

Forestdale Heights Lodge, B'nai Brith Canada

KOL ECHAD

July 2020

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Volume 18, No 11



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.

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PRESIDENT'S PEN

Stewart Indig



Here we are in hopefully the end of this horrible pandemic. It has been 11 weeks as of this writing, and Cathy and I still speak to each other. We keep our minds intact by trying to exercise daily, whether it be doing exercise from YouTube or going for walks. Cathy and I have both had virtual birthdays. Hopefully, this will not be the new normal.

We have a family vacation planned for July 11 to Mexico, but that is not going to happen. If not cancelled, we are not paying to social distance and wear masks there. Hopefully, we will be able to go next summer.

We do curbside pick-up for groceries and have not stepped foot in a Timmies or a restaurant. We have not done take out either. We have been extremely careful.

I am hoping this will be over soon and we can resume our “normal” lives. Looking forward to having our next meeting. Perhaps our September meeting will be a Zoom meeting. Who knows?

Stay safe and stay healthy.

A graphic consisting of the words "LOCK" and "DOWN" in a bold, blue, sans-serif font, arranged vertically. A blue padlock icon with a yellow keyhole is positioned between the two words. The entire graphic is tilted slightly to the right and set against a light gray background.

Sign up for the latest Jewish coronavirus updates

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

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EDITOR'S DESK

Jeff Rosen



Zero! I checked my credit card statement for May, and there were no charges for gasoline during April. I couldn't believe it. I went back and checked all my records to see what I had missed. Perhaps there was an error in my files. However, the numbers were correct; I had not spent anything on gasoline in April 2020.

That doesn't mean my car sat idle for the entire month. We did make the occasional visit to Oakville to visit our daughter (especially when delivering needed Passover supplies). We also made short treks to go shopping, but overall we didn't go anywhere. Of course, there really was no place to go. Even now, with the start of summer just days away and the province slowly opening up, there are few places to visit.

Fortunately, the weather is finally cooperating, for the most part. We finally went to a garden centre and bought some cucumber and tomato plants for my garden, as well as a few perennials for the front. I started planting vegetables many years ago. Quickly I became a tomato snob for the simple reason that a homegrown tomato is light years better than anything you can find in a store.



What else have I been up to? Years back, I took an interest in genealogy and, with an abundance of free time on my hands, decided to renew this hobby. It's been a fascinating endeavour, exploring my family's past. Looking back to the early 1700s, I learned that one part of my father's family settled in northeastern France.

Heading back another 400 years, I found another ancestor, Matityahu Treves, who became the Chief Rabbi of France in 1326. (I have gone back further, but that is something to be explored at another time.)

Continued on next page

Fast forward to 2020, and nothing is happening on our family's agenda this summer. The date for my planned trip to Las Vegas came and went in May. Before that, we learned that our annual trek to the Stratford Festival would not take place this year. Then there was a trip planned to celebrate a special birthday for Lisa, which unfortunately will not happen this year (the journey, not the birthday). Even though we could still fly to Eastern Canada, I have no desire to board a plane.

While I usually look forward to taking a break from Kol Echad during the summer, I was pleased when asked to keep it going in July and August. After all, it's something to do, and it keeps the mind active. Sometimes I can't believe that Kol Echad has been part of our life since 2002. Our family has experienced many highs and lows over the past 18 years. These include the loss of beloved family members, the bat mitzvah of our daughter, smoke damage to our home and, of course, the change in my employment status six years ago.

Throughout it all, this publication has persevered and thrived to the point where we are the only publication in B'nai B'rith Canada that maintains a regular publication schedule. It's something that I am proud of and an acknowledgement of the outstanding leadership we have had for over the past 6,500 days.

May we continue to grow from strength to strength.

Wishing everyone a great and healthy summer.

AT A GLANCE

September 14	Opening Dinner Meeting
October 5	Dinner Meeting
November 2	Dinner Meeting
December 7	Dinner Meeting

All Dates Subject to Change

Dinner at 6:30; Meeting at 7:15

A couple of weeks of isolation with the family. What can go wrong?





