

KOL ECHAD

Forestdale Heights Lodge
B'nai Brith Canada



CHAG SAMEACH

March/April 2022
Adar I/Adar II/Nisan 5782



IN THIS ISSUE:
8 PAGES OF PASSOVER GREETINGS

JEWS & THE UKRAINE

Volume 20, No 4

COVER ART



It's that time of the year again. Pesach or Passover begins on Friday, April 15, with the first seder and concludes on Saturday, April 23.

The week after, Yom Hashoah is commemorated on April 28.

Before all that, though, we celebrate Purim starting the evening of Wednesday, March 16.

Chag Sameach!



Pancer's Original
Serving the best corned beef and pastrami
in the city of Toronto since 1957 **since 1957**

It's time to
Celebrate!

April 23, 2022 is our
65th anniversary

Watch our website for details



CALL UBEREATS.COM FOR ON-LINE ORDERING
For more information call (416) 636-1230 or go to

<http://www.Pancersoriginaldeli.com>.

SERVING DELICIOUS FOR OVER 60 YEARS

KOL ECHAD

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

It is published five times a year.

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

All material submitted is subject to editing.

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

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

Editor

Jeff Rosen

Advertising

Harvey Silver

Editing Staff

Marc Kates

Lisa Rosen

Debbi Silver

Contributors

Marc Kates

Rosalie Moscoe

Ruth Pupko

Debbi Silver

Website

www.kolechad.ca

CONTENTS

Cover Art	2
Slate Committee	4
President's Pen	5
Editor's Desk	6
At a Glance	8
Meetings	9
Good & Welfare	12
Harmony	13
Community	15
Passover Greetings	16
CVS	24
Talking Points	25
Perspectives	26
Correspondence	28
Purim	29
Commentary	30
Food Sensations	34
Forestdale Funnies	37
As I See It	39
Pincus Punim	40
Snapshots	41
Looking Back	42
Health	44



SLATE COMMITTEE

On Tuesday, January 25, a meeting of Forestdale Heights Lodge's Slate Committee was held via Zoom, led by Harvey Silver, chairman of the Board of Governors. The committee slated the following individuals to serve on the Lodge executive for the 2022-2023 season.

President: Ruth Pupko
Vice-president: Eddie Arkin
Treasurer: Debbi Silver
Financial Secretary:
Recording Secretary: Stewart Indig
Trustees: Carl Zeliger, Rosalie Moscoe




The Lodge will hold its election meeting to ratify the committee's recommendations at the March meeting.

Sonny Langer's

DAIRY & VEGETARIAN CATERERS

Sonny Langer's Dairy and Vegetarian Caterers considers it an honour to feed to family and friends. Our business is built on love of family and respect for community.

Our staff will put you and your guests at ease while catering to your needs with attentive grace.



Josh Abrams
josh@sonnylangers.com

180 Steeles Avenue West, Unit 12 • Thornhill, Ontario L4J 2L1
Tel: 905-881-4356 • Fax: 905-881-2873
www.sonnylangers.com

CENTRE STREET DELI



CATERING FOR ALL OCCASIONS
"PARTY SANDWICHES OUR SPECIALTY"

905-731-8037
7 AM - 8 PM

1136 CENTRE STREET
THORNHILL, ONTARIO L4J 3M8
WWW.CENTRESTREETDELI.COM



PRESIDENT'S PEN

Ruth Pupko

Pesach is a major Jewish holiday celebrating freedom and family. We gather and remember the Exodus from Egypt more than 3,000 years ago. You all may ask yourselves, why is Ruth telling us this? Is it because we are a Jewish Lodge, is it because, after two years of this pandemic, we NEED to be together with our families? We have the freedom to hold meetings. We also make our own decisions on how we want the Lodge to be and vote on all aspects of our business. This is what I call total freedom!

We have been holding virtual meetings, and I am proud to say that we all look forward to seeing one another and discussing future plans for 2022. Cheques have been sent out to various charities as allocated for 2022. Our budget was passed, and we allocated funds for our CVS programs, including the Homeless Project, donations, and other events.

Our Lodge has signed up for the Toronto Marathon in May, and our dedicated volunteers have marked the date on their calendars. Unfortunately, the marathon was forced to shut down in 2019 due to the pandemic, and we welcome it back to our fair city. So, the boys of spring are back....Let's see what the boys of summer (the Blue Jays) will do this year.

