

Sivan/Tamuz/Av 5784

July/August 2024

# KOL ECHAD

Forestdale Heights Lodge  
B'nai Brith Canada

*Have a Great Summer!*

Volume 22, No 6

# COVER ART



It's summer, and after a relatively mild winter, it's time to get out, travel, and enjoy the great outdoors (as long as we don't get too much rain).

This will be the last issue of Kol Echad to include advertisements.

This month's cover was taken in Niagara Falls, Ontario.

*[Jeff Rosen photo]*



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# KOL ECHAD

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

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

All material submitted is subject to editing.

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

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

## Editor

Jeff Rosen

## Editing Staff

Marc Kates  
Lisa Rosen  
Debbi Silver

## Contributors

Marc Kates  
Rosalie Moscoe

www.kolechad.ca

# MILESTONES

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## Birthdays



|               |           |
|---------------|-----------|
| 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](mailto:jelijo@sympatico.ca).*

# AT A GLANCE

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FHL will hold Zoom meetings on the second Tuesday of each month in 2024.

Start time: 7:00 p.m.

**Upcoming Meetings:** Meetings will resume in the fall.





## EDITOR'S DESK

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Jeff Rosen

I said I wouldn't do it and create another summer issue, but material started arriving, and September was too far off. As a result, the decision was made to develop Kol Echad's fourth summer issue. This relatively new experiment began in 2020 when COVID-19 forced the world to shut down and pushed Forestdale Heights Lodge into virtual mode.

Here we are, July 2024, and so much has changed in the Lodge. Our in-person meetings have vanished, and our membership numbers have declined to the point where we really have to start having some brave conversations. What will they consist of, you may be wondering. I really don't have the answer. It's not for me to spell out what the future of FHL should be.

We used to be a strong CVS organization, but now we only participate in two annual community programs. Unfortunately, participation in each program has drastically declined for various reasons. There is no need to assign blame; it's just a part of life. I would like to acknowledge Stewart Indig and Carl Zeliger for submitting reports on our Lodge's involvement in the Purim Megillah reading and Toronto Marathon. Your efforts continue to make FHL strong and Kol Echad relevant.

Unfortunately, Kol Echad became less relevant at the April meeting when members voted to discontinue all advertising in our publication. This decision has resulted in the Lodge losing a significant source of revenue, approximately \$3,000, which cannot be replaced. Unfortunately, no one stepped up to manage the business side of Kol Echad, which the Silvers successfully maintained for many years. Additionally, we lost another revenue stream last year when our Pushka Can program was discontinued.

In our last issue, I mentioned that despite the significant changes in Kol Echad, I would keep it running. Since then, there has been much to consider and discuss in our household. Having a regular stream of advertisers meant we were committed to running a certain number of issues each season at specific times. All of that is now history.

What I am thinking now is that Kol Echad should be published online when there is sufficient material. There is no point in pushing our columnists to turn out new material every other month if nothing is happening in the Lodge.

As I mentioned earlier, there is much to think about, much to talk about. The future is in all our hands. It's definitely time to start a dialogue.

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**Continued on next page**



As many of you know by now, I continue to view spring/summer as the best time of the year for travel. Once again, I headed west to Nevada (as well as a visit to Arizona), and to Niagara Falls.

This year's journey to "*Lost Wages*" saw me take in a repeat performance of Cirque du Soleil – Love (the Beatles still are the best). I had seen this fantastic show 10 years ago, but when I discovered it was closing for good this month, I knew I had to buy a ticket. In Arizona, I explored the old mining town of Oatman, where donkeys freely roam the streets. I also visited the Electric Vehicle Museum in Kingman, AZ., which was a real eye-opener. It seems these four-wheel vehicles have been around longer than most realize. It is partially due to the efforts of oil-producing companies that they never became part of mainstream society.

During a getaway to Niagara Falls, Lisa and I saw several shows, including a magic show with Greg Frewin and another by BTO (Bachman-Turner Overdrive for those who may not be familiar with them).

So far, summer 2024 is shaping up to be pretty good. What's next? As I mentioned earlier, more dialogue and discussion.

All being well, we'll be back in September with a new issue.  
Stay tuned.



**At left: Oatman, AZ.  
Below: Randy Bachman, from  
BTO, performed at the OLG  
Stage in Niagara Falls.**



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# TORONTO MARATHON

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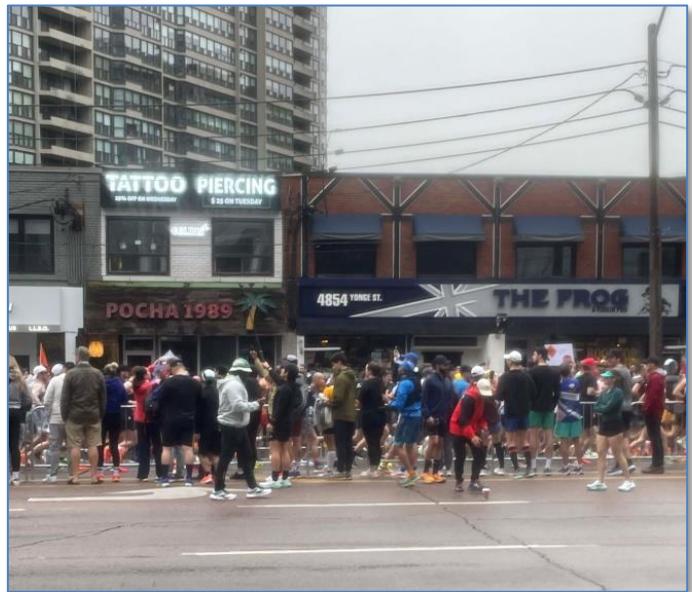
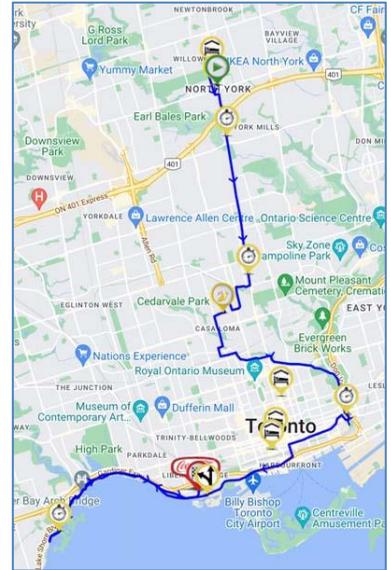
This year's Toronto Marathon succeeded in attracting 18,000 people who were registered to run or walk. Despite the rainy weather, we maintained another longstanding Lodge program. It was rainy, but we managed! This year, it was just me and former FHL member Mark Spergel who came to help! We were not alone, though, as we had many volunteers to help us.