PRESIDENT'S PEN II

Ruth Pupko

Do you know any of your neighbours on your street or on your floor? I feel that my neighbours are friendlier and ask me how I am coping and how I am feeling. It also feels good to run out to What A Bagel and pick up bread or milk for a couple of ladies on my floor. There is always someone waving or saying hello as we walk around and enjoy the beautiful grounds. This definitely has been a godsend for some of the older folks who can't walk very far.

Yes, this feels like the TV show CHEERS, where everybody knows my name. It also feels a bit like the neighbourhoods where we all grew up. So today, go for a walk, stop, smile, and wave to the people you meet along the way.

Yesterday, I spent the day in Innisfil visiting Avery and Marla Matlow. I had a wonderful day being entertained by Avery telling us his jokes and stories. My friend Lynne drove, and we had a great time listening and singing to the oldies. It felt good to leave Thornhill and just enjoy the day with friends and no crowds. So get out there and drive to somewhere new and exciting (don't worry, there are Timmies and Starbucks everywhere).



Stay healthy, safe and above all, keep your sense of humour.

Ruth Pupko has been nominated to serve as president of Forestdale Heights Lodge for the 2020-21 year.

FORESTDALE FUNNIES

Finland just closed its borders. You know what that means. No one will be crossing the finish line.

In the president's defence, when they told him Hydroxychloroquine could be used to avoid Malaria, he thought that was his wife's name.

Yeah, I have plans tonight. I'll probably hit the living room around 8 or 9.

Why didn't the sick guy get the joke? It flu over his head.

What types of jokes are allowed during quarantine? Inside jokes!

What's the best way to avoid touching your face? A glass of wine in each hand.

If there's a baby boom nine months from now, what will happen in 2033? There will be a whole bunch of quaranteens.

What's the difference between COVID-19 and Romeo and Juliet? One's the coronavirus, and the other is a Verona crisis.

I ran out of toilet paper and had to start using old newspapers. Times are rough.

You know what they're saying about 2020. It went viral faster than anyone thought it would.

You know what they say: feed a cold, starve a fever, drink a corona.

QUARANTINE DIARY

Day 1: I have stocked up on enough non-perishable food and supplies to last me for months, maybe years, so that I can remain in isolation for as long as it takes to see out this pandemic

Day 1 + 45 minutes; I am in the supermarket because I wanted a Twix

FORESTDALE FUNNIES

While shopping earlier today, I picked up some chicken legs. Just before the cashier rang them up, I asked if she knew whether they were front or back legs. She paused for a moment, read everything she could on the package and not finding the answer said, "I don't know. Let me go ask my manager." She came back a few minutes later, looked at me and said, "NOT FUNNY!" I said, "I'm sorry, but I thought it was." The person behind me laughing hysterically blurted out... "NOT FUNNY, IT WAS HILARIOUS."



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A German Shepherd, a Doberman, and a cat died.

In heaven, all three faced God, who wanted to know what they believed in.

The German Shepherd said, "I believe in discipline, training, and loyalty to my master."

"Good!" said God. "Sit at my right side."

"Doberman, what do you believe in?" asked God.

The doberman answered, "I believe in the love, care, and protection of my master."

"Aha," said God. You may sit to my left."

Then God looked at the cat and asked, "And what do you believe in?"

The cat replied, "I believe you are sitting in my seat."



GOOD & WELFARE

Birthdays

Mark Spergel	July 6
Lilly Sherman	July 7
Ira Kuchinsky	July 28
Lisa Rosen	July 30



Anniversary

Michael & Carol Pacter	July 2
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WE REMEMBER

Forestdale Heights Lodge extends condolences to Marla and Mark Spergel, on the loss of her father, Harry Schwartz, of Montreal.

May his memory be a blessing.

* * *

Forestdale Heights Lodge extends condolences to Lloyd Lindsay, a long-time friend of the Lodge and supporter of Kol Echad, on the loss of his beloved wife, Jacqueline Thelma Lindsay.

May her memory be a blessing.

