

# KOL ECHAD

Forestdale Heights Lodge  
B'nai Brith Canada

March/April 2021  
Adar/Nisan/Iyar 5781

HAPPY  
PESACH

CHAG  
SAMEACH



Volume 19, No 4

# COVER ART

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It's that time of the year again. Pesach or Passover begins on Saturday, March 27, with the first Seder and concludes on Sunday, April 4.

The week after, Yom Hashoah is commemorated on April 9, and Yom Hazikaron will be marked the week after that, on April 15. The next day, Yom Ha'atzmaut will be celebrated.

*Chag Sameach!*



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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 re-garding 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

## **Advertising**

Harvey Silver

## **Editing Staff**

Marc Kates

Lisa Rosen

Debbi Silver

## **Contributors**

Stewart Indig

Marc Kates

Rosalie Moscoe

Albert Ohana

Ruth Pupko

Debbi Silver

Carl Zelig

# AT A GLANCE

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

**March 1, April 5, May 3, June 7**

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

*All Dates Subject to Change*

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# SURVEY

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This issue of Kol Echad marks the fourth since the bulletin moved to print five issues a season from ten. We would like to know what you think.

➤ Do you like the change in the printing schedule?

➤ Is there something you would like to see (or not see) in Kol Echad?

➤ Should Kol Echad even continue printing its bulletin or go completely digital?

Please send comments to The Editor at [jelijo@sympatico.ca](mailto:jelijo@sympatico.ca).

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**VACCINATION INFO UPDATE: Keep up-to-date with the latest regarding COVID-19 vaccinations.**

[kolechad.ca/march/vaccination-info.pdf](http://kolechad.ca/march/vaccination-info.pdf)



# B'NAI BRITH CANADA

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

B'nai Brith was forced to close its daily meal program for seniors, veterans and the needy last March. In its place, an emergency response plan was created. Hopefully, this will provide some comfort to the needy and those at-risk within the GTA.

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

## CAN YOU VOLUNTEER TO PREPARE AND DELIVER FOOD BAGS?

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## PRESIDENT'S PEN

Ruth Pupko

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It's 1:45 p.m., what exactly did I do, and where did the time go? I jumped out of bed at 7:00 a.m. since my phone was ringing and I thought it was an emergency! Of course, it was one of those unknown numbers trying to scam this 67 year old! The day did get better. I attended a UJA Zoom lecture with Dr. Buria Adini, whose topic was Resilience During COVID: From Crisis to Opportunity. She pointed out that the Israeli population is fully insured and has clinics with robust primary care services. We have universal healthcare, but we still need to mirror and copy their clinics. I enjoyed the lecture so much that I googled Tel Aviv University and learned so much. Now you know where my time went. Did I mention that there were other phone calls and interruptions in between?


Marc Kates joined our February meeting to speak about a CVS programme that will involve all our members. Ray Moscoe is coordinating this project with Marc, and I am proud to say that ALL our members are on board and are ready to roll up their sleeves and work hard to make this happen. Forestdale Heights Lodge has always been known as a CVS lodge, and we will continue as a CVS lodge.

I am quite sad about not having our annual Megillah reading at 4300 Bathurst since we all enjoy being with the residents. A few of us even take the time to wear fun costumes. We will miss Rabbi Jay Kelman and his family and look forward to seeing them in their fun and unique costumes every year. While we are not together this year, we continued our tradition of sending a donation to Torah in Motion in honour of the Megillah reading.

As for the Kol Echad, the articles were superb, very professional and very informative; the Forestdale Funnies is also what we need at this time! I would like to thank all our writers, columnists and advertisers for your contributions. A special thank you to Jeff Rosen, our editor, for putting it all together and for his hard work.

This Passover is the same as last year but with one BIG difference; we are getting closer to getting vaccinated. This gives us hope in looking forward to normalcy as we know it — happy Pesach to our members, their families and all our Jewish communities worldwide.

Stay safe and healthy.





## EDITOR'S DESK

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Jeff Rosen

It's hard to believe that it's been a year since this nightmare started. Last March, the Lodge had just concluded its annual Purim programme when the world came to a sudden stop. The March meeting was cancelled, and everything was put on hold.

In the March 2020 issue, I wrote about the Ontario government's plans to change the education system. At the time, I said that I disagreed with their plan to mandate e-learning in

Ontario's education system.

Of course, it's almost laughable now, considering how things have turned out. Online learning quickly replaced in-class lessons last spring as the first wave of COVID-19 arrived. As of this writing, schools remain closed in the GTA, and online learning has returned.



Unfortunately, I fear that this new educational tool is here to stay. I can't say whether it is better or worse. Perhaps Marc Kates, an educator and father of young children, would have a better perspective.

A month later, in April 2020, Doug Ford's government was forced to deal with further problems of its own making. (I guess all governments create their own problems.) Perhaps it's my own partisan leanings, but this government seems more adapt to sticking its feet in the mud.

Even back then, the Ontario government must have known that COVID-19, part 2, would eventually arrive in the province. Yet it chose to wait till the second wave was upon us before taking action. Premier Ford has repeatedly criticized the federal government for not providing enough assistance to bolster the economy.

However, it has been reported that the Ontario government received more funding than it spent in bolstering the beleaguered business sector. Why has it been holding back? Are these unallocated funds being used as a reserve to balance the province's treasury? No one is saying, definitely not the Premier and certainly not the finance minister (the third one in three years).

**Continued on next page**



At the same time, Premier Ford continues to criticize the federal government over the glacial distribution of vaccines. Of course, this problem is not unique to Ontario, and the Premier is right. Still, we have to consider that this is a global problem and vaccine production and distribution issues should have been foreseen by all parties.