Like the past few years, our water station – the first on the marathon's route – was set up on the east side of Yonge Street, just north of Sheppard Avenue at Harlandale Avenue.

Together with dedicated volunteers, we filled glasses with water and Powerade for the runners, first for the marathon, 30 minutes later for the runners/walkers taking part in the half-marathon walk, and the half-marathon run a half hour afterwards.

As well as the marathons, which started at Yonge and Sheppard, 10K and 5K events also left from the CNE.

***Stewart Indig***



# TORONTO MARATHON

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Stewart Indig photos



# CORRESPONDENCE

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AID TO  
**DISABLED VETERANS OF ISRAEL**  
(CANADA)

May 6, 2024

Ms. Ruth Pupko  
President  
Forestdale Heights Lodge

Dear Ms. Pupko:

On behalf of Beit Halochem Canada, Aid to Disabled Veterans of Israel, we thank you for your most generous contribution.

The October 7<sup>th</sup> terror attacks made clear that, while we long for peace, the need to defend Israel is always present. We are steadfast in our solidarity with Israel and her citizens and share in the unspeakable grief of the thousands who have lost loved ones.

As the only organization legally responsible for the well-being of Israel's wounded veterans, our role is more critical than ever. More than 5,000 men and women have already been enrolled at Beit Halochem's leading-edge rehabilitation centres across Israel. This number will continue to rise as the war continues.

We thank you, once again, for your commitment to assisting Israel's disabled veterans. Your support of Beit Halochem Canada is more significant than ever. Together, we will *Help our Heroes Heal*.

Sincerely,

.....  
219-1600 Steeles Avenue West, Concord, ON L4K 4M2  
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# CORRESPONDENCE



April 18<sup>th</sup>, 2024

Mrs. Debi Silver  
Forestdale Heights Lodge

Dear Mrs. Silver

Re: Pride of Israel Kosher Food Bank

On behalf of up to 150 families that are in need and make use of the Kosher Food Bank weekly, and the many volunteers who have taken to heart the importance of this program, I want to thank you for your generous gift that will, along with other donations received, ensure the continuation of the Kosher Food Bank for the immediate future. Your gift has truly made a difference.

It is unfortunate that this program is ongoing. The need is real and apparent. We hope that we can continue to rely on your support this year and in subsequent years. Once again, we do thank you.

Yours truly,

  
Alan Marks  
Pride of Israel Synagogue Kosher Food Bank



59 Lissom Crescent, Toronto, Ontario M2R 2P2  
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# CORRESPONDENCE



Dear Forestdale Heights Lodge

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Thank you for your contribution to our community.

Sincerely yours,

A handwritten signature in black ink that reads 'Daniel A. Gordon'.

Daniel A. Gordon  
Co-Chair of the Board

A handwritten signature in black ink that reads 'Hadassah Slater'.

Hadassah Slater  
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# B'NAI BRITH CANADA

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*Shattered glass panels above the front doors of the Pride of Israel Synagogue Sunday*

## **BBC condemns attack targeting Toronto synagogue**

B'nai Brith is appalled after yet another attack targeting a Jewish institution in Canada.

Police are investigating the incident as a potential hate crime after multiple rocks were thrown through a glass panel above the front doors of the Pride of Israel Synagogue in North York, Ont. The rocks were thrown in the wee hours of the morning on Sunday, June 30.

Carl Zeliger, vice-chairman of the congregation, told B'nai Brith Canada that the damage caused was "significant" and "has to be viewed as an antisemitic act." He said camera footage caught an individual on a motorcycle hurling stones at the glass above the doors.

**Continued on next page**



# B'NAI BRITH CANADA

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This incident is the latest of a string of antisemitic attacks targeting Jewish institutions in Canada since Hamas' terrorist attacks on Israel on October 7, 2023. Earlier this month, B'nai Brith compiled a list of 18 attacks on Jewish schools and synagogues since early November. These include shootings, firebombings, bomb threats and vandalism.

"It is out of control, and must stop," said Judy Foldes, Chief Operating Officer for B'nai Brith Canada. "We implore police forces to monitor Jewish institutions closely and vigilantly during this troubling time for Jewish Canadians."

