

KOL ECHAD

Forestdale Heights Lodge
B'nai Brith Canada

July/August 2022
Tamuz/Av/Elul 5782



Volume 20, No 6

COVER ART



Imagine, a summer morning on your patio with the perfect breakfast (it's just as good without the patio).

You can practically smell the coffee, and taste the lox and cream cheese. Of course, the type of bagel is always open for debate (and usually is).

Now, get out there and make it a reality.

Thanks to Cantor Ben Silverberg for this month's cover photo. For more on Cantor Ben, see elsewhere in this issue.



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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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EDITOR'S DESK

Jeff Rosen

Twenty-five hours without power is undoubtedly an interesting way to start the first long weekend of 2022's unofficial summer season. The intense storm certainly came out of nowhere, caused massive destruction across the province and left as quickly as it arrived.

Shortly after its arrival, we lost power in our home. That in itself is not unusual in our part of Thornhill. We have had more than our fair share of blackouts and power failures following such extreme weather events. Most of the time, they only last a few hours. This one, though, would prove different.

After the storm had passed, I looked outside to see what damage had been caused. Imagine my surprise to see an eavestrough downspout lying on our front walkway. Heading out, I received an even greater shock, as the pipe was not from the front of our home, but connected to our neighbour's place, two doors away. I was thankful no one had been hurt and that my car had not been damaged.



Losing power in May is quite different from a power failure in the winter. The days are longer and warmer (the sun came out after the storm passed). So, Lisa, Jordana and I decided to take the unusual day in stride, relax, and enjoy the afternoon while keeping track of the power drain on our cellphones. Dinner time soon rolled around, and we still had no power. We called around, found a few places still open, and headed out.

Continued on next page



I figured that we would have power by the time we came home. Unfortunately, I was mistaken. I still had no idea of the extent of the storm's damage, had no idea that winds with a speed of around 130 kilometres per hour had ripped through the province. As a result, the three of us spent the evening in the living room, talking about anything and everything. It was really a special time, something that most



people don't do anymore. The only sad note was learning that Lisa's aunt had died in Hamilton. She was a special person who had lived a full life of 101 years.

Darkness came upon our area, and with no power, the area was utterly dark. Being an optimist, though, I figured that the electricity would be restored sometime in the middle of the night. Wrong again! Sunday morning arrived, and we were still without power. So, off

we went for breakfast. I wasn't very surprised that the place was packed, and shortly after we arrived, people lined up outside the door for a table. The combination of the ongoing power failure and the popularity of Sunday brunch proved a boon for the restaurant.

Eventually, we returned home and still no change. By now, we were starting to get concerned about the contents of our refrigerator and freezer. However, we were "powerless" to do anything, so we had to take it in stride once again.

Finally, at 2 p.m. on Sunday, 25 hours after the lights went out, things started to "click." The fridge motor went on, as did the answering machine. Finally, we were back in business. We checked the freezer, and we deemed everything "safe." However, we did dump most of our fridge's contents.

The next day we visited Longo's to stock up and were surprised to find them dumping their entire back shelf of cheeses, milk, eggs, etc., and all their frozen food products. I would have thought the place would have had a generator that protected everything.

It definitely was a strange day in the Rosen household, not a terrible one, but one that I know we will remember for a long time. It was an actual family day, one when we just... talked.

Both of these images are stock photos from <https://pixabay.com/>



HIGH HOLIDAY GREETINGS 5783



Due to the pandemic, Forestdale Heights Lodge will again run a modified High Holiday Greetings campaign similar to last year. There will be no charge for placing a business card-sized greeting in the September/October issue.

Deadline is August 1. If you wish a larger ad, there will be a small charge. Options are:

- ✓ Double business card - \$10
- ✓ Quarter page - \$20
- ✓ Half page - \$40

If you prefer to remove last year's ad, please let us know by August 1.

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AT A GLANCE

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

Meetings will resume on Tuesday, September 13, followed by November 8, and December 13. There will be no meeting in October due to the High Holidays. While the Lodge will maintain Zoom meetings, we will hold occasional in-person meetings.