We are all looking forward to a time when we can do more CVS events, such as the Megillah reading. The residents' faces at 4300 Bathurst Street light up when we play host with the Kelman family at Purim, and our members are looking forward to seeing them once again. The Homeless Project has been very successful, and plans are already underway for this year's project.

We miss our monthly dinners, Chanukah party, and annual barbecue, and we are looking forward to these fun events once we get the go-ahead. I am proud of all the work that members have accomplished during this pandemic, and I am looking forward to working with you all.

Aaron and I wish all the members and families a wonderful Pesach full of joy, happiness and good health.





EDITOR'S DESK

Jeff Rosen

I finished off last issue's column, saying I would leave a discussion on my career-defining "trek," which began 40 years ago, to another day, another column. At the time, I didn't know if I would actually travel back to 1982. However, the more I thought about it, the more the memories came flooding back.

Then I thought, "Who better to share them with, than the people with whom I have shared my life for the past 30 years?" So,

here it goes:

The adventure began in May when I spotted a help wanted ad in the *Globe & Mail*. The job was for a news editor in Coronach, Saskatchewan. I wondered, "Where the hell is that?" So I pulled out a map and searched. I discovered that what I thought was a city was actually a town of 1,000 in the southern part of the province. I honestly didn't expect to get a reply to the ad, and if I did, I thought it would probably be negative. After all, I had sent out over 100 resumes and, in each case, had received nothing but letters thanking me for my interest.



Imagine my surprise a few weeks later, when I got a phone call from the publisher of this new publication. By the time we finished talking, I had a firm job offer. I was going to be the news editor at a weekly newspaper called *Borderland Reporter*.

Weeks later, I began to re-examine my decision. But by then, my path was set, and there was no turning back. My resolve was further strengthened the next month when I graduated from Sheridan College. I learned that I was one of the few in my journalism class to have landed a job in our chosen field.

After graduation, my mom held a combination graduation/going away party, where I acquired many of the necessities of life for my journey west. I packed boxes of clothes and books, sending a trunk out by train and a few packages by mail. The rest eventually went into my car.

On June 10, two days before my birthday, I left home early in the morning. It was an emotional farewell as I left my home of 24 years with only my handy tape recorder as my travelling companion. That, of course, was for me to record my thoughts and feelings as I made my way to Gravelbourg, Saskatchewan, where my publisher lived and ran another newspaper.

Continued on next page

The first day was long as I headed north, winding up in Wawa, Ontario. Before arriving at my final destination on June 13, the trip took me to Dryden, Ontario, and then Brandon, Manitoba. Once in Gravelbourg, I settled into a motel for the next two weeks. There I learned more about my new job, covered a few stories for the *Gravelbourg Gazette*, including a visit by the Queen's daughter, Princess Anne, and generally enjoyed the novelty of my new existence.

Moving day soon came, and I left Gravelbourg to begin my job and life in Coronach, covering the towns of Coronach, Willow Bunch, and Rockglen.

Our first issue hit the stands on July 22, 1982. (*I received another thrill years later when I found the cover of that first issue in the National Archives of Canada in Ottawa.*) I had much to do before that happened, though, including setting up my apartment and meeting the local townsfolk, many of whom became the focus of a local story. Despite what many may think, small-town life is more than bakes sales and teas.

In the process, I met some interesting people, including members of the local clergy, when I set up a column for religious leaders in the area. (Years later, at *The Canadian Jewish News*, I helped launch a similar column called *Rabbinic Reflections*.)

Of course, the job always involved more than just reporting. Every week, I would drive back to Gravelbourg, where the copy would be typeset, the photographs developed, and the paper laid out for printing.

When I was not working, there was little, if anything, to do in Coronach. My TV only received two stations, and to see a movie, I had to drive to the next town.

One winter day, I got a real scare driving into the neighbouring town of Rockglen when I hit a patch of ice. My car did a 180-degree turn on the country road, winding up half in the ditch. I panicked before driving along the embankment until I came to a level crossing and headed home. That was the last time I headed out in uncertain weather.

During another excursion, I made contact, and friends, with an older couple in Moose Jaw I had started corresponding with when I was still in Toronto. Somehow, a letter I had sent to the city's synagogue was redirected to them, and with it, an offer to visit with them at any time, especially on the Jewish holidays. Despite my initial misgivings, I thoroughly enjoyed the holidays in Moose Jaw.