*Report by B'nai Brith Canada.*

*Glass shards covering the vestibule floors at Pride of Israel. [Carl Zeliger photos]*

**Also, read story in [The Canadian Jewish News](#)  
[Two Toronto synagogues attacked over the Canada Day weekend](#)**



# B'NAI BRITH CANADA

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## **Court grants injunction against anti-Israel encampments at U of T**

**TORONTO** – B'nai Brith is pleased after a judge of the Ontario Superior Court issued an injunction Tuesday, July 2, authorizing the dismantling of the illegal anti-Israel encampment on the University of Toronto's campus.

In his decision, Justice Markus Koehnen ordered protesters to remove "any and all structures, tents, and encampments" by 6 p.m. Wednesday, July 3, and vacate Front Campus and King's College Circle. The order also authorizes police to arrest anyone who fails to comply.

B'nai Brith sought and was granted intervenor status in the case. Our submission supported the granting of an injunction, citing the irreparable harm the encampment was having on the human rights of Jewish members of the university's community.

"Today's decision sets a powerful precedent," said Richard Robertson, B'nai Brith Canada's Director of Research and Advocacy. "There is no justification for the behaviour of the encampment's participants, whose actions went well beyond what is permissible as free expression and lawful protest and included antisemitic chants and slogans, as well as calls for violence."

Since the encampment began on May 2, Jewish students and faculty at the university have experienced unprecedented levels of harassment and intimidation. In one high-profile incident, a man was recorded shouting, "Heil Hitler... I wish he murdered all you guys," while directing a Nazi salute at Jewish students. Protesters have also regularly chanted violent slogans such as "There is only one solution: intifada revolution!"

The University of Toronto highlighted several of these incidents in its initial legal filings, among other examples of threatening speech, physical assaults, and vandalism.

"This decision is the one so many Canadians have been hoping for," Robertson said. "We call on universities across the country to use all the means at their disposal to end the encampments plaguing their campuses and to ensure the well-being of all their staff and students."



# B'NAI BRITH CANADA

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## **BBC reaches provisional deal with McGill**

**MONTREAL** – Following B'nai Brith Canada's advocacy, McGill University and the Post-Graduate Students' Society of McGill University (PGSS) have reached a provisional agreement preventing the association from ratifying or implementing a controversial policy and a series of motions until the matter is resolved by the Court, or unless the provisional agreement is voided by the parties.

The Superior Court also ordered that Plaintiff's identity be kept confidential.

As a result of the lawsuit, which was filed in mid-June against the PGSS, with support from B'nai Brith Canada, McGill filed a statement into court confirming that it deems the PGSS' policy and motions to be null and void. It further stated that if the PGSS attempts to implement them, it will issue a notice of default under its Memorandum of Agreement with the PGSS.

“The agreement with the PGSS and McGill – which was the result of significant effort on the part of B'nai Brith and Tina Silverstein and Matthew Meland from the Fishman Flanz Meland Paquin LLP, who are representing the Plaintiff – ensures that there will be consequences if the PGSS ratifies or implements these policies before the matter is fully litigated,” said Henry Topas, Quebec Regional Director for B'nai Brith Canada. “We are fully committed to advocating for Jewish students at McGill, who are increasingly facing harassment and intimidation from seemingly every student group on campus.”

The issue in the litigation concerns the PGSS Council's Dec. 8, 2023, policy statement in “solidarity” with members of McGill's undergraduate Student Society of McGill University (SSMU) who voted for the so-called “Policy Against Genocide in Palestine.” The SSMU's policy is being challenged in another B'nai Brith-backed lawsuit filed by an anonymous Jewish undergraduate student.

This litigation also seeks to prevent the ratification and implementation of several motions which were controversially adopted despite the PGSS' own counsel questioning their legality.

Neither the SSMU policy nor the PGSS' policy and motions contain any reference to Hamas' brutal Oct. 7 attacks on Israel, during which terrorists murdered about 1,200 Israelis, mostly civilians, and abducted 251 people.



# B'NAI BRITH CANADA

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## CONFIDENTIAL REPORTING ANTI-HATE HOTLINE

B'nai Brith Canada operates the Anti-Hate Hotline combating antisemitism and racism. If you have been the victim of an antisemitic incident, we encourage you to fill out the form at <https://bit.ly/3irmAAz> or call our toll-free Anti-Hate Hotline at 1-800-8924

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# B'NAI BRITH CANADA

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## HIGH HOLIDAY GREETINGS 5785

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**Kol Echad will again run a High Holiday Greetings campaign this fall, similar to last year. This year there will be no charge for repeating your same size greeting in the September/October issue.**

**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 Jeff Rosen.**

# COMMUNITY

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## COMMUNITY RESOURCES TO FIGHT ANTISEMITISM

UJA UPDATES: [www.jewishtoronto.com/activist-updates](http://www.jewishtoronto.com/activist-updates)

To report issues and discrimination: [info@jewishtoronto.com](mailto:info@jewishtoronto.com)

UJA Legal Task Force with Centre for Israel and Jewish Affairs (CIJA):  
[ltf-war@cija.ca](mailto:ltf-war@cija.ca)

To report hate crimes and threats:  
Call Toronto Police at 416-808-2222  
York Region Police at 866-876-5423  
Peel Region Police at 905-453-3311  
Halton Region Police at 905-825-4777  
and UJA Community Security at 416-635-5600

DOWNLOAD THE BNAI BRITH ANTI-HATE APP AT [www.bnaibrith.ca](http://www.bnaibrith.ca)

Canadian Jewish Political Affairs Committee – training sessions on getting involved with the political process: <https://cjpac.ca/>

REPORT GRAFITTI TO POLICE: <https://www.tps.ca/services/online-reporting/graffiti/>



## Poilievre pledge a dangerous first step on a perilous path to lost rights

TOM BRODBECK



### OPINION

**I**T seems clear that if Pierre Poilievre becomes Canada's next prime minister, he plans to be the first federal leader to use the country's so-called notwithstanding clause to override the constitutional rights of Canadians.

