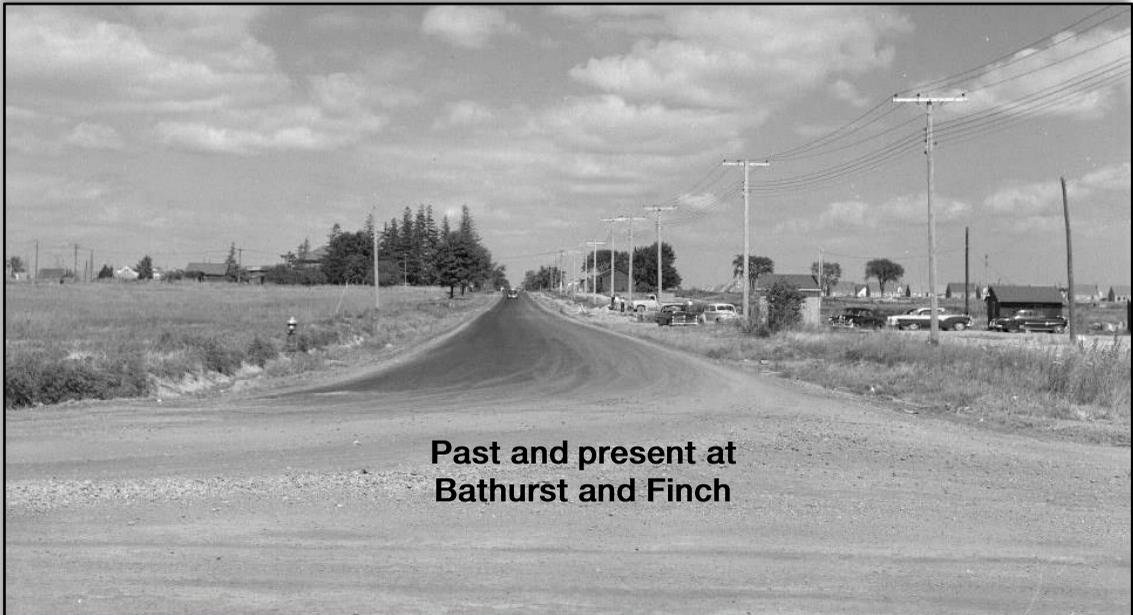
He said, “Yes, but not in a row!”

A man asks a farmer near the field, “Sorry, sir, would you mind if I crossed your field instead of going around it? You see, I have to catch the 4:30 p.m. train.”

The farmer says, “Sure, go right ahead. And if my bull sees you, you’ll probably catch the 4 p.m. one.”



LOOKING BACK



LOOKING BACK



Left: Intersection of Finch Avenue East and Leslie Street, looking north on Leslie Street from Finch, 1957.

Below: Same intersection today.



LOOKING BACK



Yonge St. east side south of Bishop Ave. at Finch Station in the 1970s (top) and present day (bottom).



FINAL THOUGHTS

At 40, Franz Kafka (1883-1924), who never married and had no children, was walking through a park one day in Berlin when he met a girl crying because she had lost her favourite doll. She and Kafka searched for the doll unsuccessfully.

Kafka told her to meet him the next day, and they would return to look for her.

The next day, when they had not yet found the doll, Kafka gave the girl a letter “written” by the doll, saying, “Please don’t cry. I took a trip to see the world. I will write to you about my adventures.”

Thus began a story which continued until the end of Kafka’s life.

During their meetings, Kafka read the letters of the doll carefully written with adventures and conversations that the girl found adorable.

Finally, Kafka returned the doll (he bought one) that had returned to Berlin.

“It doesn’t look like my doll at all,” said the girl.

Kafka handed her another letter in which the doll wrote: “My travels have changed me.” The little girl hugged the new doll and brought the doll with her to her happy home.

A year later, Kafka died.

Many years later, the now-adult girl found a letter inside the doll. In the tiny letter signed by Kafka, it was written:

“Everything you love will probably be lost, but in the end, love will return in another way.”

Embrace change. It’s inevitable for growth. Together, we can shift pain into wonder and love, but it is up to us to consciously and intentionally create that connection.





**FORESTDALE
HEIGHTS
LODGE**

Proudly serving the community since 1967