While I made more than a few mistakes during my short stay in Coronach, none was as bad as my publisher's faux pas. One day, he thought it would be fun to tell me that I wouldn't go far in journalism. Not one to turn down a challenge, I began sending out resumes again.

Shortly after that, I landed a job offer in a larger community in Saskatchewan. And so, after nine months in Coronach, I was again on the move. However, that tale is going to have to wait for another time.

Be well.



AT A GLANCE

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

March 8, April 12,
May 10, June 7
All Dates Subject to Change

Kol Echad schedule for the 2021-22 season

May / June – Spring Issue

Deadline: April 10

July / August – Summer Issue (Digital only)

Deadline: June 15

Ukraine Emergency Relief Fund

Ukraine's 200,000 Jews face a humanitarian crisis. UJA's partners, the American Jewish Joint Distribution Committee (JDC) and the Jewish Agency, are already on the ground providing critical and life-saving support, but more relief will be needed in the coming weeks. Your generous gift to UJA's Ukraine Emergency Relief Fund will be invested in further humanitarian relief, action to protect lives and increase security within the Ukrainian Jewish community, and evacuation from conflict zones.

<https://bit.ly/3Hz7IxE>



JANUARY MEETING

The first Lodge meeting of 2022 featured the largest membership contingent since Forestdale Heights was forced to move to a Zoom format. The year's inaugural meeting, on January 11, was also unique as it included two members joining us from Florida, thus making it a truly international gathering. We also welcomed back long-time Lodge member Ira Kuchinsky and his wife, Paula.

As well as the Kuchinskys, the meeting included FHL President Ruth Pupko, Zoom Moderator Stewart Indig, Ray and Rosalie Moscoe, Albert Ohana, Harvey and Debbi Silver, Eddie and Marilyn Arkin, Elizabeth Bloom, Carl Zeliger and Jeff and Lisa Rosen.

A discussion was held on our next "big" CVS program, and it was decided to expand beyond All Saints Anglican Church, where the Lodge recently sent special packages. Elizabeth agreed to contact another possible recipient and report back at our February meeting.

While allocations were discussed at the January meeting, everyone agreed to move the item to the next meeting. As the February meeting will also see Lodge Treasurer, Debbi Silver, present her budget, members felt that more could be accomplished once the new financial document was approved.

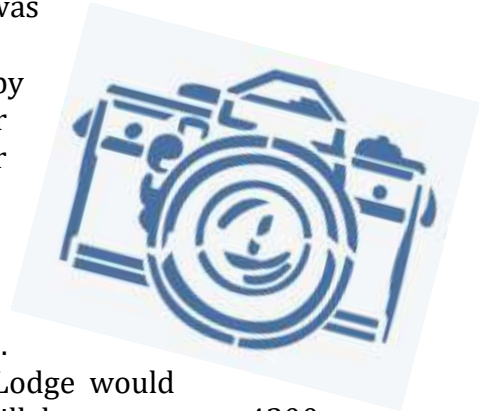
Ruth asked members to contribute to Kol Echad by sending in little "blurbs" on such things as their favourite neighbourhood, restaurant, store or anything else. It would be modelled on the Perspectives column in the January bulletin.

Reporting on Kol Echad, Jeff/I said we have three paid Passover Greeting ads from politicians and hope to increase that by the February 1 deadline.

Discussing Purim, Carl acknowledged that the Lodge would again be unable to operate its annual Purim Megillah program at 4300 Bathurst Street. For years, Rabbi Jay Kelman and his family came out and read the Megillah to seniors. Afterwards, Lodge members distributed hamentashen and other goodies to residents who came out for the program. Members agreed to continue our tradition of sending a donation to Rabbi Kelman's Torah in Motion program.

Our next meeting was held on Tuesday, February 8.

Jeff Rosen



FEBRUARY MEETING

Allocations, elections and budgets dominated the agenda at the Lodge's second meeting of 2022 as members gathered via Zoom on Tuesday, February 8.

With such vital items to be discussed, it was hardly surprising that many Lodge members decided to participate in the meeting.

Those attending included Lodge President Ruth Pupko, moderator Stewart Indig, Jeff & Lisa Rosen, Ray and Rosalie Moscoe, Harvey and Debbi Silver, Eddie and Marilyn Arkin, Elizabeth Bloom and Carl Zeliger.