All Dates Subject to Change

KOL ECHAD SCHEDULE 2022-23

September / October – Fall/High Holiday Issue

Deadline: August 8

November / December – Chanukah Issue

Deadline: October 10

January / February – Winter Issue

Deadline: December 10

March / April – Purim/Pesach Issue

Deadline: February 10

May / June – Spring Issue

Deadline: April 10

July / August – Summer Issue

Deadline: June 10



KOL ECHAD ADVERTISING

BLACK & WHITE

Full Page	\$100
Half Page	\$75
1/4 page	\$40
1/8 page (Business Card)	\$30

COLOUR

Full page	\$150
Half page	\$100
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1/8 page (Business card)	\$50

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PRESIDENT'S PEN

Ruth Pupko

Will return next issue.



HARMONY

Rosalie Moscoe

Will return next issue.



TALKING POINTS

Debbi Silver

Will return next issue.



JUNE MEETING

Forestdale Heights Lodge's 2021-22 season officially came to a close on Tuesday, June 7, deciding to maintain Zoom meetings when we resume in the fall. However, everyone agreed that we should keep our options open and possibly meet in person on a semi-regular basis.

A lot was accomplished at the Zoom meeting, and everyone present took part in the proceedings. While Stewart Indig was present, he appointed me as the meeting moderator and, as usual, the meeting was led by President Ruth Pupko. Also taking part was Lisa Rosen, Ray & Rosalie Moscoe, Eddie & Marilyn Arkin, Carl Zeliger, Albert Ohana, and Harvey & Debbi Silver.

The most exciting item on the agenda (in my view) was the decision to revive our popular summer BBQ. It was voted on and decided to hold the social gathering on Sunday, August 14, at 5:00 p.m. at the home of Stewart & Cathy Indig. The cost will be \$25/person. Those interested should RSVP to Ruth by August 6 at r.pupko@rogers.com or (905) 709 2675. The BBQ will be limited to Lodge members, and those attending should have received their COVID-19 vaccination.

Following up on our last meeting in April, Carl updated everyone on plans to modify the Lodge's constitution regarding how many people are necessary to hold a general meeting. Presently, a quorum has 12 members, and it was agreed to change it to nine. The process of making the changes will continue into our next season.

It was decided to put the summer project on hold. Instead, the Lodge will focus on a fall/winter project when we reconvene in September.

On the issue of Kol Echad, I reported that the bulletin had just completed its 20th season and was already planning for our annual High Holiday greetings issue in September. At present, we have two confirmed greeting ads from politicians.

Our next virtual meeting will be Tuesday, September 13, 2022.

Everyone wished each other a good and safe summer as we wrapped up.

Jeff Rosen

Canadians all suffer from bi-measurement disorder.

We measure outside temperature in Celsius and oven temperature in Fahrenheit.

We weigh our produce in kilograms and our people in pounds.

We measure distances in meters, but our height in feet.

A light snowfall is measured in centimeters, a heavy snowfall is measured in feet.

Driving distance isn't really measured in kilometers when you talk to people. It's measured in time.

Tourist: How far is it to Calgary?

Canadian: About 6 hours.

GOOD & WELFARE

Birthdays

Mark Spergel	July 6
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



CONDOLENCES

To Mark & Marla Spergel on the passing of his father, Captain Gordon Spergel. May his family be comforted with all the mourners of Zion.

* * *



Mazel Tov

To FHL vice-president Eddie & Marilyn Arkin on the birth of their granddaughter, Leah Rose, who was born on April 24 in Japan. Proud parents are Josh and Yuki Arkin.

To Carl & Debbie Zeliger on the September wedding of their son Josh to Zlata Volfson. Carl is a past president of FHL and currently sits on the executive as a trustee.

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.



CVS/GOODLIFE MARATHON

Five, 4, 3, 2...was that the countdown to the start of the Toronto Marathon? No, it was our healthy volunteers who helped at the marathon's first water station at Harlandale Avenue, just north of Yonge & Sheppard. Thanks to three amazing volunteers and the help of Morrie (Harvey's friend), we pulled it off without a hiccup. We even had Mark stopping traffic, so runners could safely cross Yonge Street. I personally want to thank Mark, Morrie, and the volunteers who helped us out. All had fun. I cannot wait to do it again next year.