The Premier's arguments would have more credibility if vaccine distribution matched incoming shipments. While criticizing the Trudeau government for the slow delivery of the COVID-19 vaccines, it had been reported that vials were sitting unused in the freezer. Definitely, political squabbles are the last thing the public wants or needs.

So, here we are, a year after our last Lodge programme. Our Chanukah social was cancelled, and the Purim programme is now a fond memory. What is left? What is there to look forward to?

Right now, it seems that Pesach 2021 will be a repeat of last year, maybe slightly better as we have learned to adapt. Yet, this special time of year will be far from normal.

The federal government is still hoping most of the public will be vaccinated by the end of September. For our Lodge, that means no summer BBQ and more virtual meetings until later this year.

On that note, I have to commend our president, Ruth Pupko, and Zoom coordinator, Stewart Indig, for keeping Forestdale Heights on an even keel. They should be proud that we are one of the few B'nai Brith Canada lodges that have maintained regular meetings.

I guess the only thing we can do is pray for the best and continue searching for that light at the end of the tunnel. We remain fortunate in that we have competent leaders at all government levels. We have not had to deal with politicians having mental meltdowns, as witnessed earlier this year in the United States. Even with the former president now out of the picture, I fear that the virus of hate he unleashed will be around for years to come.

May you find joy at whatever Purim programme you partake in this year, and may you have a memorable Pesach celebration.

**Kol Echad schedule for the 2020-21 season**

March 2021/April 2021 – Pesach Issue

May 2021/June 2021 – Spring Issue



# FEBRUARY MEETING

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The new year started a month late for Forestdale Heights Lodge as it held its first Zoom meeting of 2021 on Monday, February 1.

While similar in format to those held in the latter part of 2020, this one featured a special guest. Marc Kates, (right) son of FHL past presidents Michael and Bonnie, and current KE editor, joined our online meeting to discuss implementing a CVS project in honour of his father's yahrzeit. He explained that his family engages in chesed projects for those in need every week, and he wanted to see if Forestdale



Heights would be interested in a project in his father's memory. He said he was willing to contribute to such a programme in memory of Michael Kates, who passed away in January 2017.

The Lodge agreed to discuss the matter and told Marc that FHL president Ruth Pupko would be in touch.

The meeting continued with 11 members in attendance including, FHL president Ruth Pupko, the meeting's moderator, Stewart Indig, Albert Ohana, Ray & Rosalie Moscoe, Harvey & Debbi Silver, Elizabeth Bloom, Eddie Arkin, and Jeff & Lisa Rosen.

While February is generally the time of year when the Lodge's thoughts turn to slate meetings and nominations, it was decided that, due to COVID-19, we would forgo these rituals this year and leave the current executive in place.

Stewart informed the Lodge that they received a request from B'nai Brith Canada for a donation for its Purim food bag programme. These bags include pasta/pasta sauce, tuna, crackers, chickpeas, cookies, tea, applesauce, and cereal. The bags also include whatever B'nai Brith Canada can get from No Frills or any of its partners. It was agreed to donate \$250, which will help about 400 seniors in the community on February 21.

**Continued on next page**



# FEBRUARY MEETING

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At the same time, members acknowledged that the Lodge would not operate its annual Purim Megillah programme at 4300 Bathurst Street. For years, Rabbi Jay Kelman and his family have come out and read the Megillah to seniors. Afterwards, Lodge members distribute hamentashen and other goodies to residents who come out for the programme.

This year, it was agreed the Lodge would donate \$150 to Torah in Motion, which is run by Rabbi Kelman, to acknowledge his support for our programme over the years.

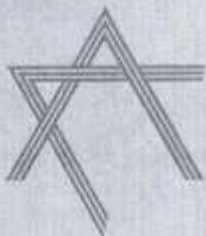
Our next meeting will be held/was held on Monday, March 1.

*Jeff Rosen*



More photos at  
[kolehad.ca/feb21.htm](http://kolehad.ca/feb21.htm)





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# PERSPECTIVES

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## *An Employee's Importance*

“Don’t ever be late again cause I can find a dozen people to replace you just like that.” The boss screamed across the room.

The employee was late because he/she did an all-nighter to get the job done for a challenging client. However, the boss never asked why the employee was late because he/she believes everyone is lazy.



When you try to catch people doing the wrong things, you can never see them doing the right things, even if it’s done in front of you.

Therefore, this employee will never ever make that extra effort to get the job done.

Instead, they will use all their energy to find a job that offers what he is not getting...

**APPRECIATION**

**RECOGNITION**

**RESPECT**



# PERSPECTIVES

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## LIFE LESSONS IN THE YEAR 2080

Dad, I'm still trying to figure it out.

*Come close, my child and eradicate your perturbations.*

Well, I just got a holo assignment for school, to report on life on Planet Earth 60 years ago.

*What is it that causes you cranial upset, my child?*

Well, I managed to find news reports from that era, when the world was dealing with major health and environmental crises that were decimating the planet. The solutions to these seem so...simple. Yet, they took over a year to figure the answer. Why was everyone running around in a panic?



*Well, my child, if you would like to disconnect from your "devices," I will provide what my dad used to call an "old fashioned" education. You have to understand that back then, we were not biologically connected to what was then called "social media." I've forgotten what you call it now.*

Well, that's easy, it's...

*Doesn't matter. The simple fact is a significant health crisis did arise. It was quickly labelled COVID-19. At first...*

Nineteen? Why 19?

**Continued on next page**

*Please, still the tongue and take your sunblock-400 pill. Anyways, as I was saying, it was called a pandemic. People were told to wear masks, avoid others whenever possible and avoid travel.*

Geez, that sounds so easy. Why did it get so bad?