Ruth floated the idea of starting a virtual bingo, possibly as a fundraiser. It was agreed to table discussion around this idea until the next meeting.

Elizabeth presented a report on Covenant House. She said that while they no longer accept clothing donations due to the pandemic, they welcome monetary donations, including gift cards. She added that due to COVID, the organization is not seeking volunteers.

The discussion turned to our programs to help the homeless, and Ray suggested we help by creating a new project in the spring or summer.

Jeff/I presented my report on Kol Echad, informing members that we reached a new monetary record with this year's Pesach Greetings campaign. This included greetings from six politicians, including federal Liberal and Conservative politicians and municipal representatives in Toronto and Markham.

Turning to elections for the executive for 2022-23, Harvey presented the results of the slate meeting (**See page 4**). Nominations were held, and the only addition was the nomination of Rosalie Moscoe for trustee. The election will be/was held on March 8.

A lively debate was held on the CVS and Operations Budgets. Both were unanimously approved by all in attendance.

Allocations for 2022 were also discussed and approved by the Lodge membership. Those receiving financial assistance from Allocations 2022 include:

- | | |
|-----------------------|---------------------------------|
| 1. Hill House Hospice | 6. Beit Halochem Canada |
| 2. Imagine a Cure | 7. Magen David Adom |
| 3. Layla's Camp | 8. North York Harvest Food Bank |
| 4. United Chesed | 9. Covenant House |
| 5. Ve'ahavta | |

The next Lodge meeting was set for March 8.

Jeff Rosen





Steeles Memorial Chapel

www.Steeles.org

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.

For some, it is the relief and peace of mind knowing that their wishes are now recorded and will someday be honoured by their family. For others, it is to unburden loved ones of financial decisions at an emotional time.

For information on prearranged funeral services, please call us at

(905)881-6003

or visit

www.steeles.org

Serving the Jewish Community since 1927.

GOOD & WELFARE

Birthdays

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



Mazel Tov


Carol and Michael Pacter wish to announce the engagement of their daughter Samantha Keri to Michael Fortin. Another Michael in the family.

To Lonny Kates, son of late Lodge leaders Michael and Bonnie Kates, on making aliyah. Lonny is the brother of Kol Echad editor/columnist Marc Kates.



Congratulations

To Jordana Rosen, daughter of Lisa and Jeff Rosen, on her new job at the Oakville Academy for the Arts.



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.





HARMONY

Rosalie Moscoe

Thinking about some of the Passover seders of years gone by is an exercise in nostalgia at best, gluttony at worst, depending on how much you could eat. However, Passover seders were meaningful and were an expected yearly repetition of the Passover story – readings, familiar songs, and participation at the service by family members. The seders gave us a feeling of belonging, being together with family, and carrying on

important traditions. It was especially a chance for the children to show off how much they had learned at Hebrew school!

However, Passover seders took (and still do) weeks of planning, buying all the correct products, cooking for 40 when only 16 were at the table. It was an intense time for the strictly kosher hostess to get Passover dishes into the kitchen and other dishes out! They needed to throw out or give away all “chametz” products eaten all year round. Now only things stamped “Kosher for Passover” were allowed. Some other hostesses in my family would bypass many Kashruth rules of Passover. But even they would provide “Kosher for Passover” matzoh (unleavened bread). That’s why seders were mainly at one Aunt and Uncle’s home.



Each woman had their own specialty; Aunt Rae would make her famous brisket, which as a child, I would never eat. Everyone kept prodding me. “Eat it. It’s delicious.” For me, it was like chewing on a tire. My mother’s meatballs were a big hit – beef meatballs sitting in a delicious-looking red sauce made up of ketchup and Ginger ale! Talk about a sugar rush! I lapped it up. Gefilte fish was a must and still a favourite of many, while others just stared at it and said, “no, thank you.” And the chicken soup (depending upon who made it) was either so-so, greasy, watery, or delicious. It was either hit or miss! And the matzoh balls would either be smooth in the mouth or like bouncing rubber balls. I think one year I cooked them just right! Plus, many other side dishes and delicacies graced the long table on top of a crisp, white tablecloth. Each year at least one person would spill grape juice or wine all over it. (See **Snapshots, page 41**)

