

Forestdale Heights Lodge, B'nai Brith Canada

# KOL <sup>18</sup> ECHAD

June 2020  
Sivan/Tamuz 5780

Volume 18, No 10



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**Years!**

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# PRESIDENT'S PEN

Stewart Indig



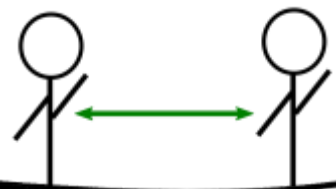
There is an old expression that says be careful what you wish for. I never wished for COVID-19, I never wished for there to be a pandemic. All I wished for was an end to my reign as President of Forestdale Heights Lodge.

As mentioned before, it has been a great run. I have learned a lot, and I have grown as a person. I guess the powers be are not done with me yet as the Lodge President. Due to the pandemic and the need for social distancing, we still have not had an election. That election most likely will take place in the fall. My reign continues. Believe me, I am not complaining. I just feel it is time.

Is this the new normal? Cathy and I have not been to a store nor have we done takeout since the start of this in mid-March. I really like curbside grocery pickup. The biggest drawback is that we do not know what we are NOT getting until the day of the pickup. My daughter and daughter-in-law also do curbside so we space out our deliveries and can always add on missing or needed items to their orders and vice versa. It is because of COVID that we do not do takeout. Who knows who is touching the food or containers and whether they are infected or not? It is just not worth the risk to us.

My wish now is for this to be over pretty soon.

Stay healthy and stay safe.



# KOL ECHAD

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

It is published 10 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



Traditionally, this is the time of year when we are preparing to sign off for the season. It is a great time to enjoy a few summer months without deadlines and production schedules.

However, as everyone knows, the past few months have been anything but normal and, in reality, Tevye is going to have to rethink his traditions.

So much has been torn away, and there has been so much loss. Fortunately, as of this writing, our members appear to be following guidelines and the cursed virus has passed over our own Lodge. However, we do acknowledge the death of longtime B'nai Brith Canada leader Monte Mazin. While not a president of the organization, he was always there, when the Lodge assumed its duties at the Jerusalem pavilion at Toronto's multicultural Caravan at the Bloor Street JCC. On a personal note, I always welcomed his visits and contributions to *The Canadian Jewish News*.

With the world in turmoil, the Lodge in hiatus and members in lockdown, the past few months has indeed been a stressful time. Fortunately, we have been able to maintain our communications structure. I want to thank all those who have helped keep Kol Echad operating.

Actually, I really want to thank all those who have contributed and helped keep Kol Echad going for these past 18 years. When you think of it, that's quite the accomplishment.

**Continued on next page**



Unfortunately, some of the people who have helped keep this publication operating are no longer with us. That includes Nate Salter who wrote, *Notes from Nate*, and Bonnie Kates, who created and penned, *As I See It*. Fortunately, her son Marc decided to pick up her column after her passing in 2011 and, despite his own hectic life, has never missed a deadline. As well, he also picked up his mother's "job" in helping to edit this publication, ensuring that every comma is in place.

Then there are our dedicated columnists, Debbi Silver and Rosalie Moscoe, who have been with us for more years than I can remember and all the presidents who have written under the *President's Pen* banner.

Of course, this publication would not be where it is today without all the work done behind the scenes. Harvey Silver changed the look of Kol Echad by welcoming advertisers into the fold and, without the Pacters, – Michael and Aaron – we would never get this publication in the mail.

Last, but definitely not the least, is my amazing wife, Lisa, who never fails to tell me when I am doing something right (or wrong) and gives me the time and space to put this bulletin together.

So, after 18 years, where do we go from here? A lot will depend on how this accused virus progresses and affects the Lodge. Before its inception, we had planned a radical change that would have cut our 10-issue operation each season in half. The reason was quite simple. While I love creating Kol Echad, producing 10 issues a year can be tiresome. As a result, we had decided to cut the number of issues to five, sending out bulletins to members and advertisers every other month, commencing in September.

As of this writing, nothing has changed that would alter those plans. I hope all members and advertisers continue to support this publication. If you have a suggestion as to how we can get better please let me know. After all, this is your bulletin.

