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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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AT A GLANCE

FHL will hold Zoom meetings on the second Tuesday of each month in 2023-2024.
Start time: 7:00 p.m.

FHL Meetings for the 2023-24 season

2023

September 12
October 10
November 14
December 5 – Dinner meeting, TBA

2024

January 9
February – No Meeting
March 12
April 9
May – No Meeting
June 11

All dates are subject to change.

Kol Echad schedule for the 2023-24 season

September / October – High Holiday Issue (*Greetings*)

Deadline: August 10

November / December – Chanukah Issue

Deadline: October 10

January/ February – Winter Issue

Deadline: December 10

March/ April – Purim/Passover Issue (*Greetings*)

Deadline: February 10

May/ June – Spring Issue

Deadline: April 10

July/ August – Summer Issue (Digital)

Deadline: June 10





PRESIDENTS' PENS

Ruth Pupko



PRESIDENTS' PENS

Debbi Silver

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COVER ART



With summer upon us, it's a great time to pack a bag and head out on vacation.

One such place is Techatticup Ghost Town (or Nelson Ghost Town) in Nelson, Nevada, a 45-minute drive from the Las Vegas Strip.

Nevada has a rich mining history and is peppered with abandoned old mines.

However, Nelson Ghost Town is different. It is a mix of a junkyard and an outdoor art display.

The area known as Nelson was originally called Eldorado in 1775 by the Spaniards who made the original discoveries of gold in the now Eldorado Canyon area. The town was the site of one of the first significant gold strikes in Nevada and one of the biggest mining booms in state history. Gold and silver were discovered here around 1859. The rush to the canyon began in 1861 when several mining camps were established there, and a steamboat landing called Colorado City was established at the mouth of the canyon on the Colorado River.

Soon, other minerals were discovered in the area.

The place, located in the middle of nowhere and cut off by miles of harsh desert terrain, often saw violent conflicts spurred by ownership and rights disputes. Lawlessness was routine at Nelson as the place attracted fortune seekers from all over the continent. Deserters from Union and Confederate armies would head to this remote area, hoping that such an isolated location would be the last place military authorities would look for them.

Among the early mines established was the Techatticup Mine in the middle of the canyon. Despite the notorious reputation of the mine, it, along with others in the town, produced several million dollars in gold, silver, copper and lead. The mines in the canyon were active from about 1858 until 1945.

Nelson was eventually abandoned when a flash flood hit the area, and the torrents of gushing water flushed away the precious fossils that attracted so many people here.

(Jeff Rosen cover photo)





EDITOR'S DESK

Jeff Rosen

June 2023 finally arrived, and I was faced with a genuine dilemma. To sit down at my eight-year-old desktop computer and crank out a new column for the final issue of our 21st season or to take a much-deserved break.

There was no contest in the end, given everything happening in and around Chez Rosen. June 2023 was a special month for me. That's because I celebrated my 65th birthday on June 12, which means I am now officially a senior citizen. Just writing that sounds so old. However, I don't feel any different now (and certainly don't act any different). Actually, strike that. Recent injuries have definitely affected how I feel. But more about that later.

This special birthday brought in many government-approved changes, including my OAS pension. I refuse to write the name out in full as I still equate it with older people. Like all of you, I am definitely not one of them! Still, the extra funds will be welcome.

My turning 65 also has ramifications for our Lodge. Until recently, I have been the youngest (male) member of FHL (Lisa hits that unique number in two years). This means we are now a seniors' lodge, no more a group of young male "whipper snappers" working all day and then heading out for baseball, bowling or other sports activities.

While we may be a bit slower, those of us still on the front lines of this great organization retain the same spirit and drive to help others that our founders had back in 1967. Forestdale Heights remains a leader in CVS many decades later.

Before I sat down with my family to blow out the birthday candles (they wouldn't let me have an age-appropriate cake), I did something that had eluded me for the past four years – head west to my favourite vacation spot.

Continued on next page



Before returning to Las Vegas, my first post-Covid visit since 2019, I wondered if this was the start of something new or the continuation of a popular getaway. This was my 11th visit since 2008. Therefore, you wouldn't expect that there would be anything new under the Nevada sun this time around.