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



HARMONY

Rosalie Moscoe

I recently received a beautiful e-mail with an interesting video attachment. It was about animals and how they bond with humans and other animals. It was genuinely touching. I just witnessed this universal bond for two weeks right in my daughter's backyard.

My daughter, Rhonda, and granddaughter, Aliyah, adopted two baby ducks, about three inches long, from a farm. It's an entire summer program (a business at best), and I know many families who took part in it. It was a good project for these COVID times for kids with nothing to do.

Two weeks ago, Rhonda and Aliyah drove an hour and a half outside Toronto, and picked up two adorable, but vulnerable, baby ducklings from a farm – snatched from their mother one day after being born. Rhonda was given a large box, some sliced woodchips, food, a bright lamp to keep the ducks warm, and a cage. It was a thrilling adventure to see the ducks grow and thrive, and they were fed fresh peas and lettuce from Rhonda's garden. They often snuggled into Rhonda and Aliyah's necks, looking for love, warmth, and comfort. If we sang soft songs to them when they wouldn't stop chirping, they appeared to be listening intently and quieted down. They even closed their eyes and napped. At times when I asked them to come to me – “come on duckies” (George and Peaches), they started following me around Rhonda's backyard. Of course, they were the “hit” of the street, as everyone came by to visit the duckies.

I witnessed them enjoying themselves when I sang to them, especially lullabies, and put them to sleep on a couple of occasions. They had a swimming time too in a little pool! They grew fast, and when they were taken back to their original home on the farm, they were large, likely half-grown, if not more.

Continued on next page



On the drive back to the farm, the story is that the ducks were quiet along with Rhonda and Aliyah. It seems everyone was feeling the upcoming tug of separation. When George and Peaches arrived at the farm and saw all the swarming ducks in front of them squawking, they too squealed and squawked. But as Rhonda and Aliyah were heading back to their car to return home – the two teenaged ducklings started running after them. They eventually were ensconced in good order with their ducky families. However, it took everyone – including me – a few days to get over the sadness and parting of the ways.

Rhonda has some questions for the people running the operation, as indeed, Rhonda and Aliyah were these little creatures' parents for that short time. Yes, the ducks will adjust and get used to their rightful home, but it was truly a tear for all concerned. We will miss those ducks! The positive experience it leaves behind will be a page in my granddaughter's life to realize and remember the eternal bond of animals and humans.



COMMENT

Jeff Rosen

End of an Era?

In April, *The Canadian Jewish News* closed its doors after being in business for 60 years. That was the end.

However, it turns out that it was also the beginning of a new era for Jewish journalism in Toronto and throughout the country.



Shortly afterwards, two Jewish websites were launched. *The Canadian Jewish Record* is sort of middle-of-road. It includes several former reporters and columnists from *The CJN*. It was founded by Bernie Farber, a past CEO of the Canadian Jewish Congress, and Ron Csillag, a former reporter for *The CJN*. Its website can be found at <https://canadianjewishrecord.ca/>.

The same day, TheJ.ca was launched on-line. The publisher, Ron East, told the Jewish News Syndicate that, “We will stay true to our visions and beliefs, which include being Zionist in our approach, and pro-Israel in our beliefs.”



Having followed the two sites since their inception, I have my own opinions about the **strengths and weaknesses** of both. I urge everyone to check them out and evaluate them.

Now, if two's company, what are three? (Yes, I know the answer.)

On September 18, a new portal, *Niv* is being launched as a “new venture, offering a contemporary platform for the diverse, expressive and vibrant Canadian Jewish community.” Its site can be found at <https://nivmag.com/>.

I guess the demise of *The CJN* was not the end of an era, but merely the start of a new one.



COMMENT

Carl Zeliger

Best Laid Plans


My wife and I originally booked tickets on El Al to depart on March 10, 2020. The plan was to arrive in Israel about one week in advance of the due date for the birth of our eldest daughter's second child, our second grandchild. The idea was to get there before the baby was born. This would have allowed us to help take care of our three-year-old grandson when his parents were off to the hospital for the delivery of the new addition. It would also allow us to assist with the care of the newborn and the three-year-old after that. However, on March 6, we got the joyous news that our second grandson had been born about ten days early. So much for those plans. We hastily rebooked for an earlier flight departing on March 8. We arrived just days before Israel imposed a mandatory 14 day COVID-19 quarantine period for all those coming from North America.