*Well, unfortunately, the idea of working together for a common goal had yet to catch on. Too many people still thought of their own well-being, shunning collective responsibility. As a result, it got much worse until a vaccine was finally distributed.*

That is so...well, not going to say the word cause you wouldn't understand me. I guess you would call it selfish. So, how did it finally end?

*As I said before you interrupted me, the vaccine finally arrived, but it took longer than expected to get it to everyone. I...everyone...lost so much.*

And then everything returned to normal?

*Normal? Now that's a word I haven't heard in a while. You really are so much like your namesake. No, normal, at least for me, was a memory after that. The health disaster did fade, though, but what came next was probably worse, at least I think so.*

This is so good. I hope you don't mind that I'm capturing this for my project. Please continue.

*Not now. It's almost high noon, and you know, even indoors, this intense heat makes me weary. All being well, we will talk later.*


No, problem pops, my VR is just about to start a new holo lesson. Go rest, and we will talk later.

*I should be so lucky to understand what you are talking about. I have no idea what you just said. I assume you mean an educator.*

A what? Gramps, you are so funny.



# CORRESPONDENCE



Hill House Hospice  
The Ministry of Health Services

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January 13<sup>th</sup>, 2021

Forestale Heights Lodge  
C/O Ruth Pupko & Debbi Silver


Dear Ruth and Debbi,

I would like to express our appreciation to Forestale Heights Lodge for your generous donation to Hill House Hospice. *Your support is very much appreciated.*

Hill House Hospice has a dedicated team of caring volunteers and staff who provide individuals who are dying and their families with high quality palliative care in our home-like setting. Meeting the physical, emotional, and spiritual needs of our residents and families while making the last days of their lives together peaceful, comfortable, and meaningful is a priority at Hill House.

Donations received are important because they are applied to the ongoing operating costs of the hospice. Caring to live at the hospice is not based on financial ability and there is no user fee. The Ministry funds community residential hospices only in part. Please know that during covid-19 these donations are helping us cope with the added compliance requirements and continued support for the families and residents.

Your thoughtfulness will always be reflected and remembered in the care and comfort provided to individuals and families living at Hill House Hospice.



Jennifer Young BScN RN  
Nursing Executive Director

36 Wright Street, Richmond Hill, Ont  
Phone: (905) 737-9308 Fax: (905) 737-9309  
[www.hillhousehospice.com](http://www.hillhousehospice.com)





KAYLA'S CHILDREN CENTRE

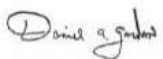
Dear Frestdale Heights Lodge:

Thank you for your generous support of Kayla's Children Centre. Please find your charitable receipt below.


Kayla's Children Centre is the new organization resulting from the merger of Zareinu and AIM Programs, complementary programs that together, provide much needed education, therapy and respite services to children with disabilities.

Your contribution allows us to ensure that every child has the opportunity to learn, to be included and to be loved. Through programs such as early intervention, respite, summer camp and integrated elementary classes, we are able to provide critical services otherwise not available to hundreds of children with disabilities in the GTA.

Sincerely yours,



Daniel A. Gordon  
Co-Chair of the Board



Hadassah Slater  
Co-Chair of the Board

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Dear Ruth Pupko,

Thank you for your donation to Ve'ahavta. Your support enables us to make a real and lasting difference possible for some of the most vulnerable people in our community.

Carl Kozlerok  
Executive Director



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www.imaginecureforleukemia.com Charitable Organization Number: 83964 6320 RR0001 www.cs-arc.gc.ca/charities

January 15, 2021

Dear Forestdale Heights Lodge,

On behalf of the Directors of *Imagine A Cure for Leukemia*, I would like to thank you for your thoughtful and generous donation. Your donation this year means more than ever. With resources being spread thin to support the Global Pandemic we are most appreciative of your support.

Our hope is that in 2022 we will be able to do in person fundraising events and do what we do best, bring people together to have fun while raising funds for an important cause.

Imagine A Cure for Leukemia was founded in 2006 with the goal to give inspiration to those with the disease and to fund research. We are thrilled that we have donated over 1.4 Million Dollars to research. Thank you again for your continued contribution as it will help us get one step closer to living in a Leukemia-Free world.

In good health and happiness,

*Nara Abrams*  
**Nara Abrams**  
President & Founder

*Danielle Reich*  
**Danielle Reich**  
Event Manager





# CORRESPONDENCE



**B'NAI BRITH OF CANADA FOUNDATION**  
National Office/Bureau National

February 4, 2021

Dear Ruth, Debbi and Stewart,

On behalf of the B'nei Brith Foundation, I would like to thank you and your fellow lodge members for your donation of \$250 to our Purim Bag initiative. With your contribution, we will be purchasing a selection of dried food and hamantaschen for 450 seniors, all vulnerable and isolated members of our community. The past year has been a very difficult one for all of us, especially low-income folks and we hope that with the delivery of the Purim bags, we are able to buoy their spirits and share a bit of tradition with them.

Unfortunately, it is not just around Purim when we are asked to reach out! You may be aware of our Emergency Food Drive, an initiative we started at the beginning of the pandemic, where we deliver boxes of food once a week to 150 vulnerable families. Now more than ever, our community is in great need and B'nei Brith has been assisting the vulnerable and isolated (many of whom are holocaust survivors and veterans) since last year March and we will continue to do so for as long as we are needed.

Our legacies are crystallized in moments of great crisis. It is our moral and ethical obligation to care for the most vulnerable in society at their time of greatest need. I am proud that B'nei Brith is stepping up to the plate and that, together with our donors, we are able to provide the Purim bags and weekly meals to the growing list of those in need. The Jewish value of 'gemilat chesedim' (acts of kindness) is an important driving force behind what we do and whether it be Purim bags or food boxes, together with our donors, we are there for the community!!

Thank you Forestdale Heights Lodge for your kind support!