The 42.2-kilometre marathon also included a half-marathon, a 10-kilometre and five-kilometre run and an eight-person relay.

Stewart Indig



CVS/GOODLIFE MARATHON

The next Toronto Marathon will be held on Sunday, May 6, 2023.



Stewart Indig photos



CVS/GOODLIFE MARATHON



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**TORONTO
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A Toronto tradition since 1977



CVS/GOODLIFE MARATHON

Hi there,

Just a short note to say Thank You!

It was an early day for all of us, and for some and very long day as you helped so many achieve their goals.

We and our participants very much appreciate your time and commitment to the event and are grateful that you, your organizations and volunteers were available on race day.

Hope you enjoyed the day, as blustery and unseasonably cool as it was. Lots of very happy runners, and that was our goal.

Again, a big thank you and hope to see you next year.

Have a great weekend.

Regards,

Jay Glassman

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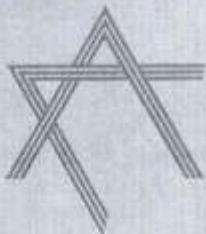
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CVS



In May, FHL President Ruth Pupko helped sort clothes at the Beth Radom Synagogue's clothing drive. She is seen here with Tamara Janowski (below), B'nai Brith Canada's summer intern and dedicated volunteer, Joel Sacke.





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PERSPECTIVES

BOOMER SKILLS THAT ARE BECOMING OBSOLETE

Reading a map

Maps are large, fragile and frustratingly tricky to fold back up once they've been opened to their full size. It makes a lot of sense that few millennials know how to or even want to use them these days. In a survey commissioned by British mapping company Ordnance Survey, researchers found that only 20% of millennials wished they were better at reading maps.



Driving a stick shift

Pretty soon, no one will understand the saying, “that really grinds my gears.”

EPA data says that 35% of U.S. cars launched in the 1980 model year had manual transmissions. But, 40 years later, that number dropped to about 1%.

Writing in cursive

It's hard to get a bead on whether cursive writing is actually going extinct or if op-ed writers just think it is. Cursive writing has had an obstacle-filled history over the past few decades. Reuters reports that in 2010, U.S. schools were no longer required to teach it as part of the education system's Common Core Standards.

Traditional grammar

Unless we're talking about Latin, language is constantly evolving and therefore, so is grammar. An article published by Reader's Digest discusses a few significant changes. For one, the use of cell phones — with their accompanying emojis and acronyms — has shortened many people's written communication style. In the same line, as more people communicate over screens, extra letters may be added to certain words to add emphasis: “Mom, it's fiiiiine.” Off-screen, the use of more inclusive pronouns and descriptors — such as the gender-neutral they/them — is becoming more and more common.

Continued on next page



Using a landline

Generation Z may never understand the torture of waiting your turn to use the one household phone — which had a tangled up spiral cord that stretched halfway into the next room if your call required any privacy.

According to data from the U.S. Census, 84% of households had at least one smartphone in 2018.

As of 2020, over 80% of adults ages 25-34 had opted to go entirely wireless, says the National Center for Health Statistics.

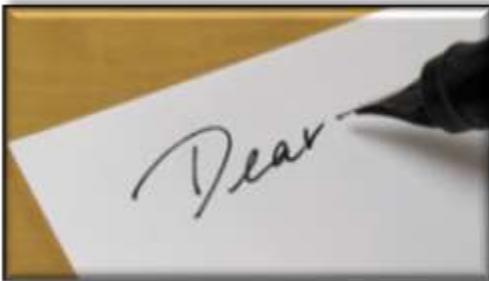


Balancing a chequebook

Since many purchases and bill payments happen online these days, the frequency of someone writing a check to cover — well, anything — has sharply decreased, especially in the last decade. The art of balancing a chequebook — that is, going through your own notes of what you paid out to compare it to your monthly bank statement — is also a thing of the past.

Finding dates in person

You might not have realized it if you're already partnered, but a large portion of heterosexual couples have found their person on an app, according to a 2019 study from Stanford. According to sociologist Michael Rosenfeld, 39% of heterosexual couples found their significant other online, growing from 22% in 2009.