Continued on next page



Other tidbits of nostalgia I remember about Passover were quite humorous. The seders always seemed to coincide with the Stanley Cup Playoffs. The rivalry between the Toronto Maple Leafs and the Montreal Canadiens was fierce. One Passover evening at Aunt Rae and Uncle Harry's house, it was the finals. My uncle, an ardent Maple Leaf fan, brought out a TV set and placed it at the end of the seder table. He thought that with the sound off, he'd get away with it. My aunt went ballistic when he plugged it in; there was quite a ruckus, everyone giving their opinions. Of course, my aunt won out, and the TV set was promptly removed, and we continued the seder. Although many of the men, on edge, kept leaving the table every few minutes to get the score. (I think my then fiancé, Raymond, now my long-time husband, was one of them!) In the early 1960s, there were no cell phones to check for scores!

I miss those seders, wonderful gatherings of many of my long-gone aunts and uncles and my father and mother. Dressed in their finest, they and other relatives and sometimes friends all gathered at the table. We went through the readings, laughing and eating. Just being together was the best part for me and taking part in reciting the story of Passover – the exodus of the Jews out of Egypt. The story, the songs, and the joy was, and still is, contagious at our seders even now, with a whole new crop of children, grandchildren, or other relatives.

But most importantly, it's an important tradition that we continue to carry on each year. We crossed the Red Sea; we were given our Ten Commandments, and we shall go on – and survive. Embrace Passover, even if it's by Zoom!

Wishing all of you a happy, sweet Passover.

[Photo: [Gilabrand at en.wikipedia](#)]



CONFIDENTIAL REPORTING ANTI-HATE HOTLINE

B'nai Brith Canada operates the country's only 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 1-800-892-BNAI (2624).

COMMUNITY



VOLUNTEERS NEEDED

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

ALL COVID-19 PROTOCOLS WILL BE FOLLOWED

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

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

HERMES
BAKERY LIMITED

2885 Bathurst Street, Toronto, ON M6B 3A4
T. 416.787.1234 F. 416.787.1235 israel@hermesbakery.com

STRICTLY KOSHER NUT FREE

In life, it's important to
know when to **stop arguing**
with people and simply
let them be wrong.

2nd Time Around
NEW / USED
TIRES
GUARANTEED

416-398-6777
3915 KEELE Street
South of Finch

416-292-6400
8 PROGRESS AVE.
KENNEDY South of 401
Beside Pita Pit

905-436-3730
1280 SIMCOE STREET
OSHAWA, ONTARIO
Across from Millwork
Simcoe & Taunton



Eddie and Marilyn wish our friends and our family a healthy and happy Passover.

A happy and healthy Passover to all.
Cathy & Stewart Indig & Family

The Kates Family extends to its FHL family its best wishes for a

זג פסח כשר ושמח

Marc, Rachel, Seth, Eve and Joelle

Sending warm thoughts
and blessings as you
gather at the Seder
to celebrate
with those you love.

Happy Passover 2022

Ruth and Aaron

Wishing everyone peace,
good health and
happiness.

The Silver Family

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



Happy, healthy & safe Passover.
May 2022 bring us all a better year.
Sincerely,
Honey and Albert & family

We would like to wish all members of FHL
a very happy Pesach.
Jeff, Lisa and Jordana Rosen

Wishing all members and their families
a happy, healthy and meaningful
Passover holiday.
Carl and Debby Zeliger & Family



Ira & Paula Kuchinsky

Wish a very
Happy Passover
to our friends
& fellow
Lodge members

To all our Lodge sisters,
brothers and their families,
we wish you health,
peace, prosperity and
all the joys of Passover

*Raymond and Rosalie Moscoe
& Family*



MELISSA
LANTSMAN

Wishing you and your family a
Happy Passover.
Chag Pesach kasher vesame'ach.

  
@melissalantsman



Melissa Lantsman

Member of Parliament, Thornhill

 melissa.lantsman@parl.gc.ca

 +1-905-886-9911

1118 Centre Street Unit 23 Thornhill,
Ontario L4J 7R9



Chag Pesach Sameach!

-HAPPY-
Passover



Hon. Marco Mendicino P.C., M.P. for Eglinton-Lawrence
T: 416-781-5583 E: marco.mendicino@parl.gc.ca



Hon.

MARY NG, MP

MARKHAM – THORNHILL



905-479-8100



Mary.Ng@parl.gc.ca



16 Esna Park Drive, Unit 107
Markham, ON L3R 5X1

Happy Passover
Chag Sameach



Happy Passover



Wishing everyone in
York Centre
a joyous and
happy celebration.