Kind regards

Michael Moeyn  
CEO, B'nei Brith Canada



Tel: 1-844-218-B'NAI (1-844-218-2642)  
Email: info@bnai.org



February 5, 2021

Forestdale Heights Lodge

Dear Ms Pupko and Ms Silver,

On Behalf of our Board of Directors, I want to express our sincere gratitude to the Forestdale Heights Lodge of BBC for the generous donation of \$100.00 that was directed to Eli's Place Residential Treatment and Transition Centre.

We are most grateful to Rosale Moscoe for suggesting Eli's Place, as well as for her ongoing support and encouragement.

Eli's Place is now an inspired vision of a model of excellence in the delivery of mental health care to young adults 18 - 35 struggling with serious mental illness. Please visit our website [www.elisplace.org](http://www.elisplace.org) to learn more about our endeavour to improve and save lives.

Eli's Place is a story of hope, recovery, meaning, compassion, resiliency, survivorship and legacy. It will be a place to build life and work skills; to find a path towards functional living. Through this tribute to our son's memory, we are working toward building hopeful futures for other young adults.

Again, please accept our heartfelt gratitude.

Sincerely,

David L. Cooper  
Founding Director

Eli's Place Residential Treatment and Transition Centre  
2 Edith Drive, Suite 703 - Toronto, Ontario - M4R 2H7  
info@elisplace.org - Charitable Registration #83150 (0031 RR0001)

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# TALKING POINTS

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Debbi Silver

Today is February 8; our life has been upside down for the last few months. To begin, Harvey tested positive for COVID-19 on December 23, 2020. It was difficult, but we are lucky to have a den, which I slept in and Harvey in our bedroom. The best was Harvey had no symptoms whatsoever. We are very thankful for that. I brought him his meals to the door for 10 days. We did survive!

Last night our daughter went to the emergency department because she was suffering from COVID-19 symptoms. She tested positive on Thursday, February 5. We still don't know where she contracted it. She stayed home as long as she could. She was struggling with terrible pain in her back and terrible headaches, and no taste or smell. We have since found out that she will stay in the hospital for a few days until the virus can clear up in her lungs. As you can imagine, this has been quite worrisome for Harvey and me. We pray that everything will turn out OK.

Getting back to Forestdale Heights, I have been very pleased with the Zoom meetings the Lodge has been having. There is a lot of input from the members. We are in the process of planning a new CVS programme and we will advise the Lodge when it is complete.

As was posted in the last Kol Echad, Allocations and Donations have been sent out. You will see some thank you letters over the next little while.

This is short and sweet.....due to my worries about Lisa.

We wish everyone a healthy and happy Passover.

Stay safe and healthy.



# ALLOCATIONS/DONATIONS 2020-21

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## Allocations

Maot Hattim  
Covenant House  
Hill House Hospice  
Imagine A Cure  
Kayla's Camp  
United Chesed of Toronto  
Eli's Place



## Donations

B'nai B'rith Canada Chanukah Baskets  
Beth Shalom Synagogue Kosher Food Bank  
Chasdei Kaduri Jewish Food Bank  
Ve'ahavta

**I haven't been out of the house in a while. Does anyone know if Zellers, Eatons and Blockbuster have the same hours ?**

A message to Forestdale  
Heights Lodge members

Wishing you and yours a  
healthy and happy Passover





**Keith Irish**

Councillor Ward 1 — Thornhill

(905)948-5101

[kirish@markham.ca](mailto:kirish@markham.ca)

 [@KeithIrish1](https://twitter.com/KeithIrish1)  [Keith.Irish](https://www.instagram.com/Keith.Irish)





A happy and healthy Passover to all.

***Cathy & Stewart Indig & Family***

We would like to wish all members of FHL a very happy Pesach.

***Jeff, Lisa and Jordana Rosen***

***The Pupko family*** wishes all the members and their families  
a very happy Pesach and peace all over the world.

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Wishing everyone peace, good health and happiness.

Chag Sameach

***The Silver Family***

***Debbi, Harvey, Lisa, Mark, Shawna, Zoe, Jaime and Ezra***

Raymond and Rosalie Moscoe wish our Forestdale Brothers & Sisters and all B'nai B'rith members, a Happy Pesach, filled with hope, freedom and joyful times together.

***Love, Ray, Rosalie, Rhonda, Aliyah and Darren***

***Eddie & Marilyn Arkin*** want to wish all the members of Forestdale Heights Lodge and their families a happy Passover.

Wishing all members and their families a happy, healthy and meaningful Passover holiday.

***Carl and Debby Zeliger & Family***

***The Kates Family*** extends to its FHL family its best wishes for a חג פסח כשר ושמח.

***Marc, Rachel, Seth, Eve and Joelle***

Happy, healthy & safe Passover. May 2021 bring us all a better year.

Sincerely,

***Honey and Albert & family***



James ✦ Pasternak

Councillor | York Centre - Downsview

Happy  
PASSOVER

חג פסח כשר ושמח



Your trusted representative at City Hall

Although we could not come together in person last year, the Walk with Israel took place virtually and I am always proud to participate.



Greeting Pesach at City Hall  
with Mayor John Tory.

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# FOOD SENSATIONS

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## Raspberry Jam Sponge Cake

### Ingredients

8 eggs separated  
1½ cups sugar  
1 lemon (juice & rind)  
2 tbsp. Raspberry jam  
2 tbsp. Crushed walnuts (optional)  
1 cup of cake meal (or ½ cup of cake meal and ½ cup potato flour)  
¼ tsp. salt

### Method:

Beat egg yolks and sugar together until very light; add lemon, jam, walnuts & cake meal.

Add salt to egg whites, beaten stiff and fold into mixture.