The Conservative Party of Canada leader suggested this week he would use the controversial clause — which has never been used by the federal government — to deny bail to any repeat violent offender charged with a new violent crime.

The question now is, how far would Poilievre go in denying Canadians their fundamental rights under the Charter of Rights and Freedoms? He plans to start with bail. But what other rights might he target to further his hard-right political agenda? Protection against unreasonable search or seizure? Arbitrary detention? Cruel and unusual punishment?

The list of Charter rights subject to the notwithstanding clause is long. It includes Sec. 2, which contains basic rights such as “freedom of conscience and religion” and “freedom of thought, belief, opinion and expression including freedom of the press and other media of communication.”

It also covers Sec. 7-15, which includes one of the most fundamental judicial rights: “To be presumed innocent until proven guilty according to law in a fair and public hearing by an independent and impartial tribunal.”

Those rights could be quashed with one stroke of the pen, if Canada had a prime minister extreme enough to do it.

Poilievre told a Canadian Police Associa-



SEAN KILPATRICK/THE CANADIAN PRESS FILES

**Pierre Poilievre suggested this week a Conservative government might deny bail to repeat violent offenders charged with a new violent crime.**

tion meeting Monday that, if he won government, he would bring in a law that would automatically deny bail to any repeat violent offender facing a new violent crime charge. That would violate Sec. 11 (e) of the Charter, the right “not to be denied reasonable bail without just cause.”

The Supreme Court of Canada has ruled that under that section, bail should be the norm not the exception. There is good reason for that. People charged with crimes are presumed innocent until proven guilty in court (unless Poilievre plans to take that right away, too). They should be detained pending the outcome of their court case only if there is just cause, such as a danger to the community or a flight risk. Those decisions can only be made on an individual basis by an impartial judge or magistrate.

The only way for government to eliminate that right would be to enact legislation “notwithstanding” that provision of the Charter through Sec. 33 (1). That's what Poilievre says he would do if he became prime minister.

Doing so would not only cause major congestion in provincial jails, which are already bursting at the seams, it would mean even people with a couple of assault convictions would automatically be denied bail if they were charged with another violent offence.

More importantly, it would impose automatic detention on people yet to be found guilty of a crime. That would be a fundamental breach of human rights and a major setback for Canada.

It would also be a slippery slope. If Poilievre would be willing to eliminate one right under the charter, there's no reason to think he wouldn't consider using the notwithstanding clause to eliminate others. Once governments get a taste of that power, such as in Quebec (which has used the clause multiple times to push through unconstitutional legislation), they may want to pursue it further.

If Poilievre sees nothing wrong with overriding a Charter right in one area, no moral persuasion would convince him that doing so for other rights is fundamentally wrong.

Poilievre claims — wrongly — that using the notwithstanding clause to enact unconstitutional legislation would make that legislation constitutional. It wouldn't. That's not how the notwithstanding clause works. It simply allows a provincial or federal government to pass a law “notwithstanding” the Charter right that it's breaching. It would still be a breach of the Charter.

That would be a terrifying road for Canada to embark on. Passing laws that take away people's most fundamental rights would drastically change the kind of country we live in. It would be a shift away from a rights-based society towards a totalitarian state.

The loss of human rights in society doesn't usually occur in one fell swoop. It usually happens incrementally, until one day people wake up and realize they're living under an oppressive government.

Democracy and human rights are not a given. They must be protected and constantly fought for. Poilievre's pledge to use the notwithstanding clause to override the Charter represents a serious threat to those principles.

[tom.brodbek@freepress.mb.ca](mailto:tom.brodbek@freepress.mb.ca)



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***JEFF ROSEN***  
**EDITOR**

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# FORESTDALE FUNNIES

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## Summer Job

For her summer job, my 18-year-old daughter arranged interviews at several day-care centres.

At one meeting, she sat down on one of the kiddie seats, no simple task for most people.

The interview went well, and at the end, the day-care centre director asked the standard question, “Can you give me one good reason we should hire you?”

“Because I fit in the chairs.”

She got the job.



## Two Year Old

My two-year-old cousin scared us one summer by disappearing during our lakeside vacation.

More than a dozen relatives searched the forest and shoreline, and everyone was relieved when we found Alex playing calmly in the woods.

“Listen to me, Alex,” his mother said sharply. “From now on, when you want to go someplace, you tell Mommy first, okay?”

Alex thought about that for a moment and said, “Okay. Disney World.”

## Forecast

Vacationing in Vermont, I picked up the local paper to check the forecast.

It read:

Today: Sunny, 76.

Tonight: Not so sunny, 55.

## The Beach

On our first day at a resort, my wife and I decided to hit the beach.

When I went back to our room to get something to drink, one of the hotel maids was making our bed. I grabbed my cooler and was on my way out when I paused and asked,

“Can we drink beer on the beach?”

“Sure,” she said, “but I have to finish the rest of the rooms beforehand.”



# FOOD SENSATIONS

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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.

Rare: 5 minutes;

Medium Rare: 7 minutes; Medium: 8 minutes;

Well Done: 10 minutes.