However, unlike past trips, I no longer had the option to stay at Bally's. That's because the iconic name came down last December when the hotel/casino was rebranded as Horseshoe Las Vegas. That meant there would be many new places to explore and plenty of "unknown unknowns."

When I booked the trip in January, I decided a slower-paced trip would be the best course of action as I was still dealing with a fractured collarbone from a trip-related accident last fall. In the end, it was a great decision.

A day before I was to leave, I twisted my ankle. At first, it wasn't too bad. However, as the day wore on, the pain level increased. I decided to press on, and the next day, departure day, I wrapped my ankle with a tensor bandage and headed to the airport.

Unfortunately, by the time I arrived at my hotel, my ankle was sore and swollen. Fortunately, I have a great trainer at my gym in Thornhill, and his e-mail advice to purchase an ankle brace was the perfect prescription, significantly improving my mobility.

Even with the ankle brace, I did slow down on this adventure. As strange as it sounds, I had never gone in the pool in all my years visiting Las Vegas. I always thought there was too much to see and do in this "Disneyland." Maybe it was my injury, but I realized what I missed on those past trips.

Continued on next page





This did not mean a complete halt to life in LV. There's no way it could since it often takes five to 10 minutes to get to a restaurant. I still saw a few shows, enjoyed lively entertainment on Fremont Street and even took a tour I discovered in 2018.

I learned of the Eldorado Canyon Gold Mine Tour that year and looked forward to joining before it was cancelled. I rebooked the following year, but once again, it was put on hold. I figured I would try one more time, and this year, I was not disappointed. As well as a journey back in time, our tour guide took us into an abandoned gold mine.

That was how the spring/summer of 2023 began. There will be more adventures this year.

Right now, though, I must return to reality to finish this new digital issue of Kol Ehad.

See you back in September with our annual High Holiday issue.

Be well.

<https://youtu.be/-Oj52XqifAE>



MILESTONES

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

Forestdale Heights Lodge extends condolences to Rosalie & Ray Moscoe on the passing of her brother, Fred Fleishman.

Forestdale Heights Lodge extends condolences to Shirley Rachman on the passing of her husband, Harvey Rachman, a past president of Forestdale Heights Lodge.

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.



MAY MEETING

Forestdale Heights Lodge Co-President Debbi Silver ran her first meeting since being elected to the post, as the Lodge held its final Zoom meeting of the season on May 2.

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

Financial Secretary Lisa Rosen passed on giving a report this month due to incomplete information provided by B'nai Brith Canada's head office. Instead, Ruth gave a summary of our current membership numbers.

Harvey provided an update on the pushka can program, including the fact that the program is winding down.

Stewart led off the discussion on our summer BBQ. Lodge members decided that the popular summer gathering will be held on July 30, and the rain date will be August 13. The price will be \$25 per person.

Members also agreed that the Lodge would hold a "Chanukah get-together" in early December — location and price to be announced.

I (Jeff) motioned for the Lodge to restart in-person meetings on a limited basis with no food served. However, most members voted against the motion, preferring to keep meeting virtually on Zoom.

Ruth brought up the idea of holding a program with a Holocaust survivor in the fall. While there was general support for such a gathering, the idea was tabled until further information could be obtained.

Finally, it was decided to cancel the June meeting, as per Lodge tradition.

Jeff Rosen

CONFIDENTIAL REPORTING ANTI-HATE HOTLINE

B'nai Brith Canada operates the country's only Anti-Hate Hotline combating anti-Semitism and racism. If you have been the victim of an antisemitic incident, we encourage you to fill out the form at <https://bit.ly/3irmAAz> or call our toll-free Anti-Hate Hotline at 1-800-892-BNAI (2624).



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HIGH HOLIDAY GREETINGS 5784

With Forestdale Heights Lodge operating in virtual mode, Kol Echad will again run a modified High Holiday greetings campaign. There will be no charge for placing a business card-sized greeting in the September/October issue.

There will be a small charge if you wish to place a quarter or half-page greeting (\$20 or \$40). If you want to make any changes or remove last year's ad, please let us know by August 1.