Writing letters

Group chats with your best friends, e-mails with your mom, and sending a quick text have become so commonplace that sitting down to write a letter, sealing it in an envelope, finding a stamp, and then going for a short walk to drop it in a mailbox can seem like too much work. So much work, in fact that a 2021 CBS News survey reported that 37% of

Americans say they haven't sent a personal letter through the mail in over five years, and 15% have never sent one at all.

Continued on next page



Driving a car

Whether you buy used or new-off-the-lot, a car can be a costly investment that depreciates the second you drive it home. Then there are the associated costs — insurance, maintenance and gas to keep it running. The idea of owning a car is falling out of favour, mostly in bigger cities, where it is easier to hop on transit, find a carshare or get to your destination on foot.

Driving and owning a car isn't going to disappear anytime soon, but a whisper of

its obsolescence is appearing on the horizon.

Using a dictionary

Okay, not the dictionary in general, but the physical incarnation of one. Paper dictionaries are, by definition, huge, and expensive to print, and the only way to update them is to issue another edition. Meanwhile, online dictionaries don't take up any physical space and can grow fluidly to accommodate the changing lexicon of the times.

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GUEST VOICE

By **CANTOR BEN SILVERBERG**



As a cantor who has been teaching bar and bat mitzvah lessons for over 20 years, I often get comments from parents about their children's weekly in-person lessons with me. They usually go something along these lines:

"We can't make it today, there's a snowstorm," or "we can't make it today, my daughter has a cold," or "we can't make it today; my son is in the playoffs on his rep team."

These comments, which resulted in cancelled lessons with me, would be followed by anxiety and stress from parents of being that much closer to the Big Day but having missed classes. In 2016, I said to myself – "there has to be a better way!"

So a new way of teaching bar and bat lessons was born! I innovated a system of asynchronous learning. Simply put, I created a way of teaching children using audio recordings shared back and forth over e-mail. It works like this – I send "Sarah" an audio recording of her Torah portion with a PDF of the text and specific instructions on what she needs to learn for the week. "Sarah" spends no more than 10 minutes per day learning a few words, then making a recording to send my way for me to review. Within 24 hours, I send "Sarah" an e-mail with an audio recording giving my feedback/praise/areas for improvement. "Sarah" makes the changes, sends me back a recording, and once I listen, I let "Sarah" know by way of a reply e-mail that she is good to go – learn the following line!

Students and parents LOVE this new way of learning for several reasons. The student no longer has to wait a week in-between lessons. My system allows the student to accelerate learning and have forward momentum as my students and I communicate back and forth several times per week. No more practicing things wrong for a week and wasting one's next lesson trying to undo mistakes. In addition, my system lets students learn when a student learns best. A student might learn best at 6 a.m. or 4 p.m. or 10 p.m., and maybe in the following weeks, it's completely different – they have constant access to my materials, and I am very accessible, just an e-mail or text message away!

Continued on next page



My system removes wasted time sitting in traffic and removes the sometimes awkwardness of having a teacher come into your home or taking your child to a teacher's home.

My system works because, let's face it, I didn't invent the iPhone, but I certainly am leveraging kids' love of technology. Parents love that learning about Judaism and their bar/bat mitzvah portions is a positive use of technology.

My curriculum is not just about learning to sing a Torah portion. It's crucial for me as an educator that I teach Torah – but Torah that is relevant to 12 and 13-year-olds in 2022. I send weekly video lessons about the week's Torah portion and ask the students questions. For example, when learning about Joseph seeing his brothers after many years after they sold him into slavery and threw him in a pit, I ask my students if they would have forgiven their brothers if they were Joseph. We learn about forgiveness, charity, humility, leadership, sharing resources with the less fortunate...etc.

As a teacher, bar and bat mitzvah is not just about learning to recite a Torah portion. It is about learning to do acts of kindness and sharing resources with the less fortunate.

I preach the Ripple Effect – every student can be the stone that creates ripples in water, ripples that go to infinity. When a student of mine learns this, they are constantly on the lookout for daily opportunities to be kind and good. They know that whoever they help will pass along the kindness to someone else...and that someone to someone else...and so on...the Ripple Effect.