Before signing off, I would like to point out that while I did say at the onset of this column that it was time for us to take a break, I also pointed out that it was time for some new "traditions." Therefore, after some discussion with our Lodge leadership and Kol Echad contributors, a new tradition has been created (at least for 2020) – we will be keeping Kol Echad active during the summer months as an online publication. So stay tuned. If you have something to contribute, we will get it into Kol Echad.

After 18 years of helming Kol Echad (and another 11 at The Horizon), it's been both an honour and a pleasure.

In the meantime, be well...be healthy, and try to enjoy your summer.





# PRESIDENT'S PEN II

Ruth Pupko

My youngest brother, Allen, recently flew to Florida and drove for two days with my Aunt Marie who thought that this was a hoax, as many Floridians still believe President Trump. It took a lot of patience for him to drive with her in the car as she is now at the stage of her life where she is forgetful and can't be by herself anymore. My sister-in-law Sari was able to get her a doctor and she is now stable and is living with my Uncle Max and his family. I consider Allen, Sari, Uncle Max and his family heroes as they are patient and are really taking care of her.

The following people are also my heroes:

- ✓ My siblings for keeping in touch and for shopping for me;
- ✓ My aunt and uncles for staying in touch;
- ✓ My nieces for calling me;

And of course,

- ✓ The security guards who work day and night and the cleaning staff as they are keeping my building safe and clean for us.

And

Of course, this also applies to all of us who are making a difference by following all the rules and keeping the world safe and we will beat this.

Stay safe and healthy.

Let's hope we can get together soon and have a great time.

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



# KOL ECHAD 2020-2021

## Kol Echad schedule for the 2020-21 season

September 2020/October 2020 – Rosh Hashanah Issue

November 2020/December 2020 – Chanukah Issue

January 2021/February 2021 – Winter Issue

March 2021/April 2021 – Purim/Pesach Issue

May 2021/June 2021 – Wrap Up Issue

\* \* \*

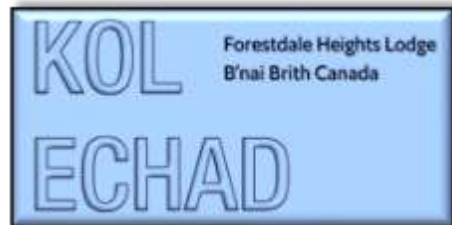
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# LOOKING BACK

## Remembering Bonnie & Michael Kates

During this time of isolation, my mind wandered back to our friends, Bonnie and Michael. Bonnie was the first female president of Forestdale Heights Lodge and Michael served two terms as president.

Michael and I bowled for 20 years together. We started the pushka can project and together helped at the Toronto Marathon. When I am doing these projects, my mind always flashes back to our good times.

Both Bonnie and Michael were very close friends with some of the Lodge members. We remember all the special moments we shared and miss them very much at this time.

*Harvey Silver*



# FOOD SENSATIONS

## ONE BOWL APPLE CAKE

### Ingredients

2 eggs  
1¾ cups sugar  
2 heaping teaspoons cinnamon  
½-cup oil  
6 medium Gala or Fuji or Honey Crisp apples  
2 cups flour  
2 teaspoons baking soda



### Directions

Preheat oven to 350°F.

In a large bowl, mix the eggs, sugar, cinnamon, and oil. Peel and slice the apples and add to mixture in bowl, coating the apples as you go to keep the apples from turning brown.

Mix together the baking soda and flour, then add to the ingredients in the bowl. Mix well with a fork until all of the flour is absorbed by the wet ingredients.

Pour mixture into a greased one 9x13-inch or two 9-inch round pans. Bake for approximately 55 minutes. Let rest for 10 to 15 minutes, and then serve.

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


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## AT A GLANCE

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

*All Dates Subject to Change*

**Dinner at 6:30; Meeting at 7:15**



# FOOD SENSATIONS

## Orange Creamsicle Cheesecake

Reprinted from Chanie Apfelbaum's Millennial Kosher Cookbook. She is the creator of "Busy In Brooklyn".

### Ingredients

2 cups graham cracker crumbs from about 1<sup>1/2</sup> sleeves of crackers  
6 tbsp. butter, melted  
1<sup>1/4</sup> cups sugar, divided  
3 (8-oz) pkgs brick cream cheese, at room temperature  
8 oz. sour cream  
1 tbsp. vanilla extract  
3 eggs  
1 tsp. orange zest  
1 tbsp. freshly squeezed orange juice  
3 drops yellow food coloring  
2 drops red food coloring



### Directions

Preheat oven to 350° F. Cut a circle of parchment paper to line the base of a 9-inch springform pan. Wrap the outside of the pan in a double layer of foil, covering the underside and extending up the sides of the pan.

