



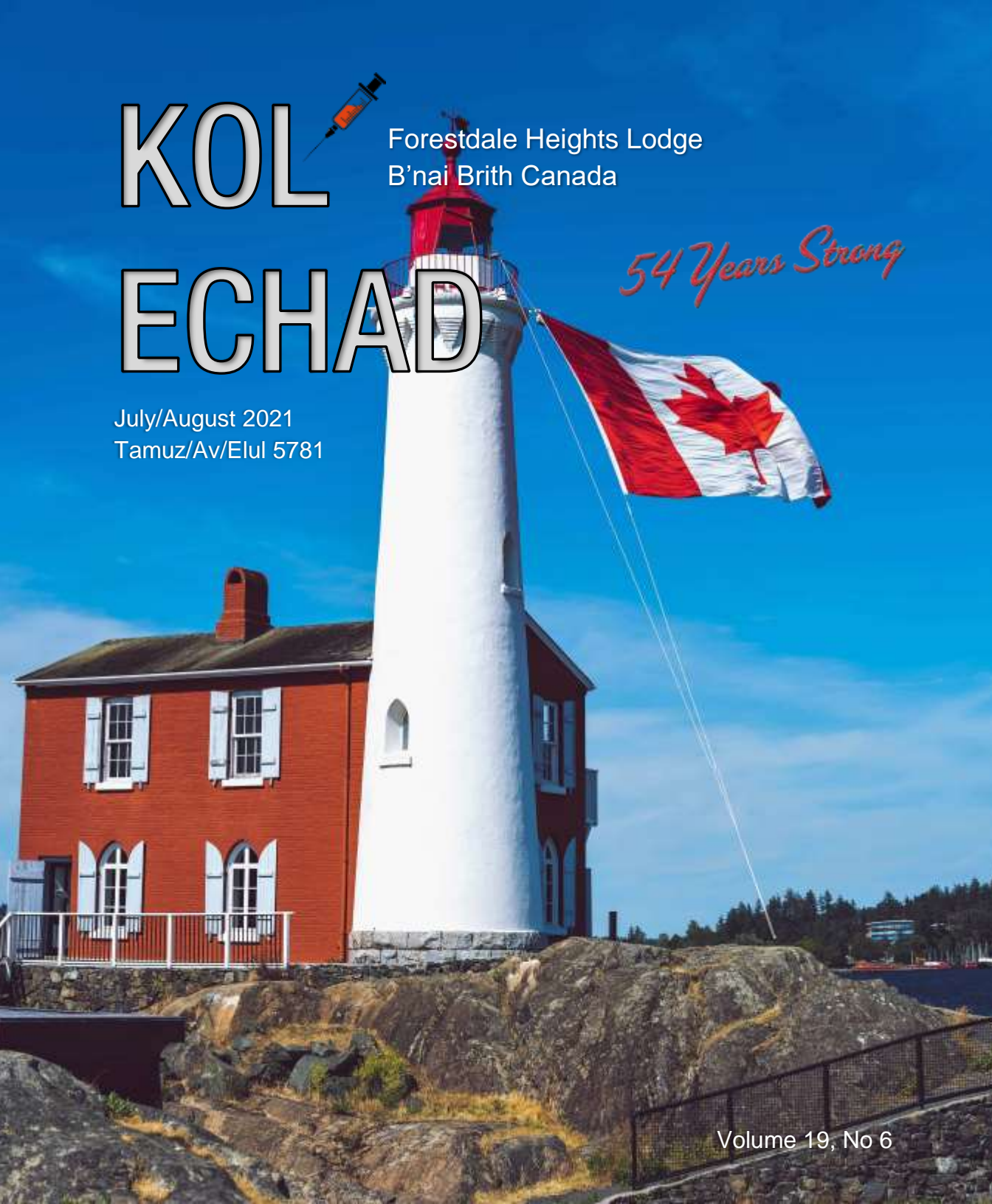
KOL

Forestdale Heights Lodge
B'nai Brith Canada

ECHAD

54 Years Strong

July/August 2021
Tamuz/Av/Elul 5781



Volume 19, No 6

COVER ART



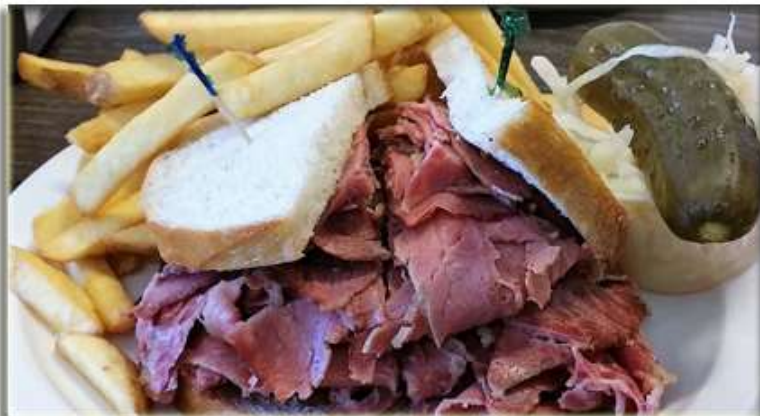
Fort Rodd Hill National Historic Site is a 19th-century coastal artillery fort on the Colwood, British Columbia side of Esquimalt Harbour (Greater Victoria/Victoria BC Metropolitan Area). The site is adjacent to Fisgard Lighthouse National Historic Site, the first lighthouse on the west coast of Canada. Both the fort and lighthouse are managed and presented to the public by Parks Canada.

The fort was designated a National Historic Site of Canada in 1958.

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KOL ECHAD

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

It is published five times a year.

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

All material submitted is subject to editing.