I feel blessed that my online Jewish education and bar and bat mitzvah program has already reached so many worldwide. I have students from Paris, Manhattan, Arizona, Florida, Stratford, Toronto, B.C....

Wherever in the world there are students who want to learn about Judaism and who want to have a bar or bat mitzvah, the CoolCantor (moi) will happily teach.

Stay healthy and well.

Sincerely,

Cantor Ben

www.coolcantor.com

Ben Silverberg has been a cantor serving the Toronto community for nearly 20 years. In that time, he's supported many successful bar and bat mitzvah students as they progress into Jewish adulthood.



FOOD SENSATIONS

It's BBQ season again, 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

Preheat 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.



Fish

Don't fear cooking fish on the grill. Ensure 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.

Continued on next page





Chicken (NEW)

Place cut-up chicken into a dish, cover and bake at 350 for 40 minutes.

Remove from oven and place pieces on BBQ, low to medium heat. Add BBQ sauce of your own choosing and cook for 20 minutes, turning pieces over every five minutes and adding additional sauce.

The result is perfect, tangy BBQ chicken.

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 it 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



COMMUNITY



VOLUNTEERS NEEDED

B'nai Brith's Emergency Food Box Program



B'nai Brith is in need of volunteers to deliver Emergency Food Boxes to seniors and families in need around the GTA on Thursdays.

These food boxes provide groceries to the most vulnerable members of our community, including Holocaust survivors.

If you or someone you know is able to volunteer, please contact Tamara at tamaraj@bnaibrith.ca



COMMUNITY

CJNonline.com | CJNonline.ca
Community Jewish News
Reaching you where it matters

Notable Canadian Jewish Musicians: Rosalie Moscoe.
Children's Music Entertainer, Educator, Author

By **DAVID EISENSTADT**
cjnonline.com

TORONTO May 1/22 – Do you remember children’s music performers, Jim & Rosalie? Many Canadian parents and their kids certainly listened to and enjoyed their happy tunes from 1970 to 1993.

Rosalie Fleishman was born in Toronto, Canada on October 4, 1945. Her Jewish parents were Polish-born dad Samuel, and Lipton, Saskatchewan-born mother Dora (née Brodie) Fleishman, whose parents were from Romania.

Rosalie sang at three, upstaging her older brother Fred at Toronto’s Bais Yehuda Synagogue Chanukah concert. She took violin, ukulele, and guitar lessons and, in high school, played the oboe and clarinet. “I identified as a Jew as a child, attended Hebrew school, and loved singing in shul,” she said.

Early in her music career, she teamed with her mother in 1973 as “Mama & Rosalie,” writing, performing comedy skits, and singing in Toronto and Ontario venues. “We wrote fun skits – *Bubie Come To Babysit, Renaldo’s Charm School*, and others – and had a wonderful time.”

She studied voice with Bill Vincent of Voice & Company and with Rosemary Burns at the Royal Conservatory of Music in Toronto. In 1993, she enrolled in the Orff Music Program, Level 1, at the Royal Conservatory. Adding to her education, Rosalie studied Improvisation – Second City-style – at Seneca College and took Journalism, Creative Writing, and Songwriting classes at Seneca College, York University, and Long & McQuade.

Continued on next page



During those 23 years, Moscoe worked with children through the arts. Initially, playing her music in nursery schools, day camps, and libraries.

From 1980 to 1991, she ran teacher workshops, performing in various venues across Canada. She also did a string of national radio/TV appearances. As a teacher/instructor, she taught adults at Sheridan College in Oakville, ON; instructed undergrads in their Early Childhood Education Program and a 16-week Music for Children course in 1979.

But the music business took its toll, and family life was always the most important. “So, after my difficult decision to leave the music world, I returned to school to pursue another passion – health and wellness,” she explained. Moscoe studied Workplace Wellness and Health Promotion at Centennial College in Toronto, graduating in 1995. She graduated in 1998 from the Canadian School of Natural Nutrition and taught a 16-week Stress management Course at Centennial College that year.