חג פסח כשר ושמח

Ya'ara Saks | Member of Parliament for York Centre
416-638-3700 | yaara.saks@parl.gc.ca

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

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



James  Pasternak

Councillor | York Centre - Downsview

Happy
PASSOVER

חג פסח כשר ושמח



Your trusted representative at City Hall

Toronto MEL LASTMAN SQUA

Raising the flag of Israel at City Hall for Yom Hazmaut.

Celebrating Chanukah with Consul General Idit Shamir.



www.JamesPasternak.ca

416-392-1371

councillor_pasternak@toronto.ca

CVS/GOODLIFE MARATHON

GoodLife
FITNESS
TORONTO
MARATHON



Sunday, May 1

Forestdale Heights Lodge has participated in the Goodlife Toronto Marathon for over a decade.

Our Lodge is responsible for the first water station. Our checkpoint will be at Harlandale Avenue, just north of Yonge & Sheppard.

Arrival time at the water station is 6:00 a.m., and we are usually done by 9:00 a.m.

If you can volunteer your time for this great CVS project, please contact Harvey Silver at debbisilver@rogers.com.





TALKING POINTS

Debbi Silver

Here we are, almost in the middle of February, and still, Harvey and I are sitting in our condo and trying to decide what at this time could spruce up our life. We haven't really done much in the last few months except for going out to doctor appointments, the bank, etc. When will life go back to being normal again? I have gone to the grocery store once in the last two to three months.

Walmart delivery and my trips to Tim's are making a killing off me.

There are so many things to look forward to like going to see our grandson play hockey and having dinner with friends. Maybe even going on a trip to the mall? Hopefully, this coming summer will allow all of the above to take place. We can dream, right?

Forestdale Heights keeps moving on, I'm happy to say. Although we are few in numbers, the work being done is amazing. All you have to do is read the Kol Echad, and you will know about the wonderful community service projects. Our nominations were held in February, and I am looking forward to working with the new executive. Ruth, I commend you for taking over as President in this trying time. Having meetings on Zoom is great, but really, seeing all of you "live" is so much better.

I'm looking forward to Albert's dinner meetings, once again.

That's it for this month. Stay healthy and take care of yourselves.

Harvey and I wish all of you a very healthy and happy Pesach!

Amen!

3M DRUG MART

105-7117 BATHURST ST.
THORNHILL, ONT L4J 2J6

TEL: (905) 882-4774 FAX: (905) 882-1580

E-mail: 3mbathurst@gmail.com



SILVERBERG, PEREL & SHELDON LLP
CHARTERED PROFESSIONAL ACCOUNTANTS

E. HOWARD SHELDON, CPA, CA, B.Sc.

1170 SHEPPARD AVE. WEST, UNIT #10 TORONTO, ONTARIO M5K 2A3 14845 YONGE STREET, SUITE #210 AURORA, ONTARIO L4G 6H8

e-mail: esheldon@spsc.on.ca

BUS: (416) 636-6690

FAX: (416) 636-4160

CELL: (416) 727-3499

PERSPECTIVES

The true value of teachers?

Some people think they're winners. The ones who make the most money, who are movers and shakers of industry, or those who help those people. Do you think there's more to life than that? Read this and see what you think.



The dinner guests were all sitting around the table discussing life. One man, a CEO, decided to explain the problem with education. He argued, "What's a kid going to learn from someone who decided his best option in life was to become a teacher?"

To stress his point, he said to another guest, "You're a teacher, Bonnie. Be honest. What do you make?"

Teacher Bonnie, who had a reputation for honesty and frankness, replied, "You want to know what I make?"

(She paused for a second and then began...)

"Well, I make kids work harder than they ever thought they could. I make a C+ feel like the Congressional Medal of Honor winner. I make kids sit through 40 minutes of class time when their parents can't make them sit for five minutes without an iPod, Game Cube or movie rental.

Do you really want to know what I make?"

Continued on next page

(She paused again and looked at each and every person sitting at the table.)

“I make kids wonder. I make them question. I make them apologize and mean it. I make them have respect and take responsibility for their actions. I teach them how to write, and then I make them write. Keyboarding isn’t everything. I make them read, read, read. I make them show all their work in math. They use their God-given brain, not the man-made calculator. I make my students from other countries learn everything they need to know about English while preserving their unique cultural identity. I make my classroom a place where all my students feel safe and secure. Finally, I make them understand that if they use the gifts they were given, work hard, and follow their hearts, they can succeed in life.”