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

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

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CONTENTS

Cover Art	2
At A Glance	4
President's Pen	5
High Holiday Greetings	6
Editor's Desk	7
Lodge Meetings	10
Community	14
2021-22 Schedule	18
Harmony	20
Perspectives	23
Commentary	24
Comment	26
As I See It	29
Food Sensations	31
Health	35
Good & Welfare	37
Forestdale Funnies	38
Looking Back	40



AT A GLANCE

Zoom meetings to be held on the following dates during 2021.
Start time: 7:00 p.m.

September 13, October 12, November 8, December 13

Zoom Link: <http://bit.ly/3olkmm1>

All Dates Subject to Change

Kol Echad schedule for the 2021-22 season

September / October – High Holiday Issue

Deadline: August 8

November / December – Chanukah Issue

Deadline: October 10



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PRESIDENT'S PEN

Ruth Pupko

Yes, there is hope for normalcy as we follow the bright light. We will leave the tunnel wiser, kinder, and even a little bit more appreciative of our families and friends. But most of all, we should continue to support and appreciate the workers, doctors, and all those who worked in the public sector through this pandemic.

We are fortunate to have an excellent universal health care system and good organizations that take care of the public.

Forestdale Heights Lodge has made a difference by providing CVS parcels to the homeless and making more significant financial contributions to the food banks and other organizations. We all came through for our community, and our community is coming through for us. One team, one goal!

On July 1, stand up and cheer Canada, as you never have before. It just feels good to be Canadian!

Wishing you all a happy summer, and may the sun always shine on you.



HIGH HOLIDAY GREETING 5782



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

All those who placed greetings in the High Holiday Greetings 5781 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, send it to 150 Harris Way, Thornhill, Ontario, L3T 5A8.

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EDITOR'S DESK

Jeff Rosen

Just recently, I took a look into the rear-view mirror, comparing my life now to life last summer. I think French journalist Jean-Baptiste Alphonse Karr said it best, "*Plus ça change, plus c'est la même chose,*" or for those not versed in the language, "The more things change, the more they stay the same."

While we now know so much more about this cursed virus, life is pretty much the same as it was a year ago. Yes, restaurant patios have re-opened, but for the most part, most things remain locked down, sealed shut.

The only positive is that multiple vaccines are now being distributed across the province and country. As a result, we can begin to think about an end to this nightmare. Perhaps that's the key. Now we have hope; now we can see the light at the end of the tunnel. Unfortunately, a return to normalcy remains so close and yet still so far away.



It was March when it dawned on me that we had been living this nightmare for a year. Even in May, they talked about COVID rules/restrictions for the education system for the 2021-22 school year, and the announcement of the cancelling of the Canadian National Exhibition did nothing to lift my spirits.

Quite honestly, I don't get it. By late August (probably July), most of Ontario's population will have received the first dose, and a large segment will be fully inoculated (including all the Rosens). Given this reality, I don't see why the Ex could not have continued, even on a smaller scale. Cancelling the CNE for another year may be the straw that broke this camel's back.

Together with the cancellation of Pride Week, Taste of the Danforth, and other summer festivals, it looks like another dark summer.

For my family, it means another year of travel interruptus, another year of keeping the curtain down on the Stratford Festival. However, I always try to look beyond the walls of our household.

Continued on next page



Today's students have been living this new reality for over a year now. I keep wondering what will be the long-term effects, not only on their education, but also on their very psyche. The reality is, no one will know for years, perhaps decades. It is something that our kids' generation will deal with when they reach our stage of life.



Right now, though, everyone is playing the blame game. The federal government says that it is doing its best. The provinces blame the federal government. Our municipal leaders are either staying quiet on the sidelines or demanding more assistance.

I think the problem lies with the very makeup of our country. The federal government is responsible for procuring vaccines. According to our PM, they managed to sign multiple contracts to secure vaccines from several sources. This solution was quite admirable, especially since the vaccines were mainly theoretical at the time.

However, our federal government simply procures the "cure." Then the provinces take over, and each is supposed to create its own system to distribute the various vaccines. In some, though, the elected representatives chose to download the responsibility to local health units. When problems arose (as they always do), the simple solution was to blame other parties.

As a result, we now have local health units operating their own vaccination programs. Unfortunately, it appears that the provincial right-hand doesn't know what the municipal left-hand is doing. It would be so much simpler if we had one level of government responsible for the vaccination program to deal with everything from procurement to distribution.

I have no idea who is to blame. I realize politicians have to remain accountable and visible to public scrutiny every day. I know that is a huge ask, but they sought out the top jobs in their political parties and government. If they feel they are not up to the task, they should do the honourable thing and step down.

It may not change current reality but may inspire hope and courage going forward. I imagine we could all use a bit of both right now.

Whatever happens, I know that simply by jotting down my thoughts, I have elevated my mood and spirits. After 39 years as a working journalist, writing still remains my salvation.

Be well and be safe.



CORRESPONDENCE

Letter to The Toronto Star



I'm sitting here with tears in my eyes at the revelation of the dead Indigenous children, especially for me around the Qu'Appelle region. My grandparents were brought to Canada by a philanthropist Baron deHirsh, at the turn of the century in 1902. He sponsored Jews to come to Canada from Romania to escape pogroms - beatings and killings of Jews for just being Jewish.

My grandparents arrived from a large city, Bucharest, and were plunked down in Lipton, Sask. given a sack of potatoes, some flour and a bunch of logs. The Metis taught and helped my grandparents build a lean-to dwelling mostly underground the first winter to survive on the icy prairies. In the spring, the Metis again instructed and taught my grandparents to build a log cabin. Without that tribe, my grandparents and their two children would not have survived. And I may not have been here to tell this story.

It pains me to think the residential school was down the road from where my grandparents lived in Lipton, Sask. Those poor children at the residential school were at the hands of misguided and mean people under the guise of a church, to change the children, beat them, sometimes rape them and kill many - then not respect their dead little bodies. But Jews knew in the coming years the evil of some people and what can happen from not seeing all people as God's people. It's a disgrace, and Canada should keep demanding an apology from the Pope at the very least. And Canada has a lot of apologizing to do along with making things better for Indigenous people, right here in Canada NOW.