That career change saw her as a speaker to corporations, governments, and the general community. From 1995 to 2015, she ran workshops and keynoted speeches on stress relief, wellness, and nutrition. From 1998 to 2016, she consulted nutrition patients of three medical doctors.

A published author of “Frazzled Hurried Woman! Your Stress Relieve Guide To Thriving – Not Merely Surviving”. It’s worth reading.

But her music roots kept calling, and today two solo albums are being redesigned/renamed – Journey To My World and Imagination Station, respectively. This should happen in June 2022.

Moscoe’s songs are about “fun, fantasy, and feelings, to spark creativity, self-esteem, and self-awareness,” she told me. “My goal has always been to let children know that life is good. My songs are from a child’s perspective. I want to leave a legacy for children and still have many tunes that I hope to record – some about the environment, some about food, some about fun.”

With titles like Pollution Rock, Please Help Save My Planet, Recycling Rap, Veggie Power, and Junk Food Blues, Moscoe’s music will surely be on parents’ radar for young children to be listened to and played for future generations.

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



FORESTDALE FUNNIES

FINALLY! BLONDE MEN JOKES:



A blonde man is in the bathroom and his wife shouts "did you find the shampoo?" He answers "Yes but I'm not sure what to do ... it's for dry hair and I just wet mine."

A blonde man spots a letter on his doormat. It says on the envelope "DO NOT BEND". He spends the next 2 hours trying to figure out how to pick it up.

A blonde man shouts frantically into the phone "My wife is pregnant and her contractions are only 2 minutes apart!" Is this her first child?" asks the doctor. "No!" he shouts, "this is her husband!".



FORESTDALE FUNNIES

If you ever get pulled over, it's always best to be honest, and whatever you do, don't do what this couple does!

A man and his wife are out driving and get pulled over by a police officer.

The husband, who is the one behind the wheel, asks, "What's the problem, officer?"

Officer: "You were going at least 75 in a 55 zone."

Man: "No sir, I was going 65."

Wife: "Oh, Harry. You were going 80." (The man gives his wife a dirty look.)

Officer: "I'm also going to give you a ticket for your broken tail light."

Man: "Broken tail light? I didn't know about a broken tail light!"

Wife: "Oh, Harry, you've known about that tail light for weeks." (The man gives his wife another dirty look.)

Officer: "I'm also going to give you a citation for not wearing your seat belt."

Man: "Oh, this? I just took it off when you were walking up to the car."

Wife: "Oh, Harry, you never wear your seat belt."

The man turns to his wife and yells, "Shut your mouth!"

The officer turns to the woman and asks, "Ma'am, does your husband talk to you this way all the time?"

Wife: "No, only when he's drunk."

**JELLYFISH HAVE SURVIVED
650 MILLION YEARS,
DESPITE NOT HAVING A BRAIN.**



**THIS GIVES SO MANY
PEOPLE HOPE.**



(FIRST DAY AS A PILOT...)

CONTROL

**TOWER: Can you give me
your position?**

**ME: I'm next to a cloud that
looks like a lion.**

CONTROL

TOWER: Can you be more specific?

ME: Simba.



AS I SEE IT

Marc Kates

Change.

It's what we have to live by, whether we like it or not. Sometimes the change is small, other times, it's big. Just in the past while, change has been at the forefront of my mind. I wondered whether there would be a change or not in the recent provincial election, but apparently not in terms of the results. The only real change is that Mr. Ford has secured power for another four years with a majority parliament, and both the Liberal and NDP leaders stepped down from their positions, effectively eliminating any opposition voices. There was also a change in voter turnout. Most Ontarians shrugged off the election and decided not to cast a ballot.

We also witnessed a change in terms of the slow handover of ceremonial power from Her Majesty Queen Elizabeth II to her son Charles. At 96, the status quo will not remain forever. Many members of the Commonwealth are openly musing over eliminating the Crown as their head of state and opting for a republic. This change would never have been considered years ago, but time moves forward. Many countries are reevaluating their relationship with the monarchy, especially as the effects of colonialism are coming to the forefront.