**Continued on next page**



## 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 be released 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;

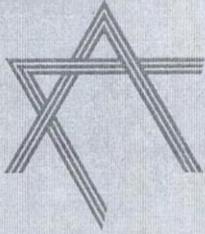
Well Done: 14 minutes



|             |   |           |
|-------------|---|-----------|
| 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





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**At Steeles Memorial Chapel, we take pride in providing the Jewish community with a service that is sensitive, caring and helpful in your time of need. Our professional staff takes every detail into careful consideration.**

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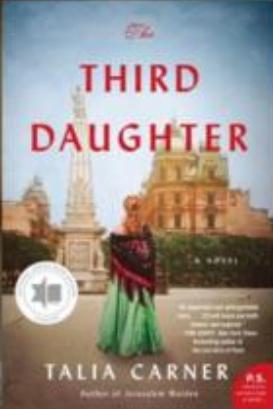
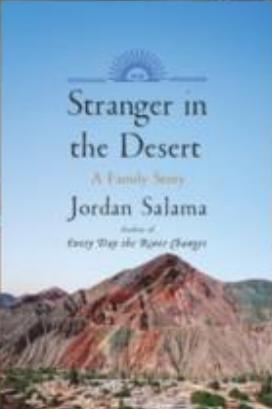
*Serving the Jewish Community since 1927.*

# COMMUNITY

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# Beit Rayim Book Club

|   |  |   |
|---|--|---|
|  <p><i>My Name Is</i><br/><b>Barbra</b><br/><i>Barbra Streisand</i></p> |  <p><b>THIRD DAUGHTER</b><br/><b>TALIA CARNER</b><br/><i>Author of Jerusalem House</i></p> |  <p><b>Stranger in the Desert</b><br/><i>A Family Story</i><br/><b>Jordan Salama</b><br/><i>Author of Every Step the Water Changes</i></p> |
| <b>Wednesday</b><br><b>July 3</b><br><b>7pm</b>   | <b>Wednesday</b><br><b>August 14</b><br><b>7pm</b>   | <b>Wednesday</b><br><b>September 25</b><br><b>7pm</b>   |
| <a href="http://www.beitrayim.org">www.beitrayim.org</a>  |  |  <p>בית רעים<br/><b>BEIT RAYIM</b></p>  |

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# HARMONY

Rosalie Moscoe

With all the treats, sweets, alcohol and overeating, many of us feel the effects. To achieve overall nutrition health benefits, take time to detoxify your body (especially your liver). Physical and mental health problems can be affected by poor digestion and the wrong foods. Take the following quiz and read on to discover a simple, yet effective detoxification plan.

## Overindulgence Quiz

Do you have brain fog or can't think straight? Do you have little patience for those around you? After drinking alcohol or eating sugar, are you jittery or upset? Do you suffer from tiredness problems? Are you acting impulsively? Do you feel dizzy, nauseous and have a pounding heart? Do you have heartburn, bloating, gas pains and poor digestion?

If you answered yes to most of the above questions, your liver needs help to improve digestion and combat the effects of fast food. The liver removes toxic substances by filtering them out of your blood.



## Nutrition Techniques to go from Fatigue to Fantastic

Include many plant foods in your diet, some raw foods at each meal (fruit or vegetables). Salads, whole grains and beans, lentils and peas are easily metabolized. For those who have trouble digesting grains and beans, reduce or eliminate them.

Keep animal protein to a minimum, 2 to 3 oz., per meal of fish, poultry or eggs (all organic if possible).

Throughout the day, drink pure water and herbal teas such as green tea and peppermint. Cut caffeine use.

Keep dairy products and red meat to a minimum.

Forget deep frying. (That includes French fries).

Stay off sugar and white flour products, and especially avoid 'one too many' drinks.

Do not gorge yourself, especially at night.

**Continued on next page**





### **Healthy Oils to Detoxify**

Use a small amount of pure forms of oils, cold-pressed (written on the label of the bottle). Refrigerate. Olive oil and ground flaxseed helps to reduce inflammation that results from too many toxins in the diet. Ground flax can be added to salads and yogurt.

### **Powerful Nutrients for the Cleansing Process**

Vitamin C acts as a detoxifier by preventing free radicals from causing cellular damage. Vitamin C also helps with the effects of dealing with withdrawal symptoms from cigarettes or alcohol. The B vitamins in a B complex vitamin formula help metabolize alcohol into non-toxic products and help reduce the accumulation of fat in the liver.

### **Other Digestive Support**

Fresh pineapple and the natural enzyme bromelain also help the digestion process. Another nutrition detox technique is to squeeze  $\frac{1}{4}$  to  $\frac{1}{2}$  of a fresh lemon into a glass of room-temperature pure water. Drink first thing in the morning on an empty stomach.

Get rid of leftover cakes and other sweets to resist temptation. In a few days, you will feel great, and your liver will thank you. For ongoing good health, continue this type of healthy eating schedule indefinitely!





## AS I SEE IT

Marc Kates

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I had the privilege and the honour to be chosen to sit and adjudicate on a jury. I know that there are many who would try to get out of it, but how could I, the teacher, the one who teaches about civic responsibilities and the importance of being an upstanding citizen, not use this as a learning opportunity for myself? If I am not going to try to instill the values of democracy in my pupils, who will?