Our original intention was to stay in Israel for six weeks. We rented apartments in both Modiin, where our eldest daughter resides, and in Tel Aviv, where our other daughter lives. This was where we wanted to celebrate the upcoming Passover holiday. The apartment we took in Modiin was deliberately bigger than we needed, as we would help by staging the bris there.

However, it was becoming abundantly clear that things would be far from normal this time in Israel. Less than 24 hours before the bris was to take place, the mohel called to cancel because he was required to go into isolation. A replacement mohel was quickly found but on condition that the circumcision take place at his medical clinic and that only a few be present. The father of the newborn, his brother, the doctor, and I, were the only ones present for the bris of my second grandson. It seems there was no need for a big apartment.

Israel was proactive in its approach in dealing with the pandemic. Shortly after our arrival, Israel became one of the first nations to close its borders to all outside travellers, order its tourist sites and all but essential stores or services closed. At the same time, its restaurants would only offer delivery or pick-up. It was not exactly the best time for visitors to be in Israel.

Continued on next page



My wife and I have each been to Israel at least a dozen times, and we love it. We usually try to spend most of each trip with our family. We also find the time to explore the fantastic sites – both old and new – that exist throughout the country. But not this time. COVID-19 had closed or made it ill-advised to venture to these locations.

While we have several special restaurants in both Tel Aviv and Jerusalem, we enjoy, this time, local take-out became the standard practice.

My wife and I ventured out of our rented apartment for evening walks, and I would head off with mask, gloves and disinfectant to the local grocery store to ensure that there was food in the fridge. That would be the extent of our outings.

Then things changed even more dramatically. Prime Minister Trudeau made a formal request that all

Canadians overseas immediately return to Canada. Although we were prepared to stay with our family for the duration, a message from our medical travel insurer resulted in yet another change. Unless we took all reasonable steps to return to Canada immediately, we would lose our travel insurance.

The thought of two seniors with no medical coverage hunkering down in

another country during a pandemic was too much to accept. We were able to purchase two airline tickets on the last El Al flight leaving Tel Aviv for Toronto and returned to Toronto on March 26, after only 2.5 weeks, after less than half of our anticipated stay. It certainly is not the trip we planned or could ever have imagined.

Continued on next page



There is a phrase in Yiddish that, as usual, loses something in the translation. It means that human beings spend much time planning, and G-d laughs. It is, however, much more profound. It acknowledges that regardless of all the resources we have available to us and all the time and effort we may give to formulating our plans in life, in the final analysis, we have no control over nature or the unexpected. We are brought back down to earth and reminded that we are only mortal.

By the way, my other daughter, who lives in Tel Aviv, is due to give birth in August. We had also planned to return to Israel to be there for the delivery of her first child.

I wish all good health and spirits through these difficult times.

Photo courtesy Wikimedia Commons



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FOOD SENSATIONS

BAKED LEMON BUTTER TILAPIA

Ingredients

1/4 cup unsalted butter, melted
3 cloves garlic, minced
2 tablespoons freshly squeezed lemon juice, or more, to taste
Zest of 1 lemon
4 (6-ounce) tilapia fillets
Kosher salt and freshly ground black pepper, to taste
2 tablespoons chopped fresh parsley leaves

Directions:

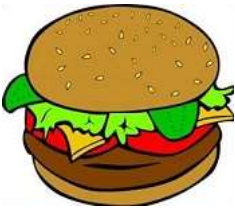
1. Preheat oven to 425 degrees F. Lightly oil a 9×13 baking dish or coat with non-stick spray.
2. In a small bowl, whisk together butter, garlic, lemon juice and lemon zest; set aside.
3. Season tilapia with salt and pepper, to taste and place onto the prepared baking dish. Drizzle with butter mixture.
4. Place into oven and bake until fish flakes easily with a fork, about 10-12 minutes.
5. Serve immediately, garnished with parsley, if desired.