In a small bowl, combine the graham cracker crumbs, butter, and ¼ cup sugar. Press the mixture into the prepared pan.

Using a hand mixer beat the cream cheese and the remaining 1 cup of sugar in a large bowl until blended. Add the sour cream and vanilla and mix well. Add the eggs, one at a time, beating on low speed after each addition just until blended.

Set aside ½ cup of this batter.

Transfer the remaining two cups of the batter to a medium bowl. Add the orange zest, orange juice and the food coloring to the bowl.

**Continued on next page**

Pour some of the reserved ½ cup of plain batter (from step 4) into the springform pan. Refrigerate for 15 minutes to set.

Top with the 2 cups of orange cheesecake batter. Drop spoonfuls of the remaining plain batter over the top of the orange batter. Run a knife through the top layer only to create a marble effect. Do not run the knife through to the set plain layer below.

Prepare a water bath. – Place the springform pan into a larger roasting pan. Pull out the oven rack and place the roasting pan on the rack. Pour boiling water into the roasting pan, making sure not to get any water in the cheesecake. Add the boiling water to the pan until it reaches about halfway up the sides of the springform pan.

Bake for about 1 hour, or until the center jiggles slightly but the rest of the cheesecake is set. Then turn the oven off and leave the cheesecake in the oven for 1 hour with the door slightly ajar.

Refrigerate overnight to set. Remove the sides of the springform pan to serve.

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# TALKING POINTS

Debbi Silver

What does one write when every day for over the past two months is almost the same!

We received many calls from doctors stating that they would be calling us instead of going in for an appointment. Harvey's knee surgery for May 4 was cancelled, and we don't know when that will ever be booked. I was supposed to go in for my knee surgery when Harvey was better....I guess that might mean two

years from now, lol.

Basically, our days have been the same....Harvey gets up at 11 a.m. I'm up early watching CNN or CP24. The afternoon becomes even more exciting....who will go downstairs to pick up the mail. By 7 p.m. we are done with dinner and settling in for Jeopardy and Wheel of Fortune. Nighttime TV has been horrible now that all our regular programs are finished for the season. We have Crave and HBO but not Netflix. So that's a day in our life.

We are fortunate that our kids let us drive the car. We have been visiting the grandkids once or twice a week on their driveway. Our daughter, Lisa, has been fantastic. She has been getting our groceries every week. Of course, the comment always is, "you order so much stuff." She was nice and got us food from Centre Street Deli, yummy!

I miss our members from Forestdale Heights Lodge. Right now, it looks like we may not be meeting until September. It is indeed very sad. Our elections will take place at that time. Installation? Who knows? I believe that the foremost importance is trying to get new members into the Lodge. Sure, it's a hard sell, but there must be people out there willing to be part of a community service lodge. There is so much going on in CVS, i.e. the Toronto Marathon (cancelled this year), The Yellow Brick House, etc. I realize some of us are getting up there in age, but thank G-d most of us are healthy and can be participating in the above.

I wish everyone a healthy and happy summer and we are looking forward to seeing all of you in the fall.



# STAMPS IN MY PASSPORT

Lisa Silver



It's May 2020.

For those reading this in the future, let's just say that what you may have read in the history books about the first quarter of 2020 is all-true. For many of us in Canada, we are almost finished our second month in isolation. The month of April is now behind us and I can honestly say there is very little that I will remember about April 2020 moving forward.

However, I do have very strong memories of April 2014. That was when I had the incredible wanderlust opportunity to go on a Viking River Cruise through Holland and Belgium to see the tulips and windmills.

For those who may not know about tulips, they are only in season for a short time, from March to May each year. Holland's tulips are world-famous and the best time to see them in bloom is April and May each year. You may have seen beautiful aerial shots of the tulip fields recently with messages of staying safe and see you next year.



This brings me to the Keukenhof Gardens of Holland. It is a magical wonderland for botanists and flower lovers who come from all over the world to view them in their glory. Over 7 million flower bulbs are planted each year, which peak during the short season of the garden park. The collections include tulips, hyacinths, daffodils, orchids, roses, carnations, irises and many more.