Rosalie Moscoe



MAY MEETING

Forestdale Heights Lodge held its second last Zoom meeting of the season on Monday, May 3, with most of our members in attendance, including FHL president Ruth Pupko, the meeting's moderator, Stewart Indig, Albert Ohana, Ray & Rosalie Moscoe, Harvey & Debbi Silver, Elizabeth Bloom, and Jeff & Lisa Rosen. While it was another well-run meeting, it was often hard to talk as everyone repeatedly tried speaking at once.

Ruth opened the meeting with a solemn tribute to the recent tragedy at Mount Meron, reading a touching poem.

On April 30, a deadly crowd crush occurred in Meron, Israel, during the annual pilgrimage to the tomb of Rabbi Shimon Bar Yochai on Lag B'Omer, at which about 100,000 people attended. Forty-five people were killed, including two Canadians, and about 150 injured, making it the deadliest civil disaster in the history of Israel.

After celebrants poured out of one section of the mountainside compound, the crush occurred down a passageway with a sloping metal floor wet with spilled drinks, leading to a staircase continuing down. Witnesses say that people tripped and slipped near the top of the stairs. Those behind, unaware of the blockage ahead, continued, crushing the people further down. (Wikipedia)

Continued on next page

JEWISH PRAYER OF REMEMBRANCE

In the rising of the sun and in its going down,
we remember them.

In the blowing of the wind and in the chill
of winter, we remember them.

In the opening of buds and in the rebirth
of spring, we remember them.

In the blueness of the sky and in the warmth
of summer, we remember them.

Jack Riemer and Sylvan Kamens



Among other items discussed this month:

- Ray told members that he had been successful in bringing a lapsed member back into the fold.
- There was some talk about repeating last winter's successful CVS project to help the homeless. The programme would operate in the summer, but on a smaller scale.
- Jeff thanked Rosalie for bringing in a new ad for Kol Echad (Hermes Bakery). Rosalie said she would be looking into other potential new advertisers.
- Among new business, Ruth said she was interested in year-end honours for those who have worked to keep Forestdale Heights Lodge vital this past year.
- All Lodge members thanked and praised our treasurer, Debbi, for delivering another successful budget, which was approved by all in attendance.

Jeff Rosen

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JUNE MEETING

Forestdale Heights Lodge held the final meeting of the 2020-21 season on Monday, June 7, by welcoming a past president who is now living in British Columbia.

Zooming in for the June meeting were FHL president Ruth Pupko, the meeting's moderator, Stewart Indig, Albert Ohana, Ray & Rosalie Moscoe, Harvey & Debbi Silver, and Jeff & Lisa Rosen. We welcomed back Murray Fallen, FHL president in 1979-80, bringing him up-to-date on what is going on in the Lodge and collectively expressed our hopes that he would "attend" future meetings.

Ruth informed everyone that instead of awards this year, a donation was made to Beit Halochem Canada and Soldiers of Israel in the name of Lodge members.

Members also discussed plans on putting together parcels for the homeless. The Lodge plans to distribute these parcels this summer.

Harvey announced that invoices would be sent out shortly to all advertisers for Kol Echad's 2021-22 season. Jeff let everyone know that he had made contact with another former member, Jeremy Shapiro.

Ruth announced that the first meeting of the new season would be Monday, September 13. Members decided that this coming season, monthly meetings would run on the second Monday of the month.

As the second Monday in October falls on Thanksgiving, there was some discussion about cancelling that month's meeting. However, in the end, the Lodge postponed the decision until the fall.

Everyone wished each other a good summer, and we closed off the meeting knowing we had successfully kept Forestdale Heights Lodge operating for an entire season during COVID-19.

Jeff Rosen



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COMMUNITY

The Hart Trophy is awarded annually to the most valuable player in the National Hockey League. It was donated in 1924 by Dr. David Hart — the father of Cecil Hart, who coached the Montreal Canadiens to three Stanley Cups. The family descended from Aaron Hart, one of the first Jewish settlers of Lower Canada, and a founder of Montreal's Spanish and Portuguese Synagogue. Despite these associations, the trophy hasn't been won by a Jewish player... yet.

Reprinted from The Canadian Jewish News Treasure Trove

<https://thecjn.ca/treasure-trove/>

* * *

Harvey Silver's BBYO chapter was called Aaron Hart.

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A decorative graphic at the bottom of the page consisting of several colorful, flowing swirls in shades of red, green, and purple.

COMMUNITY

The Baycrest Foundation's newest, all-ages fundraising event for 2021, Walk for the Ages in Support of Baycrest, is now OPEN FOR REGISTRATION!

The walk will take place on Sunday, September 19, 2021, 7:30 - 10:30 a.m. at Canada's Wonderland! After the walk, admission to the park is included.

The plan is to bring generations together to complete a fundraising walk of either a 2.5 or 5 km route at Canada's Wonderland!

However, we know that in a COVID-19 world, even the best-laid plans can go askew. Therefore, we also have backup plans in place. One thing is certain: We WILL get together as a community, in person or virtually, to raise funds for Baycrest on September 19. So REGISTER NOW and JOIN US!

To register, go to <https://bit.ly/3tf5byl>



While most of us are safely hunkered down at home, what happens to our poor, the infirm and elderly? Most of these people cannot even afford groceries during this crisis, let alone travel outside their home?

B'nai Brith was forced to close its daily meal program for seniors, veterans and the needy back in March 2020. In its place, an emergency response plan was created.

The cost per week is \$75 to feed one family. To sponsor bag(s) or further support this B'nai Brith Emergency Initiative, contact us.

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As little as one hour a week of volunteering can save a life. All volunteers must be healthy adults, and proper social distancing and compliance with public health measures will be enforced. To volunteer, please e-mail foodv@bnaibrith.ca.