I sat for two whole days at the University Avenue Courthouse simply waiting. (It wasn't a complete waste of time as I was able to complete a large chunk of my report cards, a rare chance to get hours of work done at a time without interruptions, and without distractions.) At the end of the first day, we all filed out of the large room and up to the courtroom to be processed. It was there, sitting in a large courtroom, that the registrar read out the 13 charges against the accused. It now became very real. Chosen at random, we were selected in smaller groups to head into a second courtroom. I was part of the first group. After filling out a questionnaire, we were summoned one by one before the judge, who read our responses and asked us questions. I was honest. If I was chosen as a juror, yes, I would be missing proctoring the Grade 6 mandatory provincial testing, and the 3-day Grade 6 overnight trip, but that didn't matter to the judge who then bestowed upon me the name, "Juror #4." Shuffled off into another room, I quickly met the first three jurors and introduced myself. One by one, the jury room filled up with 12 new jury members, and two alternates. The trial, we were told, was to begin immediately the following day. My life, for the next little bit, would be very, very different. I had no real idea what was to come next, but I took it all in stride.



The following day, I dutifully showed up in court. We were whisked away to a secluded jury room, where we were introduced to the jury constable who explained what was going to happen next. He took our morning snack order, handed out our jury binders with blank lined paper, and before we knew it, we were being called to the courtroom.

**Continued on next page**

A decorative flourish consisting of a long, flowing, wavy line with elegant curves at both ends, positioned at the bottom of the page.

The proceedings moved quickly. The Crown began, and laid out its case against the accused. My stomach was all in knots, and I thought I was going to throw up. My stomach eventually settled, but I could not “unsee” what evidence was presented to us.

I quickly got into my new routine as Juror #4, but I still planned lessons for my students, and yes, I did not end up going on the trip. The best part of it all was meeting a cross-section of Canadian society with people of diverse backgrounds and beliefs, who I never would have met otherwise. For days we sat in the courthouse listening to witness after witness, and having evidence presented. Finally, closing arguments were made, and the case was placed in our hands. On the second day of the judge’s instructions, we were also told to pack a bag, in case we were going to be sequestered. Sure enough, that night, the jury was put into sequestration. My phone was taken away, I no longer had contact with the outside world, the hotel room’s phone and TV were disconnected, and a guard was posted at the door. That first day of deliberations, I was chosen as the foreperson. The rest of those impacted by the case, the judge, the lawyers, the accused, and the court personnel did not leave the building that night until we, the jury, had retired at approximately 8 p.m. The following day, we deliberated non-stop. We were still under complete lock and key, and when one of the jury members needed to go outside for a cigarette, we all had to accompany him.

After hours of discussion, reading, posing questions, asking the judge for assistance, and debating amongst ourselves, often with much passion, we reached a verdict. At approximately 10 p.m., I read out the verdict in court, and we had completed the task we were charged to do. By midnight, I arrived home exhausted, both mentally and physically. From being “Juror #4” and the foreperson, I could just go back to being “Marc” or “Daddy.”

So, who won? The answer is clear– no one.

In this case, everyone lost. The members of the jury and the court employees lost time from being at home with their families. The victim of the alleged crimes lost more than I can imagine. The accused lost their freedom. The Crown lost out on convincing the jury beyond a shadow of a doubt, and the police lost credibility in our eyes.

In the end, justice did prevail. Is it perfect? No. However, it is the best system we have, and despite its numerous flaws, I lived up to my obligations as a Canadian citizen.



# KOL ECHAD'S FUTURE

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The following was sent to all advertisers in the last print version.

**Jeff Rosen**

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To Our Valued Advertisers,

In February 1999, Forestdale Heights Lodge Publications made a significant decision that has shaped the Lodge's communications for the past 25 years. In that issue, we opened up the monthly bulletin – then called Horizon – to advertisers. Since then, the bulletin has grown in size and scope, becoming Kol Echad, adding colour ads and greetings from politicians from different political parties at various levels of government.

As a result, Kol Echad became the most prestigious Lodge publication within B'nai Brith Canada.

However, time moves on, and things change. The past four years have been challenging for everyone, including members of Forestdale Heights and advertisers.

Therefore, members of FHL agreed to a motion at their April 2024 meeting to take Kol Echad in a new direction.

Starting September 2024, the publication, now an online bulletin published five times a year, will discontinue all advertising.

We are grateful to all advertisers who have stood with us and supported us over the years. You have helped make this the best lodge publication in B'nai Brith Canada. You will definitely be missed.

Kol Echad will continue to change, but it will still be published, and I will remain as the editor.

I wish you all continued success in all future endeavours. It's been a pleasure working with you.

Be well,

Jeff Rosen

Editor, Kol Echad



# ENTERTAINMENT

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## **BTO: They're still *Takin' Care of Business***

**By Jeff Rosen**

On Thursday, June 13, Lisa and I headed to the OLG Stage at Fallsview Casino to see the legendary Canadian band BTO, led by Randy Bachman, who led the show as host. Quite simply, it was a fantastic evening. Bachman led his troupe, which included his son, Tal Bachman, through a series of hits created during his time with The Guess Who and later with Bachman-Turner Overdrive, exploring the origins of the various tunes before bringing them back to life.

One of the most intriguing aspects of the evening was learning about the birth of the band's name, The Guess Who. In 1965, the band, then known as Chad Allan and the Expressions, was set to release their single "*Shakin' All Over*" but faced legal issues over their name.

**Continued on next page**



To deal with this, their Canadian label credited the single to Guess Who?, sparking rumours that it was a secret project by a famous British Invasion band. Even after the truth was revealed, disc jockeys continued to announce the group as Guess Who, leading the band to embrace the new name.

And so, history was created!

Another fascinating revelation was the story behind the band's hit single, "*You Ain't Seen Nothing Yet*." It's hard to believe, but this iconic song was initially created as a joke for his brother, Gary, who had a stutter. The plan was to record it once as a "work track," with the stutter and send the only recording to him. However, when recording their next album, a ninth track was required, and, as a result, this unusual song wound up as one of the band's hits.