<https://bit.ly/2Xl6PzJ>

FOOD SENSATIONS

It's BBQ season, and throwing something on the grill is an easy summer dinner. This guide will help alleviate some of the "Is it cooked?" stress from grilling. Exact times will vary due to the thickness, but the following is a great starting point.



Burgers

Pre-heat the grill high – 450-550F – when grilling burgers. Cooking at that temperature will create a delicious crust on the outside. Once on the grill, close the lid and step away. Do not press down or flatten the meat. It will result in a less juicy burger. Only flip one time halfway through cooking too.

Rare: 5 minutes; Medium Rare: 7 minutes; Medium: 8 minutes;
Well Done: 10 minutes.

Chicken

Thighs and breasts are two popular cuts of chicken to grill. Make sure to cook over medium heat (350-450F). If the temperature is too high, it will cause the outside to cook before the middle gets to 165F. Always check the internal temperature with a thermometer before serving.

Chicken Thighs (Boneless): 5-6 minutes per side;

Chicken Breast (Boneless): 5-6 minutes per side.



Fish

Don't fear cooking fish on the grill. Make sure the grates are properly pre-heated (450-550F) before placing any fish on them. Since fish is delicate, only flip once halfway through cooking. When done, it will release from the grates.

Steak

High heat is best when grilling steak – 450-500F – to seal in the juices and ensure beautiful grill marks. Set it and forget it. Don't open the lid or flip too many times. Steaks only need to be flipped once during the cooking process.

Rare: 8 minutes; Medium Rare: 9 minutes; Medium 10 minutes;

Well Done: 14 minutes

FOOD SENSATIONS

ROASTED ROSEMARY GARLIC POTATOES

Ingredients

3 pounds (6 medium-sized) thin-skinned potatoes, cleaned and cut in quarters
1 tbsp. fresh extra virgin olive oil

2 tbsp. fresh Rosemary olive oil
1 tbsp. fresh Garlic olive oil
1 tbsp. kosher salt
1 tsp ground black pepper

Directions

Preheat oven to 425°F. In a large bowl, add potatoes, olive oils and salt. Toss and coat evenly. Place potatoes on a flat sheet pan (with sides). Roast a total of 45 to 50 minutes stirring every 15 minutes until potatoes are golden. Add pepper to taste. Serve with a drizzle of Garlic and Rosemary olive oil.

SERVES: 6

<https://bit.ly/2L8iigx>



Juiciest Hamburgers Ever

added by Thedford Byrum



For you guys who like to grill, this one is for you. This is so easy and so simple. If you are a hamburger lover, like my family and I are, you will love this.

Cook time: 10 Min **Prep time:** 10 Min

Ingredients

2 lb ground chuck
1 c water
1 Tbsp McCormick Montreal Steak Seasoning
salt and pepper, to taste

Directions

1. Mix the ingredients in a large mixing bowl and form your burgers. I like to make 3 burgers per pound. I figure 1/2 cup of water per pound of ground beef. Adjust your seasoning for the number of burgers.
2. For best results, cook your burgers on an outdoor gas or charcoal grill. Cook until medium.
3. Just add your buns, favorite toppings and you are set.
4. Sometimes I leave the steak seasoning out and just go with the salt and pepper. The secret to the juiciest burger is the water.



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MENTAL HEALTH CARE

If you are in crisis

If you are in immediate danger or need urgent medical support, call 911.

You may also access support workers, social workers, psychologists and other professionals for confidential chat sessions or phone calls by texting WELLNESS to:

- 686868 for youth
- 741741 for adults

The [Wellness Together Canada portal for mental wellness and substance use issues](#) also offers a wide range of resources and support for Canadians.