Please send all relevant information to jelijo@sympatico.ca

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



B'NAI BRITH CANADA

Canadian Action Now Symposium 2023 – July 5, Toronto



Go to this site to learn more:

<https://www.bnaibrith.ca/can/>

On July 5, join B'nai Brith Canada at the Canadian Action Now Symposium 2023 – an exciting event that will gather leading experts to tackle burning issues that impact all Canadians, including members of the Jewish community.

Engage in fascinating, interactive panel sessions with leading authorities on the following topics:

- Canada Action Now - A New Paradigm
- Words that Wound: Fighting Hate in the Era of Social Media
- Aging Like a Pro – Get Your Ducks in a Row
- Unpacking IHRA: Igniting Conversations, Inspiring Action
- Navigating the Maze: Guiding Individuals Through the Healthcare Labyrinth
- The Oxygen of Democracy - Access to Information Laws
- Amazon Gift Cards, Foreign Princes and Unexpected Inheritances, Oh My! - Fraud Prevention
- Influence Peddling and Foreign Meddling

The event will run from 9:00 a.m. to 5:00 p.m. at the Park Hyatt Hotel in downtown Toronto.

A registration fee of \$36 will grant you exclusive access to all panel sessions, as well as a continental breakfast, lunch, snacks and refreshments. Kashrut will be observed.



B'NAI BRITH CANADA

Volunteer Food Delivery Drivers Needed

B'nai Brith Canada is seeking enthusiastic volunteer drivers in Toronto, Montreal, and Winnipeg to help deliver food boxes for our weekly food program.

First established in March 2020 in response to the COVID-19 crisis, our food program has expanded into a nationwide service that delivers over 240 boxes every week to families in need. Week after week, our dedicated volunteers show up eager to provide not just nutritious food, but comfort and companionship to the recipients, many of whom are isolated seniors.

If you live in one of these regions, have access to a car and **CAN** spare 1-2 hours on Thursdays between 10:00 a.m. and 2:00 p.m., please contact us at the addresses below to join our remarkable team.

Toronto – Tamaraj@bnaibrith.ca



Toronto Seniors Program: New Location for July and August!

For the months of July and August, B'nai Brith Canada's daily seniors' program will be moving from Earl Bales Community Centre to Beth Radom Synagogue at 18 Reiner Road.

The classes will take place in the large event room, allowing plenty of space where participants **CAN** comfortably engage in exercise, art and other activities. Classes will begin with Heather's exercise class at 10:00 a.m. on Monday, July 10.

We look forward to seeing you there!

For questions, please contact Alex at 416.633.6224 ext. 235.

To see program calendar, go to:

<https://www.bnaibrith.ca/senior-program-series-toronto/>

B'NAI BRITH CANADA



VOLUNTEERS NEEDED

B'nai Brith Canada requires volunteers for two-hour shifts to work as greeters and B'nai Brith Ambassadors at bingo halls.

ALL COVID-19 PROTOCOLS WILL BE FOLLOWED

The bingo revenue allows us to provide services such as emergency food boxes to hundreds of seniors who are food insecure, housing to many Holocaust survivors and clothing and other necessities to the most vulnerable in our community.

We need your assistance and ask anyone who can volunteer to contact Cheryl Landy at (416) 633-6224, ext. 134 or e-mail volunteer@bnaibrith.ca for more information.



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B'NAI BRITH CANADA

Since 2001, FHL Communications has been honoured seven times by B'nai Brith Canada, with awards presented for our various websites and print publications, The Horizon and Kol Echad.

Full details can be found at www.kolechad.ca/bbchonours.htm.



TORONTO MARATHON

How many Lodge members does it take to operate the first watering station at the Toronto Goodlife Marathon? This year we had three dedicated volunteers (including myself) who arrived in the early hours of the morning on Sunday, May 7.

In the past, Lodge members were kept busy operating the hydration



station at the starting point. We would set up the tables, fill the various containers, prepare the sports drink, and set up the cups before filling them.

Like last year's event, our water station was set up on the east side of Yonge Street, just north of Sheppard Avenue at Harlandale Avenue.

However, this year would prove to be different as we were *blessed* with eight volunteers, most likely high school students earning their volunteer hours.

As a result, it left less work for our team leader Stewart Indig, Mark Spergel, and me.