COMMUNITY

B'nai Brith Condemns Horrific London Attack

June 8, 2021

TORONTO – B'nai Brith Canada condemns in the strongest possible terms what appears to be a hate-motivated mass murder that killed four members of a Canadian Muslim family in London, Ont. this weekend. It is reported that the family was specifically targeted because they were identifiably Muslim.

The sole survivor of the attack, a 9-year-old child, is still hospitalized in serious condition.

Contrary to incendiary speculation and dangerous misinformation spreading online, the suspect in the attack is not Jewish. B'nai Brith Canada is concerned that disinformation of this type could fuel attacks against innocent Canadian Jews, and it must be called out.

Hatred and violence targeting anyone based on their religion, ethnic origin or heritage is an abomination – including hatred against Muslims, Indigenous people, LGBTQ+ people, Black Canadians, Asian Canadians, Jewish Canadians, and other minorities. The perpetrator of this shocking attack must be punished to the fullest extent of the law.

“This must end – Canada needs to be a place where everyone feels welcome and safe,” said Michael Mostyn, Chief Executive Officer of B'nai Brith Canada. “The Jewish community and B'nai Brith want our Muslim brothers and sisters to know that we are with you in this struggle, and we will not be silent.

“We call on all communities to offer their support for the loved ones of the victims and to add their voices to the calls for justice in this case and in preventing acts of incitement and extremism which are now all too prevalent online.”



COMMUNITY

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://www.bnaibrith.ca/anti-hate-hotline/> or call our Toll Free Anti-Hate Hotline at 1-800-892-BNAI (2624)



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KOL ECHAD 2021-2022

Kol Echad schedule for the 2021-22 season

September 2021/October 2021 – High Holiday Issue

November 2021/December 2021 – Chanukah Issue

January 2022/February 2022 – Winter Issue

March 2022/April 2022 – Purim/Pesach Issue

May 2022/June 2022 – Spring Issue

* * *

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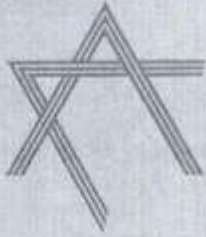
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HARMONY

Rosalie Moscoe

The last two years of planning my granddaughter Aliyah's bat mitzvah was like walking through a maze and not knowing which way was truly the way out. Finally, we made it to VICTORY!

● ● ●
Making a bat mitzvah
during a pandemic
● ● ●

With large families on all sides, we made lists of relatives and close friends to invite. We booked our shul, Beth Torah Congregation, and gave a deposit without knowing what was in store. We excitedly went to Israel's, The Judaica Centre and ordered mauve-coloured yarmulkes printed with the date on the inside (June 2020).

Aliyah found a beautiful silk, turquoise, and mauve tallit there – stunning. The caterer was contacted – Two13Kosher.com and another deposit was given. We were excited and thought about meals we would serve and gifts for guests. My daughter and I were buzzing with ideas and had many phone calls and meetings.

Then in February 2020, the pandemic struck the world; everyone was thrown into turmoil. Ray and I were in Florida when we heard the decree by the Prime Minister, “if you are out of the country, come home now, before you can't.” Ray just brushed it off and continued enjoying sunny days in March, ignoring all warnings – including mine. Soon after, I cancelled my flight home and Ray and I (begrudgingly) packed up our rental condo a month earlier than usual and drove home.

We still wanted a bat mitzvah in June 2020, figuring things would be better by then – WRONG! On June 10, 2020, Aliyah said her parsha (no Torah) in the backyard of her home surrounded by her bat mitzvah teacher, her parents, her two grandparents – Ray and me – and one friend. We took a few photos, had an outdoor lunch, and everyone went home – a tumultuous state of ups and downs at best.

Aliyah had been in a Jewish Day School since grade one. She wanted a ‘real’ bat mitzvah on the bimah, in her shul with the rabbi that she had known all her life. We booked another date for June 6, 2021, hoping all would be back to normal – WRONG again! A year later, Aliyah was now 13 and a half, 5'8” tall and a beautiful young woman! We couldn't put it off another year! The past year she had been in school online - a year of isolation and a lot of dampened dreams.

Continued on next page



Three months before her bat mitzvah, the rabbi from our shul suddenly left; the cantor had already left a few months earlier. We kept pressing on, choosing meals for the 10 people that would be allowed at the synagogue, and deciding what we would wear for our debut on livestream video for 150 people. We were allowed seven in-person invites, plus three shul staff. This included a visiting rabbanit and a cantor, both of whom we had never met, and a videographer.

Figuring out who would attend or not attend in person was agony. After our immediate family – the bat mitzvah girl, her parents, and the one and only set of grandparents, Ray and me, we had two people left to invite. After much discussion, Aliyah's best friend and aunt (her father's sister) were the other two in-person, allowable guests. My son was included by video saying a prayer for Israel. Due to closed barbershops, his hair was down to his shoulders, but he looked terrific in his suit and did a great job.

A week before the event on June 6, 2021, we had a dress rehearsal since both the videographer and photographer could not attend at the same time as we would be over the 10 person rule! We attended in full regalia! That day, it snowed and was windy, so the photographer could only take pictures inside the sanctuary. Unfortunately, there was no heat on in the shul. Good thing I was wearing a shawl.

Finally, the day of the bat mitzvah arrived, a lovely sunny day – but stifling hot. The rabbinate was on one side of the bimah, behind a see-through screen, 10 feet away from Aliyah, as was the cantor on the other side of the bimah. Our family sat on the bimah, all wearing masks, including the bat mitzvah girl and clergy. She had to wear her mask for her parsha. There was no clergy standing beside her, which would be the norm for any other bar/bat mitzvah. However, both were genuinely kind to Aliyah and all of us and helped keep us all on track.