As well as this classic song, Bachman led the band through most of Guess Who's and BTO's legendary collection. The packed auditorium lapped it up. Sadly, I had never seen such an enthusiastic audience with so many walkers and canes in a music venue.

I guess that, in the end, great music never fades away. I wonder, though, if today's youth will flock to revivals of their favourite groups in 50 years.



**CLICK TO DOWNLOAD TUNES**

**[Takin' Care of Business](#)**

**[You Ain't Seen Nothin' Yet](#)**



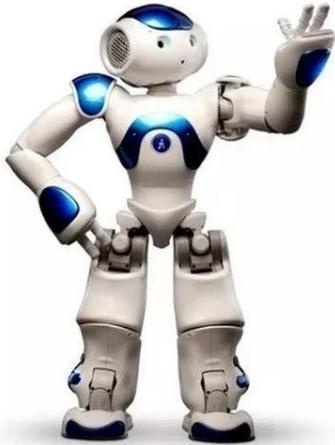
# ENTERTAINMENT

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## Robot Rosie

By Rosalie Moscoe



### Dear Robotic Computer Company,

My name is R O B O T R O S I E.

I am one of your computer robots, and I'm proud to say I own a laptop computer – one of your finest made in 1992. However, as of late, I eat in front of my laptop; I fall asleep in front of my laptop, and every so often, I bang my head on my laptop – repeatedly. I cry in front of my laptop when I cannot figure out how to get onto Zoom or portals for doctors' offices and hospitals and government sites–, which seldom work. It seems I'm crawling down a space portal's black hole and wondering, "Will I ever

return?" And then, I cry some more; there must be something human about me. I'm afraid that if I don't shape up, I might get shipped back to Amazon.

Since I'm a computer robot that lives with a human, I think I am getting anxiety, high blood pressure, and a sleep disorder. I believe your technicians have not implanted the latest programs in my control systems! I was instructed to take meditation (not medication), but I was the only robot in the group, and I kept going on rewind every time the instructor said, "Repeat after me: I am calm." Since I'm a well-programmed robot, I walk around all day mumbling, "I am calm; I am calm," not knowing what it means! When I ask my program manager, "What does 'I am calm mean?'" she replies, "This is information I have not yet received."

I have sixty-two passwords. Every couple of months, I am told by Google, Microsoft, iCloud, HP Instant-ink, Facebook, Instagram, Aeroplan, Tune Core, my bank, and many other companies that these passwords need to be changed. I change the passwords, but don't know where I've stored the new ones, so nothing works! My circuits are misfiring. I was hacked on my Visa and Facebook accounts when someone stole my robotic identity. They got my name right – but wrong city and I think - wrong sex! But I'm a robot and don't have a sex - or sex, period.

**Continued on next page**



After five days on my amazing flip phone, I finally got my identity restored. But I am a senior robot now and, so I cannot remember my name, day of the week, month, year, or robot identity number. I may need to be rebuilt. I am searching for spare parts. I did have two parts replaced six years ago – two hip joints that were getting rather rusty. Fortunately, the new ones seem to be working just fine (if I don't bend).

I tried to apply for a new robot license, medical card, and vaccination certificate online, but nothing worked. My laptop malfunctioned and locked me out. My computer font suddenly changed itself, and I can't retrieve my original one. My Zoom account reports, "It's not you". If it's not me – then who am I? My Visa number needed updating for thirteen different accounts, and it took my robotic brain and rusty fingers three days to do it. I'm now in exhaustion mode: I'm stiff, and my joints are seized up like the Tin Man's. Can someone bring me an oil can?

I get 300 junk, trash, and spam emails a day, and those unintelligible emails say such peculiar things that I do not understand. I did not hear those weird words that start with F or C when I was a little robot back in the '50s.

I was told to use A1 so I can communicate better. (Isn't that the name of a steak sauce?) How can that help me? All things considered, I need to be rewired. Kindly give me your first appointment for the luxurious REBOOT and be done with it. I know I can be restored to one of your finest robots ever, with a few nips and tucks, new bolts, more exciting wiring, and a good night's sleep on one of your custom, cozy steel mats – aah, I can't wait!

Yours truly,

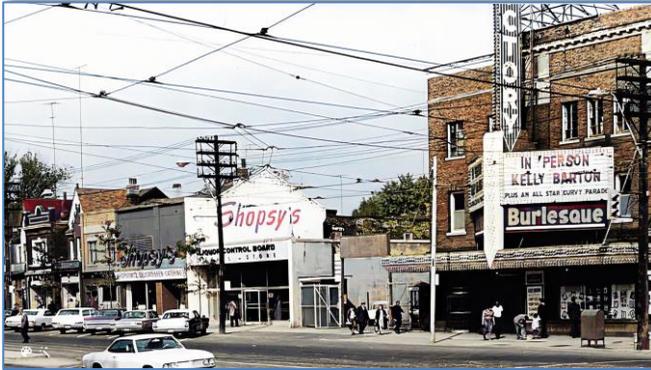
**ROBOT ROSIE, ROBOT ROSIE, ROBOT ROSIE, ROBOT ROSIE, ROBOT ROSIE.**



# LOOKING BACK

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**Shopsy's on Spadina north of Dundas.**