Fear, stress and worry are normal in a crisis


The COVID-19 pandemic has resulted in many changes. You might feel like you're no longer in control of things. It is normal to feel sad, stressed, confused, scared or worried. People react in different ways. Some common feelings include:

- a sense of being socially excluded or judged
- concern about your children's education and well-being
- fear of getting sick with COVID-19 or of making others sick
- worry about losing your job, not being able to work or finances
- fear of being apart from loved ones due to isolation or physical distancing
- helplessness, boredom, loneliness and depression due to isolation or physical distancing

Tips for taking care of yourself

- Stay informed but take breaks from social media and the news.
- Practise [physical distancing](#), but stay socially connected to friends and family through:
 - e-mail
 - phone calls
 - video chats
 - social media

Continued on next page



MENTAL HEALTH CARE

- **Practise mindfulness by:**
 - stretching
 - meditating
 - taking deep breaths

- **Try to:**
 - eat healthy meals
 - exercise regularly
 - get plenty of sleep
- Think about how to use any unexpected flexibility in your daily routine.
- Focus on the positive aspects of your life and the things you can control.
- Be kind and compassionate to yourself and others.
- If you can, limit your use of substances.
 - If you do use substances, practise safer use and good hygiene.

More ways to get help

If you need assistance, you can call:

- your primary health provider
- a registered psychologist
- another mental health provider in your community

You may also find the following contacts helpful.

Crisis Services Canada

If you or someone you know is thinking about suicide, call the Canada Suicide Prevention Service at 1-833-456-4566.

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/mental-health.html>

* * *

FINALLY: Check out this article on Dealing with the Pandemic
[Pandemic blues: Crush it with creativity](#)



CORRESPONDENCE

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December 20, 2019

Forestdale Heights Lodge

Dear Friends,

Welcome to our family of donors! Your gift to Holland Bloorview is making a tangible difference in the lives of kids with disabilities and their families and I'd like to personally thank you for being so supportive.

Donations like yours are the lifeblood of our organization. We simply couldn't run the special programs that set Holland Bloorview apart without the ongoing support of friends like you.

Programs like music therapy, the therapeutic clowns and our Family Support Fund are all supported by friends like you. These programs are so important to kids' and families' emotional health, well-being and happiness that to some they are as important as treatments and therapies.

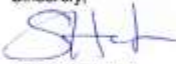
These programs helped kids like six-year-old Gavi who has a rare genetic muscle disorder that affects her muscles. She's now attending a community school for the very first time and couldn't be happier. They also helped three-year-old Camilo who has cerebral palsy and can now give you a "high ten" because he's now able to raise his left hand. You can read more about Gavi and Camilo on our website at hollandbloorviewfoundation.ca.

It's your generosity that will also lead to new discoveries and treatments for kids with disabilities through groundbreaking exciting research. For example, we're developing an iPad-based app that helps preschoolers with autism improve their eating habits, and an accessible, interactive bicycling-based videogame for kids and youth with cerebral palsy, and other exciting projects.

You can expect to receive regular updates from us with more stories about kids with disabilities over the course of the year. These stories often inspire donors to learn more, give again or to get involved by volunteering or hosting an event. If you want to learn more about Holland Bloorview, or if you have questions, we would love to hear from you.

Thank you again for joining our family of donors. The impact you're making truly is life-changing!

Sincerely,



Sandra Hawken
President & CEO



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CORRESPONDENCE



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April 30, 2020

Forestdale Heights Lodge
Mr. Steward Indig, President
B'nai Brith Canada

Dear Mr. Indig:

Thank you for your very kind and generous financial donation to Blue Door!

Many people experience homelessness in York Region and many more lack a secure roof over their heads. Homelessness can happen to anyone. For more than 35 years, Blue Door has opened doors to families, youth, women and men without a safe place to stay. Each year, over 900 people from babies to seniors stay in one of our three shelters, yet our hard work and our best efforts are never enough in reducing the impact of homelessness.

Blue Door believes everyone deserves a home. It's a basic right and necessary for anyone to have a chance to live their life with dignity, autonomy and self-determination.

Please accept our sincere appreciation for your generous gift and note your official income tax receipt below.

Yours truly,

Michael Braithwaite, CEO

CORRESPONDENCE



Patient Care Reinvented.