Aliyah's years of training paid off. She read from the Torah, sang on key and did not miss a note. I was holding my breath. The cantor led us a few times in the familiar song "Simintov, Mazel tov"! Then the cantor and the rabbi both left the sanctuary. Then and only then were we allowed to remove our masks. Aliyah proceeded to give her D'var Torah, which proved to be very insightful. Then, my daughter Rhonda, Ray and I gave our heartfelt speeches; Ray was pretty choked up. The photographer took pictures of the family at a nearby parkette.

Continued on next page



Catered lunches in coolers were in individual boxes, and everyone had picked one up as they left. There was to be no eating in the shul. The whole thing seemed bizarre; yet, we got through it all with smiles on our faces. Aliyah felt thrilled, and she announced on the bimah that we would have a drive-by that afternoon at her house on the front lawn. Ray had picked up balloons the day before to add to the festivities.

We were greeted by dozens of relatives, neighbours and friends – all social distancing (well, sort of). It almost felt normal, except there was no meal to give guests. However, I had been shopping for and packing gift bags to be delivered to all, complete with stickers saying Aliyah's Bat Mitzvah. So at least we had something to give guests that day other than drinks of water. I just shook my head.

Aliyah was happy, and we were thrilled to see people we had not seen in at least two years. It took me over a week to recover (after helping to deliver gift bags)! The stress and anxiety over the entire event had finally caught up with me. Yet, Aliyah had a bat mitzvah; and yes, it was indeed a VICTORY!

Mazel Tov
מזל טוב



TALKING POINTS

Debbi Silver

Will return next issue.



PERSPECTIVES

WATERSPORTS AS A METAPHOR FOR LIFE



Kayakers control their own destiny.

They can head out on their own, deciding where they want to go. They can speed up, slow down and change direction at will.

Water skiers are birds of a different feather.

They are at the mercy of someone else.

Their course is determined by someone else, as is their speed and direction. All they can do is hold on for dear life.

Once they decide to sever themselves from the person controlling their direction, they usually find themselves floundering in the water until rescued by someone else.



Now I ask you, which watersport do you prefer?



COMMENTARY

LOVE

When Einstein gave lectures at U.S. universities, the recurring question that students asked him most was:

Do you believe in God?

And he always answered:

I believe in the God of Spinoza.

Baruch de Spinoza was a Dutch philosopher considered one of the great rationalists of 17th-century philosophy, along with Descartes.



(Spinoza): God would say:

Stop praying.

What I want you to do is go out into the world and enjoy your life. I want you to sing, have fun and enjoy everything I've made for you.

Stop going into those dark, cold temples that you built yourself and saying they are my house. My house is in the mountains, in the woods, rivers, lakes, beaches. That's where I live, and there I express my love for you.

Stop blaming me for your miserable life; I never told you there was anything wrong with you or that you were a sinner, or that your sexuality was a bad thing. Sex is a gift I have given you and with which you can express your love, your ecstasy, your joy. So don't blame me for everything they made you believe.

Stop reading alleged sacred scriptures that have nothing to do with me. If you can't read me in a sunrise, in a landscape, in the look of your friends, in your son's eyes...you will find me in no book!

Continued on next page



Stop asking me, "Will you tell me how to do my job?" Stop being so scared of me. I do not judge you or criticize you, nor get angry or bothered. I am pure love.

Stop asking for forgiveness. There's nothing to forgive. If I made you, I filled you with passions, limitations, pleasures, feelings, needs, inconsistencies...free will. How can I blame you if you respond to something I put in you? How can I punish you for being the way you are if I'm the one who made you? Do you think I could create a place to burn all my children who behave badly for the rest of eternity? What kind of God would do that?

Respect your peers and don't do what you don't want for yourself. All I ask is that you pay attention to your life. That alertness is your guide.

My beloved, this life is not a test, not a step on the way, not a rehearsal, nor a prelude to paradise. This life is the only thing here and now, and it is all you need.

I have set you absolutely free, no prizes or punishments, no sins or virtues, no one carries a marker, and no one keeps a record.

You are absolutely free to create in your life. Heaven or hell.

I can't tell you if there's anything after this life, but I can give you a tip. Live as if there is not. As if this is your only chance to enjoy, to love, to exist.

So, if there's nothing after, then you will have enjoyed the opportunity I gave you.

And if there is, rest assured that I won't ask if you behaved right or wrong. I'll ask did you like it? Did you have fun? What did you enjoy the most? What did you learn?

Stop believing in me; believing is assuming, guessing, imagining. I don't want you to believe in me. I want you to believe in you. I want you to feel me in you when you kiss your beloved, when you tuck in your little girl, when you caress your dog when you bathe in the sea.

Stop praising me. What kind of egomaniac God do you think I am?

I'm bored being praised. I'm tired of being thanked. Are you feeling grateful? Prove it by taking care of yourself, your health, your relationships, and the world. Express your joy! That's the way to praise me.

Stop complicating things and repeating as a parakeet what you've been taught about me.

What do you need more miracles for? So many explanations?

The only thing for sure is that you are here, that you are alive, that this world is full of wonders.

Spinoza



COMMENT

REMEMBERING A BELOVED AUNT

The phone rings. The voice on the other end is a relative or friend in another city or even another country. The news, a beloved relative or friend is no longer with us. It's a situation I'm sure many people have experienced.

That was our reality on Wednesday, May 26, when Lisa's cousin called with the devastating news that her mom, Donna Isenberg, had passed a day earlier. We could probably have spent hours talking about our respective memories, but finally had to say our farewells.

Suddenly so many memories forgotten for years came flooding back into our minds. Of course, Lisa and I had our collective memories. Still, I've heard Lisa's stories so many times over our 35 years together I often feel that I lived them.

Her aunt, the youngest of eight children, moved in with my wife's family when Donna was still young. Maybe because of this close connection and because her aunt was less than 20 years older, my wife feels like Aunt Donna was more like a sister than an aunt.