For the first time in its 71 years, the Keukenhof did not open. In March, the Dutch government made the decision to ban all large gatherings to prevent the spread of COVID-19, which meant that the gardens could not open.

**Continued on next page**

Our visit to Keukenhof was on the last day of our cruise. We woke up to rain that morning, which, of course, isn't ideal when going to an outdoor park the size of a small city (79 acres), but off we went, raincoats, umbrellas, and cameras in hand.

Once we arrived, the rain slowed down and we started to walk through the gardens.

The garden has more than 100 royal suppliers. They provide their very best of their spring-flowering bulbs for display at the park. There are landscape architects who create a special design for each supplier consulting on the colours, heights and flowering times of each bulb. The bulbs are delivered in the fall to ensure they are planted and ready for the spring.

The indoor exhibits were equally as breathtaking as the outdoor gardens featuring themed buildings with rows upon rows of colour and splendour.

There was a wonderful area in the park called the "Love Garden." It included a number of beautiful spots set up for people to have their photos taken. Among them was a message heart display where you could write a note and attach it to the heart. It is much like love lockets in Paris.

It looks like those in charge at the Keukenhof have already started thinking about next year because I can tell you that the dates for next year's Keukenhof Garden will be March 20 - May 9, 2021.

Looking ahead to travelling is hard now. I understand it. I have my own personal hopes, dreams, and visions for spring 2021 and thought by now the planning and execution would be well underway.

Until then, I will just stay home, be safe, and get ready for the future.

Wishing you all continued good health.



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# GOOD & WELFARE

## Birthdays

Stewart Indig	June 1
Harvey Silver	June 6
Jeff Rosen	June 12



## Anniversaries

Carl & Debbie Zeliger	June 8
Ira & Paula Kuchinsky	June 10
Ray & Rosalie Moscoe	June 21
Ivan & Elizabeth Bloom	June 27
Marc & Anna Pollock	June 29



FHL sends their condolences to Marla and Mark Spergel on the loss of her dad who passed on May 15 in Montreal from COVID-19.

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



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April 20, 2020

Forestdale Heights Lodge  
B'nai Brith Canada

Dear Stewart,

On behalf of the residents and their families, the staff, volunteers and personal support workers of Hill House Hospice, I wish to thank you for your donation.

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Hill House Hospice is only funded in part by the Ministry. We rely greatly on the support of those who believe in the importance of giving back to their community. Your generosity enables us to continue to provide a well-needed service to the community at no cost to the residents and their families.

Sincerely,

Kimbalin Kelly  
Executive Director

---

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April 17, 2020

Stewart Indig  
President  
Forestdale Heights Lodge, B'nai Bith Canada

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Thank you,

Lorris Herenda  
Executive Director



Forestdale Heights Lodge  
Thornhill, ON

April 7, 2020

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On behalf of all the men, women and children who get more time to spend with their loved ones because you cared enough to give, thank you — you are a part of history in the making. We sincerely appreciate your support.

Sincerely yours,

Avril Goffredo  
Executive Vice President, Ontario and Nunavut  
Heart and Stroke Foundation

P.S Our life-saving work is only possible because of supporters like you. Thank you.



# HARMONY

Rosalie Moscoe

What an odd time we are living in. In 1918, the world suffered from the Spanish Flu. Fifty million people died from that global tragedy. There were no antibiotics; penicillin was not to be conceived for 10 years. Mostly, Spanish Flu was a young people's disease. Now COVID-19 seems to hit all ages, with the elderly of our population taking a hard hit. My dear aunt at 88 is in the hospital with the virus. I hope she pulls through. She is a trouper, a real fighter.

I want our lives to get back to normal. My granddaughter's summer camp is cancelled. Many parents are going crazy with their young children home from school. Some manage well, but not every parent is a born teacher. Those people with mental illness greatly feel the impact of social distancing that this virus has thrust upon us. Not all have computers or smartphones with Zoom or Facetime. It is tough for them and the services of mental health agencies are being overwhelmed. I feel for the small businesses that are suffering and hope my favourite restaurants will still be there when this dream-like (nightmare) state is over.