Put into a round tube pan (removal tube) — Bake at 325 degrees for 1 hour.

Turn upside down until cool.

Delicious!

*Courtesy of "Treasure for My Daughter" – Montreal, Quebec*





# FOOD SENSATIONS

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## Passover Mandel Bread

### Ingredients

- 2¾ cups matzah cake meal
- ½ lb. butter
- 2 cups sugar
- 6 eggs
- ¾ cup potato starch
- ½ tsp. salt
- 6 oz. Passover chocolate or chips (*I used chips*)
- 1 cup chopped nuts (*I didn't use*)
- 2 tsp. sugar (*to use as topping*)
- 1 tsp. cinnamon (*to use as topping*)



### Method:

Preheat oven to 350 degrees.

Cream butter with sugar.

Add the eggs one at a time. Beat until smooth.

Sift the cake meal, potato starch and salt.

Fold the dry mixture into the egg mixture. Mix thoroughly.

Add the chopped chocolate/nuts.

Form into 3 or 4 loaves (I used gloves to do this, very sticky) on a greased baking sheet, about 3 inches wide, top with a mix of 2 tsp. sugar and 1 tsp. cinnamon.

Bake 40-45 minutes.

*Cooks.com*

*Debbi Silver – March 29, 2015*



# FOOD SENSATIONS

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## HEALTHY SNACKS FOR PASSOVER (Clue – don't overload with matzah)

1. Add to a cup of yogurt, blueberries and slices of bananas and a few almonds.
2. Spread celery sticks with peanut butter or almond butter.
3. On a whole-wheat, spelt, or gluten-free piece of matzah, place a slice of cheese. Microwave for 20 seconds until melted. Add Granny Smith or other apple slices.
4. Microwave a small baked potato. Top with Kosher for Passover cheeses (Tnuva brand) the last 30 seconds of heating. Add salsa if desired.
5. Baked apple (microwave). Slice off the top of the apple (like a hat.) Scoop out the middle core (seeds, etc.) Fill with sugar-free cranberries or raisins. Drizzle (real) maple syrup over middle fruit. Sprinkle on cinnamon. Put back on apple "hat." Microwave in a glass bowl on high for 3 – 4 minutes and then test with a fork for readiness.
6. Spread almond or natural peanut/almond butter on apple slices or matzah.
7. Blend almond, oat milk (or yogurt), frozen or fresh strawberries and a ½ banana for 30 seconds. Add flax or chia seeds. For an added brain boost, add whey or pea protein powder.
8. Open face sandwich, with tuna or egg salad or lox and cream cheese on whole wheat, spelt or gluten-free piece of matzah.
9. Vegetable soup with a piece of matzah and butter.
10. Handful of almonds, cashews, walnut or pecans and a piece of fruit, or a hard-boiled egg and a piece of fruit.
11. Take a slice or chunk of avocado and wrap a slice of turkey around it. Enjoy!



***Rosalie Moscoe***



# ENTERTAINMENT

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This is incredible!!! The green dots on this Google Earth map represent radio stations all over the world. Click on any one of the dots, and you will immediately hear that station with very good reception. For example, halfway up Ireland's east coast, there is a station playing Irish pub music.

***Stewart Indig***



<http://radio.garden/live/toulouse/radiopresence>

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# FEATURE

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Pfizer Chairman & CEO Albert Bourla, speaks at Congressional Holocaust Commemoration.

<http://bit.ly/3rDmSql>



# GOOD & WELFARE

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## Birthday

Michael Pacter	March 9
Marc Pollock	March 12
Ray Moscoe	March 22
Elizabeth Bloom	April 4



Forestdale Heights Lodge wishes **Lisa Silver, daughter of Harvey & Debbi Silver,** a speedy recovery.

If you have any memorable 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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# HARMONY

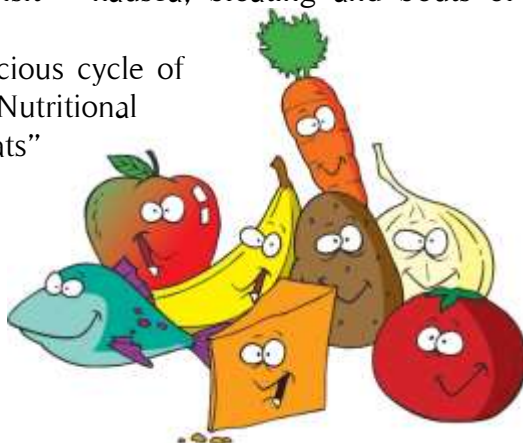
Rosalie Moscoe

In these unprecedented (pandemic) times, many of us are jittery, anxious at hearing the number of cases of COVID-19. Most of us are not travelling, nor can we dine out or see family or friends. At times, it's isolating and difficult to cope!

For comfort, many of us watch TV or go on Zoom for socialization. But often, we stare into the refrigerator – and eat!

With pants getting tighter, I know it's time to gain control of the cookie monster! Otherwise, my old friends will continue to visit – nausea, bloating and bouts of depression.

The following are a few tips to stop the vicious cycle of stress-eating. Most crucial is to avoid the Nutritional Energy Zappers. You may know them – “treats” (or just part of your regular diet). They're full of sugar, chemicals and white flour products. They play havoc with blood sugar regulation causing highs and crashes while your brain and body may be missing much-needed nutrients for optimal health.



## **Nutritional Energy Zappers, along with some tips and alternatives!**

1) First off, avoid junk food snacks such as potato chips, pretzels, licorice, chocolate bars and ice cream, as well as white flour bagels, crackers, highly salted corn chips. Instead, include healthier snacks such as low-fat cheese and whole-grain crackers, fruit and nuts, yogurt or cottage cheese with fruit and nuts, or whole-grain bread and almond or peanut butter.