It was no surprise then when Lisa chose this aunt's daughter as a bridesmaid, someone with whom Lisa and later both of us retained close ties with over the years.

Her aunt – no, OUR Aunt Donna and her husband, Arnie, of blessed memory, who passed three years ago - were exceptional people. They were a couple who opened their doors to us in our early years of marriage. Back then, summer vacations did not consist of flying to a luxury resort. Instead, this fantastic family invited us to visit them at their home in West Bloomfield, Michigan.

You know how you meet certain people, and there is an instant connection? You don't know the reason. Perhaps there is no reason. It's just there. I loved their lifestyle, their way of looking at life. Life was to be enjoyed, and, from what I observed during our short summer visits, they did just that. They even introduced us to a new orange juice product that had just come on the market – Tropicana. It's amazing how the small details stay with you.

Continued on next page



For a few years, Lisa and I would visit them, often spending days on their catamaran on Orchard Lake. It was peace and tranquillity at its best.

When Jordana arrived on the scene, our visits continued. However, staying with them meant a few changes. The first, of course, is that we came with more travel gear. Being ever so accommodating, they not only welcomed us with open arms, but also insisted we enjoy an evening out. We did just that, leaving our three-year-old daughter in their loving care. Since Jordana was always an easy-going child, I'm sure that they found her to be the perfect charge. We never forgot the generosity of their offer.

Taking her out on the lake was not as easy. Donna's husband insisted Jordana would have to wear a lifejacket and went out and bought a new one for this one-time journey. We naively thought, "No problem." Unfortunately, Jordana had other ideas and put up a fuss during our entire trip on the lake. Fortunately, Lisa's will proved stronger, and she kept holding and trying to calm our young daughter, who finally calmed down when we returned to the dock.

The years flew by, but the connection remained. Then came our life-changing event. Over the years, I have often chronicled the struggles Lisa and I have endured after our accident in 1995.

At the time, my in-laws were visiting them in Detroit. When my brother, David, reached them on that fateful night in August, the news was anything but good, anything but hopeful. My beloved in-laws had to get back, driving during the night as quickly as they could. Our aunt and uncle refused to let them return by themselves. So, my mother-in-law went back with Aunt Donna, while Uncle Arnie came back with my father-in-law.

Once in Toronto, they remained for several weeks before heading home. A few weeks later, they drove back to Toronto to check how everyone was dealing with this new reality. That's who they were, a loving, caring couple devoted to their entire extended family.

As years went by, these magic links remained strong with regular phone calls between Thornhill and Florida (where they had since moved). By then, Lisa was "healed," and Jordana had grown to be a well-adjusted teen. The two-headed south in 2011 for a well-deserved and memorable visit. Both have memories that I'm sure they will cherish for the rest of their lives.

Continued on next page



Lisa and I almost visited our beloved aunt three years ago on two separate occasions. However, life intervened, and we were forced to put the trip on hold. It was frustrating but a minor setback (or so we thought at the time). Three months later, we rebooked the trip, and our bags packed. However, the flight was cancelled at the last minute after the 737 Max fleet was grounded. So this time, our plans were not only put on hold but killed for all time.

Lisa, Jordana and I finally got the opportunity to reconnect with this amazing woman two years ago at her grandson's bar mitzvah. Unfortunately, however, we could see her husband's passing had taken a toll on her.

A loving wife, a devoted mother and grandmother is gone. I guess, though, as long as we remember who she is...who she was, Donna Isenberg will remain with us forever.

We'll miss you, Aunt Donna, but we won't forget you.

Jeff Rosen



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AS I SEE IT

Marc Kates

I loved reading the column “Perspectives” in last month’s Kol Echad. It was interesting/amusing to see what we were thinking about at a certain time and place. These many months have certainly been very unusual, but there is certainly light at the end of the proverbial tunnel. More and more people are being vaccinated. As of now, in the Kates household, all those eligible to receive a vaccine have now been fully vaccinated.

That includes my 12-year-old son, who was more than happy to roll up his sleeve. Living with a front-line health care provider allows us to hear what’s happening “out there.” We know what the situation is within the health care system and listen, often with disbelief, about those who choose not to be vaccinated. Those unvaccinated people will ultimately be safe because of the majority of the population who decided to immunize themselves.

It is still rather scary that big reopening plans are in the works. Just because numbers are down, it doesn’t mean that we are out of the woods quite yet. The new Delta variant first discovered in India is highly contagious, and the race is on to vaccinate as many people as possible before the variant spreads like wildfire.

I am more than delighted that our children will be going back to overnight camp this year with re-openings happening. Yes, it’s not exactly what we had planned, but we will do what it takes to make this a good summer for our kids. Last summer was a disappointment, and not being able to do the usual summer things was hard. There were no trips to Canada’s Wonderland. The CNE and many other attractions were closed, so exploring our province took centre stage. We never took the trip we were planning at the end of August, but luckily it looks like it will go ahead this year. I love my home, don’t get me wrong, but I look forward to discovering new places as well.

Continued on next page



In the meantime, our kids are now officially in quarantine before they are off to camp. They have already taken their first asymptomatic test for COVID-19 before camp, and there are more tests to come. Camp will also look different this year, with no other option than to send the kids to camps here in Ontario. With no bus service, I will be in charge of their transportation. Masks and hand sanitizers are on the official camp packing lists, and each cabin will be a cohort. My girls, who will be attending the same camp, will not be allowed to give each other hugs in passing. Instead, they will have to devise their own greeting without actually touching as per the new camp rules. Visitors' Day is cancelled, and the tradition of lining up with cars on the side of the road waiting to get into camp will not happen. A Visitor's Day lunch of pastrami and corned beef, plus blueberry buns for dessert, will remain a distant memory. However, the opportunity for the kids to go to summer overnight camp will be priceless. For those few short weeks, they will be in the great outdoors, and the only "Zooming" will be racing to the mess hall for meals. I was not a camper; it just wasn't my cup of tea.