We also noticed fewer runners visiting our station as the marathon was operated on the west side of Yonge, forcing many people to cross the northbound lanes, which were quickly reopened to traffic after the marathon got underway at 7:35 a.m., five minutes later than planned. This may have had something to do with an unexplained visit by the Toronto Police Explosives Disposal Unit.

The result was that we filled fewer glasses with water and Nuun Hydration and discarded more of the refreshments after the half marathon got underway an hour later.

Immediately after the second group of runners/walkers left the starting gate, we cleaned our area, packed up and were on our way.

As well as the two marathons, which started at Yonge and Sheppard, 10K and 5K events also left from the CNE. Overall, this year's Toronto Marathon attracted 14,000 participants from 63 countries.

Jeff Rosen



TORONTO MARATHON



Jeff Rosen photos

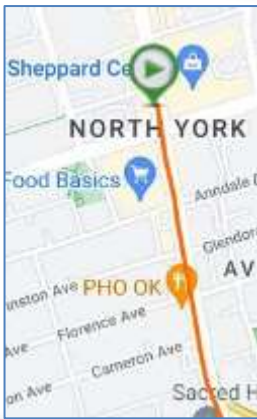


TORONTO MARATHON



Scenes from the marathon and half marathon are seen here.

More photos can be found at kolechad.ca/marathon23.htm





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HARMONY

Rosalie Moscoe

So, I've delved into the digital marketing world, putting my kids' music videos on my YouTube channel, www.YouTube.com/@rosaliekidsmusic. Also, I've put up a website, www.RosalieMoscoe.com, with all my songs and lyrics, and I've even signed up on Instagram! It's even more fun because I can add fun family pictures and other quirky stuff! However, many men think it's a dating site, sending pictures of flowers, yachts, and dogs. Those "friends" get deleted from my Instagram page!

Even if I mention my husband and a fun picture of him (dressed as a clown – in Ray's clowning days), I still get these strange messages from U.S. army men or doctors (or make-believe doctors) with pictures of roses! To one guy, before I deleted his post, I said, "Do you really want a 77-year-old woman?" I don't know what he answered because I had already deleted him from Instagram. One guy had featured his picture as a famous movie star – impersonation. I figured that out soon enough. It's been quite an adventure. But I've met many other children's musicians I had never heard of, and it's mostly been a wonderful experience.

I'm trying to get more viewings on my YouTube channel – I'll need 4,000 public viewing hours to monetize – almost there! Thankfully, on my YouTube Channel, subscribers are likely mothers and kids! The best part has been creating all the kids' music videos – which I had never made before, as well as reconnecting with old friends on Facebook and LinkedIn! So, there are pluses.

Continued on next page



However, digital music is not the same as holding an album in your hand or getting someone to sign it – as I did at my concerts so many years ago!

I'm still writing new songs and plan to put them online (once I can make enough money to do that). However, it's been an adventure – attending music conferences, learning as I go, and meeting new people who have achieved marvellous things, along with those who try to sell me apps and high-priced courses! Although I did succumb to a couple of low-cost interesting courses, which have been positive for me.

The last couple of months have been a challenge (after a knee fracture), but I'm coming along and now can walk well with my luminous pink cane! I should be back to high jumping soon, well, maybe not that soon! I guess I'll stick to yoga and all the exercises my physiotherapist suggests! Unfortunately, not long after my injury, my dear brother, Fred Fleishman, z"l, passed away right before Passover. I miss him dearly.

I will continue, and if I can keep busy making kids' videos and songs and staying in touch with my family and friends, I'll be okay. I wish everyone a happy summer and look forward to reconnecting with all our Lodge sisters and brothers at the annual BBQ!



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.



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.

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 preheated (450-550F) before placing the 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 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





AS I SEE IT

Marc Kates

The end of the academic year is fast approaching, so June must be a month of slowing down and getting into “vacation mode,” right? Wrong!