2) While ketchup and most sauces add flavour, they are laced with sugar and sodium. Natural alternatives that contain much lower levels are available at most grocery or health food stores.

**Continued on next page**



3) Know that highly heated oil-based products found in vegetable oils - (yellow oil in clear bottles) or mayonnaise with a list of chemicals are not great choices, especially for heart and brain health. Instead, use cold-pressed olive or avocado oil (in dark bottles). Look for mayonnaise and salad dressings without harmful chemicals.

4) Reduce pies, cakes, cookies, energy bars – with high sugar. Instead, look for readily available natural alternatives with better quality ingredients or start baking healthfully - (Yummly.com.) Dark chocolate containing over 71% cocoa is ok *in moderation*.

5) Especially for heart health, ditch fried, battered foods, such as onion rings and French fries. As for fish or chicken - grill, bake or broil, drizzling on cold-pressed olive oil instead of deep-frying or breading.

6) Coffee is everyone's favourite. However, avoid drinking 3 - 8 cups a day. High quantities have been shown to cause sleeplessness, high blood pressure and anxiety. As well, avoid drinking soda pop or diet pop every day. They are not healthy drinks! Instead, drink water with lime or a squeeze of lemon to detoxify.

7) Most importantly, read labels and refrain from buying items with long lists of chemicals. According to Health Canada, the Heart & Stroke Foundation and Cancer Society, we need to limit these processed foods for better health. Try for three meals a day plus an afternoon snack or, if still hungry, one small snack at night. This schedule helps to regulate blood sugar levels. Below, find outlined the three categories of foods: Protein, Carbohydrates, and Fats, all of which our body needs.

➤ **Proteins:** include one serving at meals: dairy, eggs, fish, poultry, meat, legumes/beans, tofu or tempeh.

➤ **Carbohydrates** - *Low glycemic* Vegetables: Power up with a green salad and/or veggies at lunch, also at dinner. *Starchy carbohydrates:* Include two a day such as a potato, sweet potato, cooked carrots, squash, whole grains, whole grain bread/pasta or gluten-free bread. Fruit: Two to three servings a day will provide critical vitamins and minerals.

➤ **Fats:** Good for heart and brain health. Include nuts, seeds and cold-pressed oils such as olive or avocado oils, almond/peanut butter and the odd pat of real butter.

Dare to try some new foods (especially vegetables). Start slowly, but start somewhere. Make yours a journey toward loving self-care.



# FORESTDALE FUNNIES

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Hear about the internet search engine for Passover?  
*It's called eliYAHOO*

A little boy once returned home from Hebrew school, and his father asked, "What did you learn today?"

He answered, "The Rabbi told us how Moses led the children of Israel out of Egypt."  
"How?"

The boy said, "Moses was a big strong man, and he beat Pharaoh up. Then while he was down, he got all the people together and ran towards the sea. When he got there, he has the Corps of Engineers build a huge pontoon bridge. Once they got on the other side, they blew up the bridge while the Egyptians were trying to cross."

The father was shocked. "Is that what the Rabbi taught you?"

The boy replied, "No. But you'd never believe the story he DID tell us!"

Why do we have a Haggadah at Passover?

*So we can Seder right words.*

A Jewish man took his Passover lunch to eat outside in the park. He sat down on a bench and began eating. Since Jews do not eat leavened bread during the eight-day holiday, he was eating matzah, flat crunchy unleavened bread that has dozens of perforations. A little later, a blind man came by and sat down next to him. Feeling neighbourly, the Jewish man passed a sheet of matzo to the blind man. The blind man handled the matzo for a few minutes, looked puzzled, and finally exclaimed, "Who wrote this nonsense?"

Did you hear about the gefilte fish that went deaf?

*He had to buy a herring-aid.*

What kind of shoes did the Egyptians wear during the plague of Frogs? *Open-toad!*

Who is behind Pharaoh's Evil Empire? *Darth Seder*



# FORESTDALE FUNNIES

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## A RABBI WALKS INTO A BAR...

Rabbi Epstein was a particularly tenacious clergyman and couldn't stand seeing Jewish people getting drunk. So one day, he went into a particular tavern frequented by Jewish patrons.

Rabbi Epstein walks into the pub and sees Stan from shul.

"Stan, do you want to go to heaven?"

The man said, "I do, Rabbi."

The Rabbi said, "Then stand over there against the wall."

Then Rabbi Epstein asked another man he recognized,

"Do you want to go to heaven?"

"Certainly, Rabbi," was the man's reply.

"Then stand over there against the wall," said the Rabbi.

Then Rabbi Epstein walked up to Chaim Yankel Rabbinowitz



and said, "Do you want to go to heaven?"

Chaim Yankel said, "No, I don't, Rabbi."

The Rabbi was in disbelief, "You mean to tell me that when you die, you don't want to go to heaven?"

Chaim Yankel said, "Oh, when I die, yes. I thought you were getting a group together to go right now."





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# AS I SEE IT

Marc Kates

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Today, Wednesday, February 10, 2021, marks day 8,354 of the global COVID-19 pandemic, or so it feels. It is so hard to imagine how we looked forward to ushering in 2020 while visiting the Big Apple over a year ago, and wondering what the new year would bring. It's now 2021, and we are glad that 2020 is in the rear-view mirror. Unfortunately, the start of 2021 doesn't feel all that different from 2020. Vaccines are on the horizon, and 20% of our household is vaccinated. (It just sounds more impressive that way instead of saying that the front line health care worker in our family has received her doses.)

There are a lot of “take-home” lessons from this pandemic, but there is no need to take those lessons home as I am already here; I've barely left. This pandemic has taught me about the most important things in life, and as my late Zaidy Louie used to say, “If you don't have your health, you have nothing.” How true. There is no getting away from how different life seems now, and we crave the good old days of 2019. We learned “to Zoom,” disinfect everything, and know that “curbside” is more than what one needs to avoid when crossing the street.