(Bonnie paused one last time and then continued.)

“Then, when people try to judge me by what I make, I can hold my head up high and pay no attention because they are so ignorant. You want to know what I make? I make a difference in all your lives, educating your kids and preparing them to become CEO’s, doctors and engineers.

What do you make, Mr. CEO?”

His jaw dropped, and he went silent.



Don't educate your children to be rich.

Educate them to be happy, so they know the value of things, not the price.



CORRESPONDENCE

From: info@jewishbarrie.ca

Date: January 29, 2022

To: debbisilver@rogers.com

Dear Customer,

Thank you for your generous support! Attached, please find your tax-deductible receipt for your donation.

If you have any questions, please do not hesitate to contact us.

Regards,

Rabbi Mendel Nakkar

Chabad Jewish Centre of Barrie

705 417 1520

www.JewishBarrie.ca

You might not be able to do everything at once, but you can do everything in one place.

- Digital Printing
- Copying
- Document Finishing
- Mailbox Rentals
- Courier Services
- Packaging Supplies and Services
- Computer and Cellular Repairs

Michael Pacter
The UPS Store
5 - 13 Ringwood Dr.
Stouffville, ON L4A 0N2
Tel.: 905 642-5700
Fax: 905 642-6700
Web: www.theupsstore.ca/383
E-mail: store383@theupsstore.ca



The UPS Store®



NorthwoodTM
Mortgage Ltd.
LIC. 10140



Aaron Kates, B.A.
Credit Recovery Manager, Senior Mortgage Agent

• Cell 416-318-3444 • Toll Free 1-877-828-3444

• Toll Free Fax 1-866-401-2219

aaron@aaronskatesfinancial.com

www.aaronskatesfinancial.com

7676 Woodbine Ave, Suite 300, Markham, ON L3R 2N2

PURIM

Although we could not gather again for Purim, we look back on better days when FHL ran our program at 4300 Bathurst Street and hope we will be back in 2023.



COMMENTARY

The Killing Fields of Ukraine

Massacres of over 100,000 Jews between 1918 and 1921 paved the way for the Nazi Holocaust-by-bullets

By Jeffrey Veidlinger, Tablet
February 23, 2022

As Russian troops threaten Ukraine and President Vladimir Putin denies the very existence of the Ukrainian people, it is worth remembering the tragedy that took place between November 1918 and March 1921, when Russian and Bolshevik armies invaded the independent Ukrainian state that had been established in the aftermath of World War I and the Russian Revolution.