Continued on next page





I witnessed change, too, as my son assumed the role of a full member of Jewish society. I am no longer responsible for his actions – at least not halachikly. There was a lot more room underneath my tallis in shul over Shavuot, as each of us could independently bless the congregation as kohanim.

I see changes in my students, changes in policies, changes in attitudes, and in the natural world

as well. I see the climate getting warmer and stronger weather events. I look forward to some changes, like the changing of the seasons, and the anticipation of the next holiday, celebration, and milestone. Change is inevitable, but the only thing we can control is our reaction to that change.

Is all change good? Not necessarily. Is it inevitable? Absolutely. What will your reaction be to the next thing that brings about change? That, is up to you.

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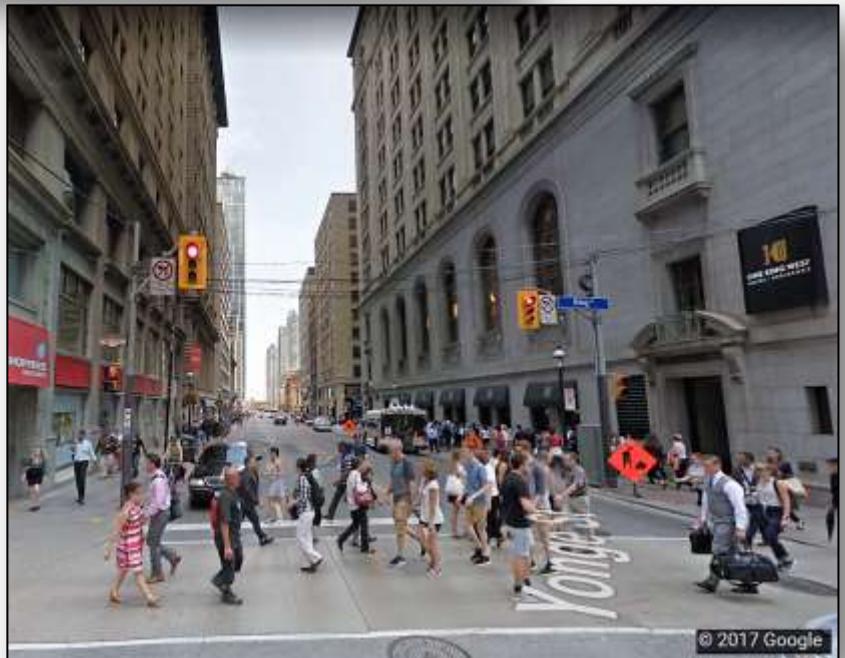
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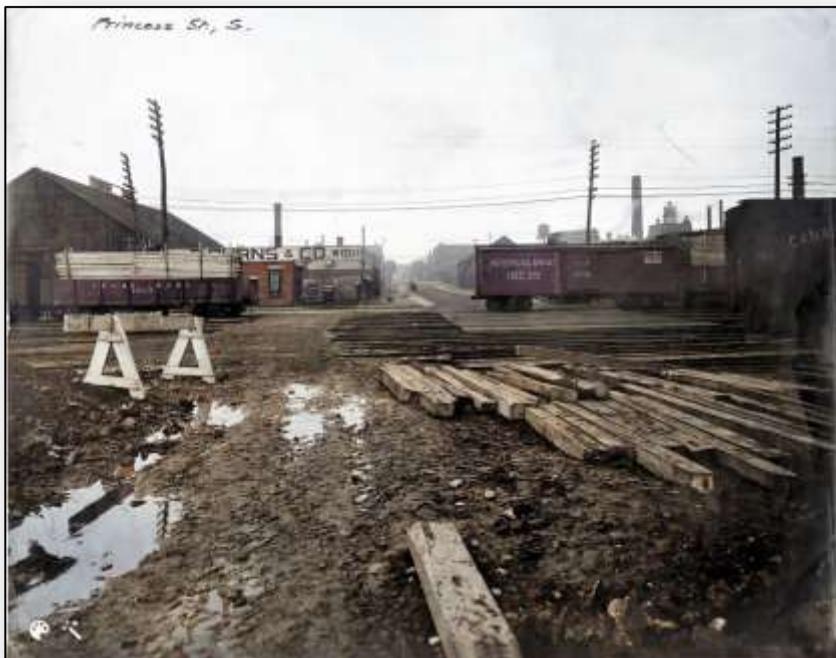