The Yiddish author, Sholem Aleichem is credited with saying, “*Lakhter iz gezunt un doktoyrim heysn lakhn*. (Laughter is healthy, and doctors prescribe it).” The pandemic has taught me that a little joke, a smile, and a sense of humour go a long way. They are certainly not a cure, but they're steps in the right direction. Not a day goes by when I don't have a good chuckle with my students, or do something silly, usually “just because.” We've had virtual dress-up tea parties, hot chocolate parties, and wacky hat/hair day. We've gone on virtual field trips to the Eiffel Tower and the Taj Mahal, and every Friday, we cook something new. For my own family, we've gastronomically travelled the world in our own kitchen, had dinner theme nights, played lots of board games, and tackled 2000 piece puzzles. Tonight, as I write this column, I'm dressed in a pair of my mother's old scrubs with a name tag that reads “Dr. Pimple Popper.” --Tonight is TV personality night.

**Continued on next page**



The latest additions to the Kates' household have been a cute Portuguese Water Dog named "Gretzky" and a backyard ice rink. Both Gretzky and the rink add new responsibilities, but certainly something refreshing to our hamster-wheel-like lives. No one knows when this pandemic will be over and when life will return to some normalcy, but we have no choice but to deal with it as best we can. Don't lose your sense of humour, your sense of adventure and curiosity. The pandemic has shown us what we have lost, but we HAVE so much more.

Stay safe.



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# MENTAL HEALTH CARE

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## YOUR SOCIAL DISTANCING SURVIVAL GUIDE

We are used to having built-in ways to connect. We connect at school and at work, at events and social activities, even with our neighbours in the grocery store. We have visited, and we have socialized. And maybe, until now, we've seen all of that connection as simply a part of our everyday life. We can't wait any longer. For the time being, it's not a built-in feature of our lives. We have to go looking for a connection, and we have to be creative. We need to make an effort to reach out to each other.

### **Here's your guide to connecting with others in these difficult times:**

**Make it part of your routine.** Set a time, or several times, over the course of the day, and call it "social connection time." This will be a dedicated time when you forego all distractions and check-in or share with others — like on your morning walk.

**Make a date.** Book a time for a conversation. Send an e-mail or a message, or just call someone spontaneously, inviting them to a phone date or a video chat.

**Schedule it in.** Just like you would a meeting (or a dentist appointment), write the time in your agenda or put an alert on your phone. "At such and such an hour, I'm going to reach out to a friend, colleague or family member." They want to hear from you right now.

**Let yourself be vulnerable.** If you're craving connection, let others know. Let them know you feel isolated. Deepening your conversations will deepen your relationships.

**Be honest.** If you're not doing well, don't cover over the feelings. Share them openly.

**Be generous and kind.** Kindness can actually work to counter stress, which is particularly important in these times. Send out a few words of gratitude on social media or send a kind message via e-mail.

**Practice listening.** Really listen to each other and give the other person space to let you know how they are really feeling, too. Learning to listen actively and carefully is key to having meaningful social interaction.

**Continued on next page**



**Think outside your circle!** Your family members and good friends aren't the only sources of social support. Who has offered you support in the past? This might be a good time to reconnect.

**Join a virtual community.** Go ahead and join a group virtually. There are Facebook groups on just about everything, and now is a good time to find community.

**Remember the telephone and low tech ways to connect.** The phone is one of the most enduring and essential tools for the social connection that we have. If you want to reach someone long distance, you can use Skype audio or WhatsApp, which offers free services. Letter writing may be a lost art too. Corresponding by mail is a great way to reach out and connect. Canada Post is still there for you. So is your e-mail account.

**Make the most of high-tech.** Use video technologies, like Skype, Facebook or Messenger. Sign up for free. All you need is a computer with a camera or a smartphone. Don't be shy: video is the face-to-face time when you can't be side-by-side. If you still feel shy: turn off the video view of yourself. This might help lighten feelings of self-consciousness.

**Plan a virtual event.** Participating in group activities can bring you closer to your friends, family, and members of your community. Zoom ([zoom.us](https://zoom.us)) is a free video platform created to host virtual meetings but has become a central meeting space for people looking for opportunities to socialize. Here is a partial list of social activities you could host on Zoom: dinner party, play date, a sing-a-long, game night, trivia contest, book club meeting, coffee breaks or slide shows!

**Remember, you are not alone.** Maybe most importantly, know that even if you feel alone, there are others out there, ready and waiting to help. If you're struggling:

**Find a support group.** With a simple Google search, you can find online support groups and peer support services to engage on issues that matter most to you. Or get some peers together and host your own support group on Zoom.

**Use e-mental health services.** There are hundreds of online portals and hubs to connect you to virtual and online support services such as online courses, coaching and therapy. Check out the Government of Canada's new [Wellness Together](#) portal, or check in with [your local CMHA](#) to see what they have to offer online and over the phone.

**In crisis?** Please call 1-833-456-4566 toll-free, 24/7 or visit [crisisservicescanada.ca](https://crisisservicescanada.ca)

*Material supplied by [CMHA](#)*



# COMMENT

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## WHAT DAY IS IT TODAY?

I understand the movie “Ground Hog Day” has been experiencing resurgence. That is the movie where the Bill Murray character appears to be repeating the day over and over. I imagine it’s just like what many of us must be feeling as we get through these trying times.