January 16, 2020

Mr. Stewart Indig
Forestdale Heights Lodge

Dear Mr. Indig,

On behalf of the Humber River Hospital Foundation I'd like to thank you for your thoughtful gift of \$100.00. It's because of the generosity of donors like you that we are able to support our diverse and growing community with the exceptional, family-centric care it deserves.

The Foundation is committed to working with our generous supporters to constantly improve the care we provide. Together we've built the first fully-digital hospital in North America—but our work is far from done. After all, reinventing patient care is as much about the next innovation as it is about the current one.

We are grateful to have you by our side as we continue to bring the most advanced medical resources and patient-centered care to our patients and their families.

Thank you being the heart of our hospital.

With gratitude,

A handwritten signature in blue ink that reads 'Helga Schneider'.

Helga Schneider
Vice President, Donor Relations

P.S. You have given generously to the new Hospital and we invite you to see the impact of your gift. To stay up to date subscribe to our e-newsletter: The River's EDGE. Sign up today:
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** In appreciation of your generosity, the Foundation would be honoured to include your name within published lists of our supporters. If you wish to remain anonymous, or if you would like to update your preferred recognition name please contact Brittany Cheeseman, Manager, Community & Donor Engagement at bcheeseman@hrh.ca or 416-242-1000 ext. 81524.*

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AS I SEE IT

Marc Kates



Memory and remembering are funny things. One never knows when it will simply pop up and transport you to a different time and place. Things that you haven't thought about in years will all of a sudden come to the forefront. Emotions are intimately intertwined with those thoughts and, in fact, behaviour. It can

happen at any time or place. I can't help but pass by my neighbours' house and in admiring their rhubarb plant, think back to my great-aunt's garden and how she used to grow her own and cook with it. In a Google Meet with my student, he introduced me to his blue budgie named "Sky" who was almost identical to my late Zaidy Louie's bird of the same name. I hadn't thought about "Sky" in decades. It was a memory that just bubbled to the surface.

At times, I do or act in ways that seem to channel my mother's sense of humour. In chatting with a student who hasn't left home much during COVID, I told him that he should learn a new skill during the pandemic. I don't know what came over me, but I told him that my colleague (his history/geography teacher) was learning to sing opera and would like to perform and serenade him outside his home in the near future. (Clearly following all social distancing regulations.)

Continued on next page



Of course, this is not true, but I told him with a straight face that she would be contacting him soon to make arrangements for her performance. That is totally something my mother would do, but like her, I took it one step further. I contacted the history teacher and encouraged her to play along. She wrote the student an e-mail asking him what day would be good for her to share her newly acquired talent. The fact that a smile cracked his usual deadpan and expressionless face was reward enough for me.

While editing the June Kol Echad, it was heartening to see Harvey Silver's mention of my late parents and their dedication to FHL. I miss them too, and it brings me the "warm fuzzies" that others also think of them. Not a day goes by that a look from my kids, a song, a comment, or photograph, doesn't remind me of them.

As the summer is finally here, my wish for all of us is to use the time to make memories. Those memories perhaps won't seem important in the present, but just when you're not expecting it, those summer memories will be appreciated in the darkness of winter and beyond.

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KOL ECHAD 2020-2021

Kol Echad schedule for the 2020-21 season

September 2020/October 2020 – Rosh Hashanah Issue

November 2020/December 2020 – Chanukah Issue

January 2021/February 2021 – Winter Issue

March 2021/April 2021 – Purim/Pesach Issue

May 2021/June 2021 – Wrap Up Issue

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HIGH HOLIDAY GREETINGS 5781

Because of the ongoing COVID-19 pandemic, Forestdale Heights Lodge and Kol Echad have decided to change this year's High Holiday Greetings supplement.



All those who placed greetings in the High Holiday Greetings 5780 issue, will see their greeting repeated in this year's September/October issue at no cost. If you prefer to pull your ad, please let us know by August 1. If you choose to change your greeting size, then you will be charged accordingly.

If you wish to donate to our supplement, it can be sent to 150 Harris Way, Thornhill, Ontario, L3T 5A8.



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