**Yonge Street and
King Street, looking
south
(1872 and 2017)**

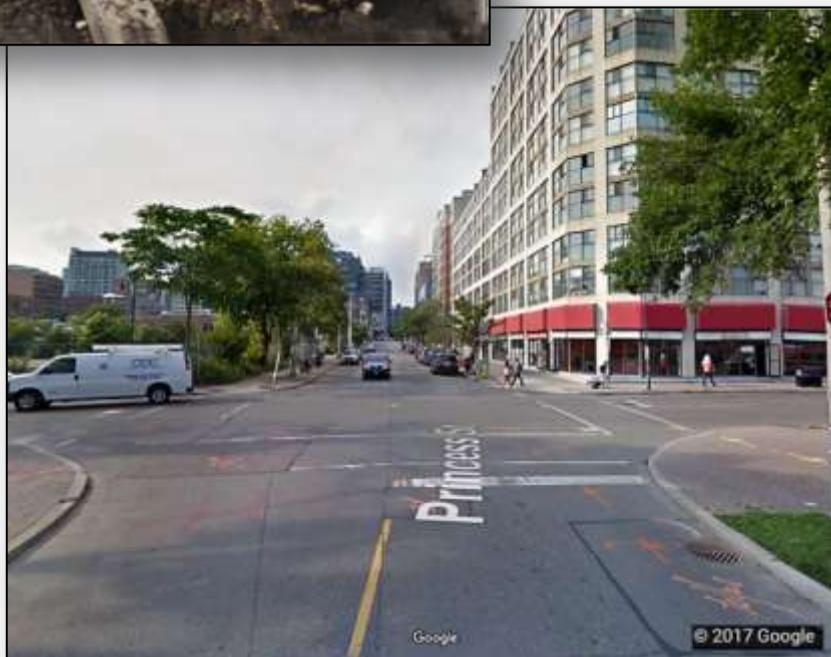
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LOOKING BACK



**Princess Street
and The
Esplanade,
looking north
(1907 and 2017)**



LOOKING BACK



City of Toronto Archives, Fonds 1266, Item 6127

It wouldn't be a true Toronto summer without a look at Toronto's favourite summer institution - The Canadian National Exhibition. Here we see a crowd at the CNE's Midway in 1925. [City of Toronto Archives]



HEALTH

Even if you're pregnant by choice and want your baby, Roe being overturned could destroy your life

By MASADA SIEGEL

Independent

What happened to me in Arizona was legal even before this [Supreme Court] decision. From now on, women's lives are in danger, whether they are seeking an abortion or seeking medical attention for a miscarrying non-viable pregnancy

"Your pregnancy is not going to work out. If you remain pregnant, you will miscarry. I can't tell you when it will happen, or to get it removed," my doctor told me as she looked at her watch. "You have five minutes to decide what to do, as I am going on Thanksgiving vacation and will be out of town so I need to find a doctor to do the surgery."

I sat on the flowery couch in a room adorned with photos of smiling moms and cute babies, tears welling up in my eyes.

Getting pregnant had been no easy task. I had prayed for a miracle, thought I had received it — and now my hopes had been shattered, my prayers unanswered and smashed to pieces.

For weeks, there had been concerns about my pregnancy. The heartbeat wasn't strong, so I'd been inserting progesterone pills to help the pregnancy move forward. Now I'd been told it was all for nothing.

"Please find a doctor to help me," I said.

But the person I was given a referral for was a "pro-life" doctor. I had no idea until I walked into his office.

He examined me and said, "There is still a heartbeat. I will not help you."

"I don't understand," I replied. "I was told there is no chance this is a viable pregnancy. It's at 40 beats a minute. Why can't you do the surgery?"

"Does not matter," he responded. "There is a heartbeat so you would be killing your baby." For the next hour, he told me repeatedly that if I proceeded with surgery, that would make me a "murderer".

To read further, go to <https://bit.ly/3yl070n>





L'chaim!



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