As I pen this article, I find myself with a break for nearly 20 minutes before I need to run and pick up our middle daughter from yet another bat mitzvah party. This weekend alone has been as precise as a military operation. It all started back on Thursday when we celebrated both my wife’s and father-in-law’s birthdays. Both were born on June 15, but my father-in-law is celebrating a significant milestone—his 80th birthday. So, the family got together for dinner and birthday cake for dessert. That night, we began to prepare for Friday night dinner. My father-in-law proposed the menu, and we had to execute it. So, before finally heading up to bed at 12:30 a.m., my onion soup was made. By 5:15 a.m. I was shelling chickpeas – the secret to making smooth and creamy hummus – and the wife was baking dessert. By the time I left for work, the table was set, and we were somewhat ready for Friday night’s festivities. Oh ya, and did I mention that we had a guest staying at our house over the weekend? He was in town for the surprise 50th birthday party that we were invited to on Saturday night in Yorkville.

Before Shabbat dinner, we entertained the family from near and far via Zoom, conducted a Kahoot! <https://kahoot.it/> in honour of my father-in-law’s special birthday, and prepared a number of songs created to mark the occasion. With a few hours in between, the rest of the meal was prepared, and then we finally sat down for dinner. The only one absent from the festivities was our middle daughter, who was invited to sleep over at a friend’s house to be close to the celebrations of her other good friend. Her weekend included no less than four events for this particular bat mitzvah.

Continued on next page



On Saturday morning, after walking the dog to the dog park, we got dressed and headed off to shul. My father-in-law was given an aliya to mark his birthday, and we had sponsored kiddish for the congregation. We came home, had a bit of lunch, and finally rested for a few hours before it was time to walk off to Yorkville for the surprise 50th birthday of our friend. In the meantime, our middle daughter had once again been picked up to attend another event for the bat mitzvah, and had already been dropped back off at home.

Today, Sunday, began with my wife baking freshly made cinnamon buns for Father's Day. Then we went on a 5 km run with the dog before we were set to divide and conquer. My wife went to the grocery store while I did laundry and started to get our children's bags ready and packed for camp. The day stopped in the middle of the day because part four of four for the earlier mentioned bat mitzvah was happening, a 12:15 soccer activity by our youngest was on, and then our son had his football playoffs too. By 3 p.m., most of us were ready for my father-in-law's garden party, where, over the course of the festivities, all three kids joined.

I am now back from picking up my daughter at yet another bat mitzvah party, and in the meantime, more packing was being done.

June is certainly not a month that makes me think of leisure time – just the opposite. In my line of work, I am stressed out with writing report cards, marking assignments, and trying to still engage my students with lessons.

June is not yet over, and looking towards the week ahead, I see more bat mitzvah parties, last-minute camp packing, our son's grade 8 graduation, and the (Shabbat) dinner we are hosting for my wife's trainee.

Did I also mention that Jeff is asking when he will receive my next article for Kol Echad?

As my late mother would say, if you want to get something done, ask a busy person. Honestly, despite all the planning and figuring out the logistics, it is crucial to plan for good things. We must note the special events that mark our lives and celebrate them.

Like the Energizer Bunny, we will keep going and going and going, but we probably wouldn't have it any other way.



KOL ECHAD ADVERTISING

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FORESTDALE FUNNIES

Q: How do you prevent a summer cold?

A: Catch it in the winter!

Q: Why did the kid with the rash not go on a vacation?

A: His dermatologist told him to apply the medication locally.

Q: Why do fish swim in saltwater?

A: Because pepper makes them sneeze!

First woman: My son came to visit for summer vacation.

Second woman: How nice! Did you meet him at the airport?

First woman: Oh, no. I've known him for years!

Q: What do you call seagulls that live near the bay?

A: Bagels.

Monica: Where did your mom go for her summer vacation?

Josh: Alaska.

Monica: Never mind, I'll ask her myself.

I finally told my suitcases that there would be no holiday this year.

Now I'm dealing with this emotional baggage.

Miles are longer than kilometers.

Save fuel by taking a trip in kilometers.

It would be great if I could take a 6-month vacation.

Twice a year!

Me: the Airline lost my luggage, so I tried to sue them.

Someone: Did you win?

Me: Unfortunately not, I lost the case.

My partner and I can never agree on vacations.

"I want to go to exotic islands and stay in 5 star hotels. She wants to come with me."



LOOKING BACK



**Bathurst St., looking north from Sheppard Avenue W
1957**

[Baldwin Collection of Canadians](#)

Below: Same view, November 2016



LOOKING BACK



Eglinton Ave. looking west from Yonge Street, 1922
City of Toronto Archives





L'chaim!



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