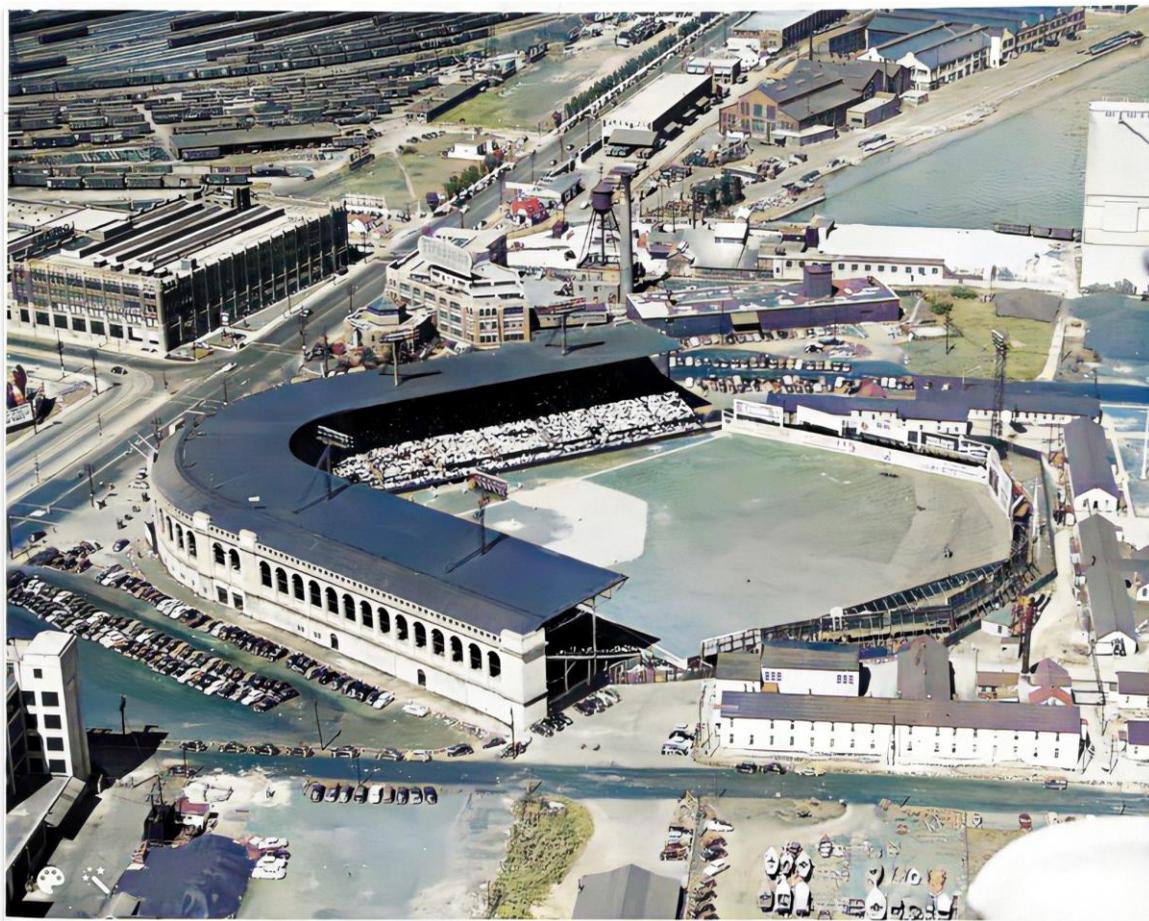
**Maple Leaf Park, Hanlan's Point. (1910) The stadium was demolished when the Toronto Island Airport was constructed in 1937.**



# LOOKING BACK

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**Maple Leaf Stadium, Toronto • 1947**



# FINAL THOUGHTS

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*While going through some back issues of Kol Echad, I found this article by Rosalie Moscoe. Given everything happening in Israel, I thought reprinting this piece from the September 2014 issue was worthwhile.*

**Jeff Rosen**

\* \* \*

As I write this column, Hamas and Israel are at another three-day ceasefire, with Egypt brokering the deal. I pray to G-d that it holds. It's been an intense time for Israelis and for Jews around the world. We can't stop listening to or watching the news; some of us have relatives and friends in Israel and fear for their safety. The rest of us, no matter what our views, just hold our breath for the future of Israel, our rock — the country that has given us much pride and a connection to our culture and religion.

We are saddened at the tragic loss of so many IDF soldiers, all young men who had promising futures ahead. We also feel saddened that Hamas would not protect the people of Gaza, resulting in the injury and loss of so many of their civilians. This, too, is making many in Israel (and Jews in the Diaspora) worried about world opinion and the cost to all involved while keeping Israel safe and free. Many feel new solutions need to be forged to keep young people in Israel.

As a Canadian, I am proud to live in a free, democratic country with a sound leader who supports Israel. I jotted a note to our Prime Minister thanking him for his support of Israel and received back a beautiful reply explaining why he supports Israel. I slept a little better that night. I also wrote to CBC admonishing them for their biased coverage against Israel in the current war — no reply from them.

**Continued on next page**



While most of us feel helpless at the current situation, we can reach out in many ways to show our support. You can:

- Write letters to politicians voicing your views. (One letter is viewed as if another 100 people feel the same way.)
- Get yourselves educated in the present and past history of Israel so that you can talk with conviction if challenged.
- Call or text talk shows when the subject is discussed. (I texted Jack Bercovitz on News Talk 1010 when he hosted a show on the current Israeli-Hamas war, supporting his views and his hosting of the show.)
- Attend peaceful rallies.
- Donate to worthy causes to help Israel at this time or directly donate to Israel.

Let us hope and pray there will be peace in Israel.

***Rosalie Moscoe***



**GIVE  
PEACE A  
CHANCE**





*L'chaim!*



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