Yes, I am grateful for all we have, food, shelter, clothes on my back, and family. But geez, I miss my hairdresser and my Mitzvah Technique therapist who helps my back. I must say though, I am impressed with myself these days. I cut (and coloured) my own hair! That was an event to behold – newspapers all laid down neatly on the floor and counter of my bathroom. I wore a lovely blue garbage bag with cutouts for my head and arms – quite stylish! I had black fingers for days. I even snipped off some locks from Ray's mane – one of the lucky ones who still has a headful of hair (and he does not dye it!). He looks a little better than he did before I took the scissors to his head, but one side...well, the "trim" appears a bit cockeyed. But who is looking right now?

**Continued on next page**

I miss going to a restaurant. I miss my cleaning lady. I miss going for strolls and talking to people along the way. I miss hugging my kids and granddaughter. I miss the nice weather! I miss my morning Starbucks clubmates – although, we did have a fun Zoom call! I miss not knowing what the future holds – not that we ever really know. Most of the time, we turn off the TV and only watch funny shows. We go for walks when the sun shines or I walk in my hallways and up and down a few flights of stairs. In some ways, the time has been relaxing, yet now, I feel antsy, wanting to spring forward. I bet you feel the same way too. At least we are all in this together.

I look forward to seeing you all again soon. Stay safe, stay positive. Do something good for yourself today.



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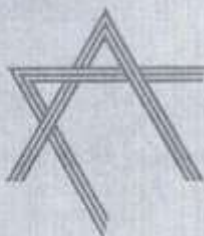
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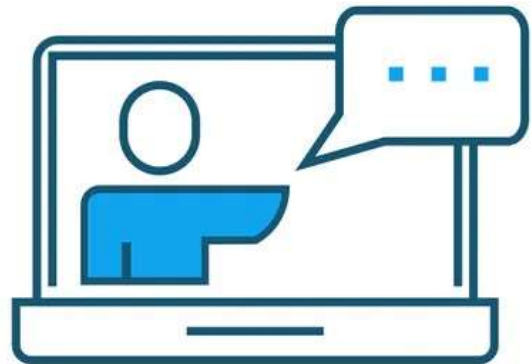
# AS I SEE IT

Marc Kates



I don't particularly like this "new normal," and very few do. The world has woken up to a new reality that is very different from what we thought we knew. I don't think that life is ever going to really be the same again. Industries and how we conduct business are changing. We all watched as taxis were eclipsed by Uber and Lyft drivers and wondered how other industries would change too with technology. Well, that reality is now here. Dining rooms across the nation have now been transformed into home offices, and backyards into fitness facilities. The Ontario government, who was dragging its feet on moving to "virtual patient visits," very quickly moved in this direction. It's still not perfect, as office hours are certainly no longer 9-5. (Trust me, I know.) Major gatherings like the CNE and Pride have been cancelled.

I've also watched the field of education transform before my eyes. I'm now conducting classes from my dining room table and it's rather odd having my students in my home with me. Likewise, I am privy to their messy bedrooms and their bedroom decor. The main thrust of the Ministry of Education has been the mental well-being of the students, as it should be. I observe how physical movement



needs to be scheduled into their daily lives, and how their social distancing has really made them distantly social. Gaming and screen time is what occupies most of their time. Sleeping schedules have also turned topsy-turvy and I shake my head in disbelief as submitted work often comes in after 1 a.m. I dare not schedule a class meeting before 11 a.m. Colleagues who have resisted using technology have no choice but to embrace it.

**Continued on next page**

COVID-19 has also brought about some positive consequences. Pollution levels have dropped, and the desire for people to connect with each other is stronger than ever. We are now holding weekly family Zoom sessions. There is no reason why we couldn't be connecting Toronto to San Francisco and to London, England beforehand, but the pandemic has brought about new changes.

Our immediate family is now enjoying exploring different cuisines from around the world. We each are expected to conduct some research on the country's cuisine as we dine on a representative dish. We are spending quality time playing board games and doing chess projects. The challenges that COVID-19 have presented are many, and the extent of which will not be known for quite some time. It's hard to look on the bright side when so many are suffering. So long as we go on treating each other with respect and love, we'll manage to get through this together, although the world we'll emerge in will certainly not be the same.

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# HIGH HOLIDAY GREETINGS 5781



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

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

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

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