I remember in the pre-COVID-19 era looking to purchase a wristwatch and considering one that provided the numeric date and the day of the week. I was thinking that when senility sets in, it would be beneficial for me to be able to take a quick look at my wrist to be reminded of the day of the week. However, I concluded doing so would be tantamount to accepting a far too pessimistic and depressed outlook for me in my later years. This proved to be a bad move on my part. There have been several days when I have had to find some other way to be reminded of the actual day of the week.



Davening virtually with the shul minyan at Pride of Israel has come to the rescue. As we approach the end of the morning service, we recite the psalm for that particular day of the week. Hence, I am reminded each morning just as I start to go about my other daily tasks what day of the week it is. I have now found another reason for you all to consider joining morning services.

I have, however, been keeping quite busy. In October, I drove down to the Niagara wine region. Donning my mask, I purchased a bushel of grapes from a farmer and then returned home to make wine of the sweet Passover Kosher varietal. With some tender loving care, it has been mellowing quite nicely in my basement and ready for me to commence bottling any day soon. I have also home brewed an English black stout ale. It has a bold enjoyable taste with a hint of chocolate but unfortunately with a little too much carbonation.

**Continued on next page**



My wife was nice enough to help me clean the counters and walls of our kitchen when my first bottle sprayed most of its contents on opening unexpectedly. A much more cautious opening and then a sampling of my remaining bottles have left me wanting more. I will be adjusting the formula and shortly putting together my next 'refined' batch. Beyond experimenting more so with my cooking, I usually enjoy doing provided the end results prove edible. I have also taken to making schmaltz herring smothered in onions. The first attempt was just a bit too salty. After proper care and curing, the second jar attracted rave reviews.

But my boldest move has been, at the age of 68, taking up the clarinet. I checked the reviews and purchased a student model online. Most days, I can be heard (and I really can be heard) practicing away for an hour or two. It is a good thing that my wife and I live in a two-story home. I play as far away from her as I can in our downstairs living room while my wife escapes upstairs to the furthest corner away from our master bedroom.

After only about a month, I am encouraged by the results. In between the occasional horrendous 'squeak' and the numerous forgivable missed notes, my wife is usually able to figure out what song I have been trying to play. I consider that quite an accomplishment. Her patient acceptance of my new hobby can only be explained by true love.

My friends, Covid-19 will end, eventually. We must all try to find some way of retaining our sanity during these difficult times. Whether by finding some hobby or attending daily virtual services or other programs and events at The Pride, we must find what works for us. I know that when this pandemic ends, I will make a concerted effort not to forget to embrace those simple and most pleasant things that I have been forced to go without for much too long. I will hug and kiss my children and grandchildren with renewed joy, warmth, and enthusiasm. I will look forward to shaking hands or embracing my relatives and friends. Attending services at the Pride of Israel in person with other members will mean more to me. And I cannot wait to return to Israel and my family there.

I also look forward to reaching more of those correct notes on my clarinet and enjoying many years to come to my refined homemade beer and schmaltz herring with onions.

Be well and be safe.

***Carl Zelig***



# SPORTS

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## High school baseball star won't play on Shabbat

Jan 26, 2021

By Yakir Benzion  
*United With Israel*

An 18-year-old high school baseball all-star aims to become the first religious Jewish player to make it to the major leagues, planning to keep kosher and not play on Shabbat, the Chabad organization reported.



Photo from  
Elie Kligman

“My dream has always been to be a Major Leaguer. I never thought of anything else—baseball has always been what I’ve wanted to do,” Elie Kligman, a high school senior from Las Vegas who plays as both an infielder and a pitcher, told [Chabad.org](http://Chabad.org).

Kligman comes from a religious family that lives in Las Vegas, where he has played ball all his life. He is now ranked as one of the top high school prospects in the country and the first Orthodox Jew to be invited to the highly scouted “Area Code Baseball Games.”

He is adamant about playing competitively without compromising his Judaism, praying three times a day, never playing on Shabbat or Jewish holy days, and eating only kosher food.

There have been many Jewish professional baseball players, including Los Angeles Dodgers pitcher Sandy Koufax, who sat out a game of the 1965 World Series that fell on Yom Kippur. Still, no Orthodox Jewish athlete has ever made it to the big leagues where he would have to sit out games on Friday nights and Saturdays.

**Continued on next page**



“I have the mindset of, ‘This is what I am doing for Judaism, and this is what I am doing for baseball.’ Once the sun goes down on Friday night, it’s not a debate for me, [celebrating Shabbat] is just what I am doing,” Kligman said. “When you are a proud Jew, people respect when I tell them I’m not going to play on Friday night and Saturday.”

Kligman’s father, Marc, an attorney and professional sports agent, coached and encouraged Elie and younger brother Ari and provided guidance over the years, especially with the teams Elie plays on.

“We’ve had a lot of help along the way,” Marc said. “People have been kind and helpful. Our head coach at the high school makes sure we don’t schedule any games on Saturday.”

But there have also been plenty of times they’ve rushed out of the house right after sundown on Saturday to make a night game.

The Kligman family belongs to the local Chabad congregation in the Summerlin suburb of Las Vegas.

“It’s wonderful to watch Elie balance his commitment to a Torah-observant lifestyle and baseball at the same time, but when there is a conflict, his *Yiddishkeit* [Yiddish for Judaism] takes precedence,” said Rabbi Shea Harlig, director of Chabad of Southern Nevada.

Elie and his brother Ari’s commitment to Judaism and Torah study has also impacted those around them, with a non-observant family seeing the example and enrolling their children in the local Hebrew school.

Elie is waiting to determine which college team he’ll play for, hoping for an NCAA Division 1 school, which would move him one step closer to his dream of playing in the Major Leagues.

However, he’s not about to change his Jewish lifestyle.

“People always ask me what I’m going to do in college,” says Elie. “The answer has always been I’m not playing on Shabbat. It’s for God, and I’m not changing that.”





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