I never understood why my mother loved camp so much and why my grandparents packed her off to camp as such a young kid. Now, however, I understand her circumstances much more. She grew up at King and Bathurst Streets, and the chance to be outside and away from the oppressiveness of the city in the summer provided her with the freedom to be a kid. I guess that's exactly what

I'm doing for my kids. They need their freedom from the computer, from bizarre socializing at a distance, from each other, and their parents.

Their absence will make the heart grow fonder, so I already look forward to their return. As for the two of us, we look forward to being a couple again, not being so regimented, and a little bit of quiet.

I hope that your summer is full of safe adventures, friends, and fun.

Wishing you well.



FOOD SENSATIONS



Looking for great recipes and the history behind these Jewish foods and customs. This is the place to start. [Click here!](#)

Trader Joe's Hack: Falafel Schnitzel Recipe

Shannon Sarna

Ingredients

- 2 lbs boneless, skinless chicken breasts (preferably sliced thin)
- 2 eggs
- 2 tsp mustard
- 2 tsp water
- 1 cup panko bread crumbs
- 1 cup Trader Joe's Falafel Mix (can be substituted for a different mix)
- vegetable oil for frying
- additional salt (if desired)

Directions

1. Combine breadcrumbs and falafel mix in a shallow dish. Combine eggs, mustard and water in another shallow dish.
2. Dredge each chicken cutlet in the egg mixture and then the breadcrumb mixture.
3. Heat oil in a large sauté pan over medium-high heat. You should coat the pan so that there is about 1/2 inch of oil for frying.
4. Fry each chicken cutlet into golden brown, around 3-5 minutes on each side.
5. Remove chicken from oil and place on a wire rack. Sprinkle with a pinch of salt if desired.

<https://youtu.be/IBAwNEOyTXE>



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



Rare		120-125°F
Medium-rare		130-135°F
Medium		140-145°F
Medium-well		150-155°F
Well-done		≥160°F

The classic temperature scale for steak doneness



FOOD SENSATIONS

Baked Sole with Lemon

Ingredients

- 1 lb sole fillets
- Coarse salt to taste
- ¼ cup vegetable oil
- ¼ cup fresh lemon juice
- 3 tbsp breadcrumbs
- 3 tbsp grated Parmesan cheese
- ½ tsp paprika



Instructions

1. Preheat oven to 350 degrees F. Season sole fillets with salt.
2. In a small bowl, whisk together oil and lemon juice. Pour into a 13X9 glass baking dish. Add fish and coat each fillet with the lemon-oil mixture.
3. Sprinkle fillets evenly with breadcrumbs, then with the cheese and finish with a sprinkle of paprika.
4. Bake in the oven for 15-20 minutes or until fish flakes easily with a fork. Cooking time may vary depending on the thickness of the fillets.
5. Serve and enjoy!

Recipe prepared in Rosen Kitchen without Parmesan cheese. It was flaky and delicious!

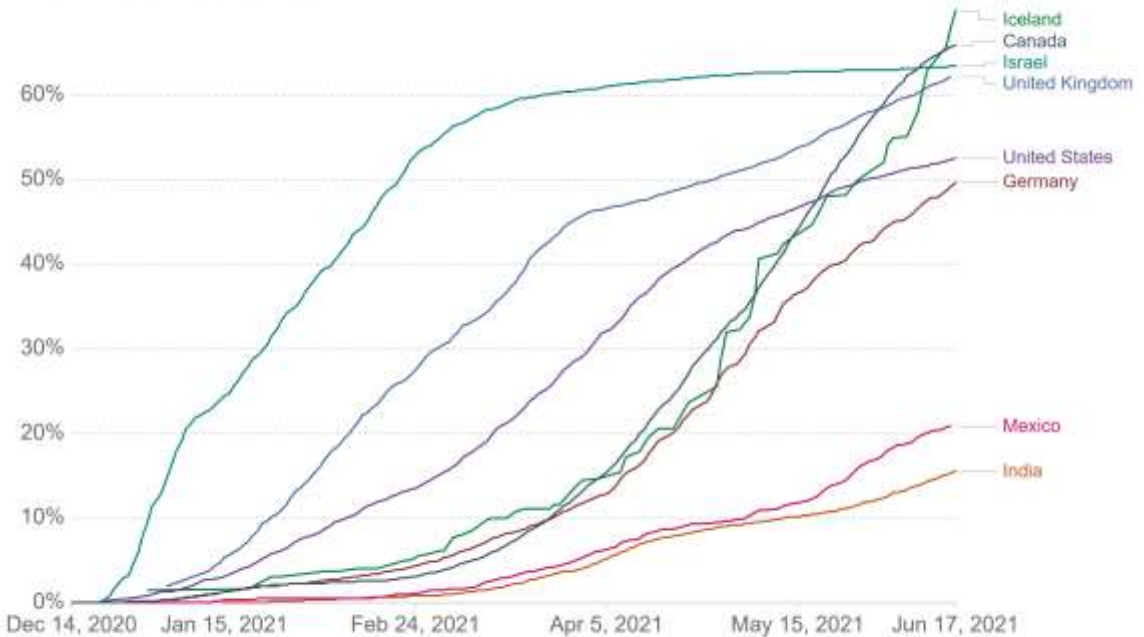
To modify the recipe for the number of people being served, go to <https://salu-salo.com/baked-sole-lemon/> and then print.



HEALTH

Share of people who received at least one dose of COVID-19 vaccine

Share of the total population that received at least one vaccine dose. This may not equal the share that are fully vaccinated if the vaccine requires two doses.



Source: Official data collated by Our World in Data

CC BY

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

Summary of reported and estimated vaccine efficacy for COVID-19 vaccines currently approved in Canada:

Vaccine	14 days after dose 1 and before dose 2 (95% CI)	> 7-14 days after dose 2 (95% CI)
Pfizer BioNTech	93% (69-98%)	95% (90-98%)
Moderna	92% (69-99%)	94% (89-97%)
AstraZeneca/COVISHIELD	78% (59-96%)*	81.6% (47.0 to 93.6%)*

CI - confidence interval; *from day 22 up to day 90 after dose 1. ^Estimate of vaccine efficacy for dose interval of >12 weeks



Source:
Ontario
Ministry
of Health



COVID-19



Mental health support

It is okay not to feel okay. You may feel sad, worried, scared, confused or angry during COVID-19. It is normal and lots of people feel this way when faced with sudden life changes or hard times.

What you can do



Stay connected. Play an online game with a friend, phone a neighbour, or have a video call with family.



Take care of yourself. Get enough sleep, exercise and eat well.



Learn something new. Try a new hobby or take an online course.



Help someone else. Doing something nice for another person can feel good.



Get help. Talk to someone you trust or get professional support.

Contact 211 for help

If you need help, contact 211 to be connected with free mental health support, including for children and youth, seniors, and racialized, Indigenous, Black and LGBTQ2S communities.

Call 2-1-1 (24 hours a day, seven days a week)

TTY: 1-888-340-1001 | Text 21166 (Monday to Friday, 7 a.m. to 9 p.m.)

GOOD & WELFARE

Birthday

Mark Spergel	July 6
Lilly Sherman	July 7
Ira Kuchinsky	July 28
Lisa Rosen	July 30
Marilyn Arkin	August 10
Stan Zeliger	August 19



Anniversaries

Michael & Carol Pacter	July 2
Albert & Honey Ohana	August 15
Stan & Janet Zeliger	August 16
Stewart & Cathy Indig	August 23



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.



So many options.

What's *your* favourite salad?



FORESTDALE FUNNIES

THESE ARE ACTUAL COMPLAINTS RECEIVED FROM DISSATISFIED TRAVELLERS:

1. "They should not allow topless sunbathing on the beach. It was very distracting for my husband, who just wanted to relax."
2. "On my holiday to Goa in India, I was disgusted to find that almost every restaurant served curry. I don't like spicy food."
3. "We went on holiday to Spain and had a problem with the taxi drivers as they were all Spanish."
4. "We booked an excursion to a water park, but no one told us we had to bring our own swimsuits and towels. We assumed it would be included in the price."
5. "The beach was too sandy. We had to clean everything when we returned to our room."
6. "We found the sand was not like the sand in the brochure. Your brochure shows the sand as white, but it was more yellow."
7. "It's lazy of the local shopkeepers in Puerto Vallartato close in the afternoons. I often needed to buy things during 'siesta' time -- this should be banned."
8. "I think it should be explained in the brochure that the local convenience store does not sell proper biscuits like custard creams or ginger nuts."
9. "It took us nine hours to fly home from Jamaica to England. It took the Americans only three hours to get home. This seems unfair."
10. "I compared the size of our one-bedroom suite to our friends' three-bedroom, and ours was significantly smaller."
11. "When we were in Spain, there were too many Spanish people there. The receptionist spoke Spanish, and the food was Spanish. No one told us that there would be so many foreigners."
12. "It is your duty as a tour operator to advise us of noisy or unruly guests before we travel."
13. "I was bitten by a mosquito. The brochure did not mention mosquitoes."
14. "My fiancée and I requested twin-beds when we booked, but instead, we were placed in a room with a king bed. We now hold you responsible and want to be reimbursed for the fact that I became pregnant. This would not have happened if you had put us in the room that we booked."



FORESTDALE FUNNIES



TRIBUTE TO THE LATE, GREAT RODNEY DANGERFIELD

I could tell that my parents hated me. My bath toys were a toaster and a radio.

My mother had morning sickness after I was born.

I told my psychiatrist that everyone hates me. He said I was being ridiculous - everyone hasn't met me yet.

When I was a kid, my parents moved a lot, but I always found them.

My father carries around the picture of the kid who came with his wallet.

I haven't spoken to my wife in years. I didn't want to interrupt her.

I told my wife the truth. I told her I was seeing a psychiatrist. Then she told me the truth: that she was seeing a psychiatrist, two plumbers, and a bartender.

When I played in the sandbox, the cat kept covering me up.

A girl phoned me the other day and said... 'Come on over, there's nobody home.' I went over. Nobody was home.

I remember the time I was kidnapped, and they sent a piece of my finger to my father. He said he wanted more proof.

My wife's cooking is so bad the flies fix our screens.

My wife is always trying to get rid of me. The other day she told me to put the garbage out. I said to her I already did. She told me to go and keep an eye on it.



LOOKING BACK



*Adelaide and Bay Streets
-1927*

City of Toronto Archives

Photographer: Alfred
Pearson

Old Toronto 100 years
ago
<https://dailyhive.com/toronto/old-toronto-vintage-photos>

4948 Traffic conditions, Adelaide & Bay, 12.58 Apr. 27/29.4.1927
City of Toronto Archives, Series 71, 95071_44848

Yonge Street and
Eglinton Avenue 1962

City of Toronto Archives

Photographer: Eric
Trussler

Vintage photos of
Toronto in the 1960s
and 1970s
<https://dailyhive.com/toronto/vintage-photos-toronto-1960s-1970s>



City of Toronto Archives, Series 844, 85648_80318_00000



Self-Care Tips for Managing Stress and Anxiety

During these stressful times its important to prioritize self-care. Below are some useful tips to support your psychological health and wellness.



- Challenge worried or anxious thoughts. Use grounding techniques such as meditating or deep breathing to cope.
- Try to structure your day.
- Stay balanced.
- Build 20-30 minutes of exercise into your day.
- Limit blue light exposure before bed.
- Take a nature walk.
- Stay connected to co-workers, friends and loved ones.



L'chaim!



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