To read full article, go to

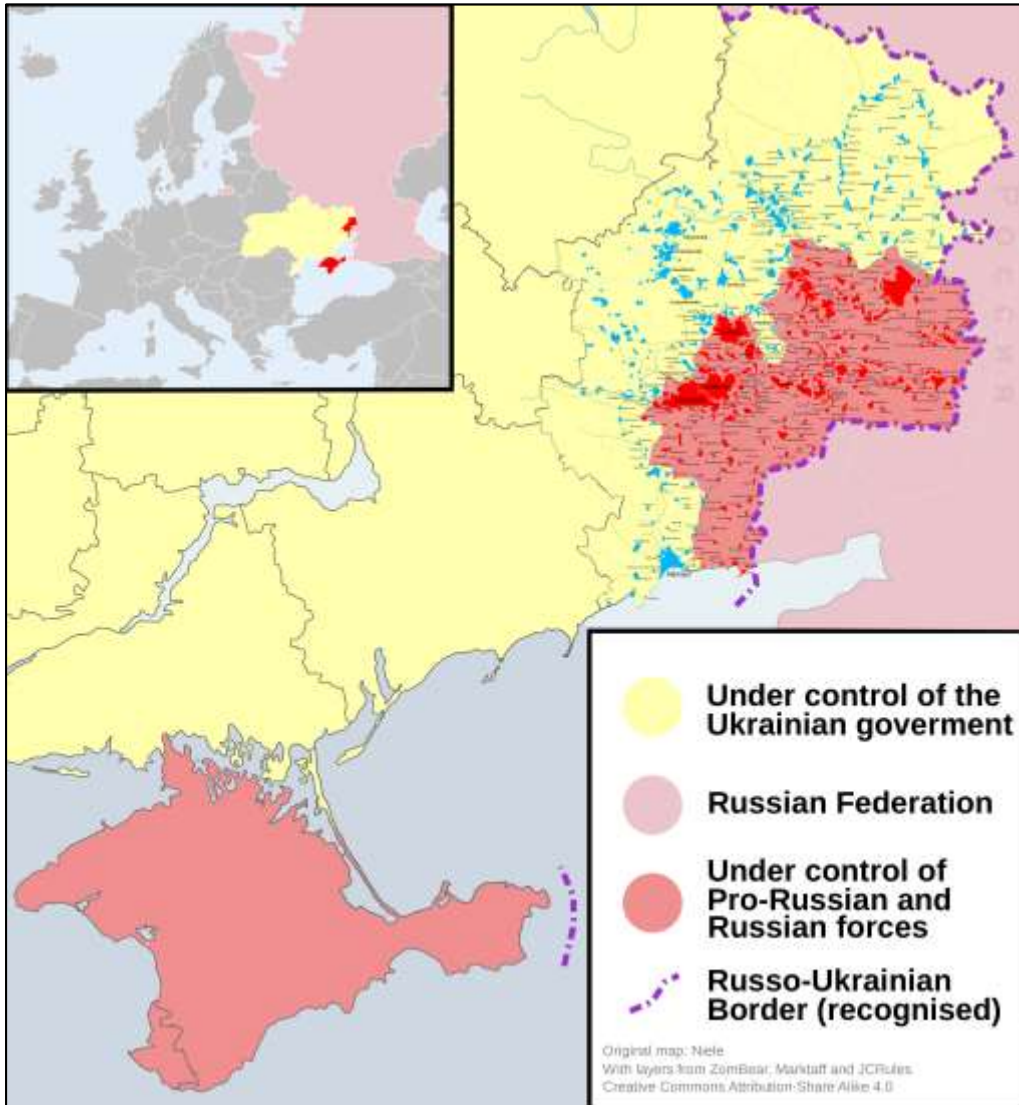
<https://www.tabletmag.com/sections/history/articles/killing-fields-ukraine>

This story originally appeared in Tablet magazine, at tabletmag.com, and is reprinted with permission



Ukrainian territorial evolution, 1918-1991
[[Spiridon Ion Cepleanu](#)/Wikimedia]

COMMENTARY



Map of the '2014 Russo-Ukrainian War', '2014 Russian invasion of Ukraine' or '2014 Russian military intervention in Ukraine'. (Includes '2014 Crimean Crisis' and 'War in Donbass')
[Author Niele/Wikimedia]



COMMENTARY

History of the Jews in Ukraine

https://en.wikipedia.org/wiki/History_of_the_Jews_in_Ukraine

The history of the Jews in Ukraine goes back over a thousand years. Jewish communities have existed in the territory of Ukraine from the time of the Kievan Rus' (late 9th to mid-13th century) and developed many of the most distinctive modern Jewish theological and cultural traditions, such as Hasidism. According to the World Jewish Congress, the Jewish community in Ukraine constitutes the third-largest Jewish community in Europe and the fifth-largest in the world.

While at times it flourished, at other times the Jewish community faced periods of persecution and antisemitic discrimination. In the Ukrainian People's Republic, Yiddish was a state language along with Ukrainian and Russian. At that time, the Jewish National Union was created and the community was granted an autonomous status. Yiddish was used on Ukrainian currency between 1917 and 1920. Before World War II, a little under one-third of Ukraine's urban population consisted of Jews, who were the largest national minority in Ukraine. Ukrainian Jews consist of a number of sub-groups, including Ashkenazi Jews, Mountain Jews, Bukharan Jews, Crimean Karaites, Krymchak Jews, and Georgian Jews.

In the westernmost area of Ukraine, Jews were mentioned for the first time in 1030. During the Khmelnytsky Uprising between 1648 and 1657, an army of Cossacks and Crimean Tatars massacred and took into captivity large numbers of Jews, Roman Catholics and Uniate Christians. Recent estimates range from 15,000 to 30,000 Jews killed or taken captive, and 300 Jewish communities completely destroyed. During the 1821 anti-Jewish riots in Odessa following the death of the Greek Orthodox patriarch in Constantinople, 14 Jews were killed. Some sources claim this episode as the first pogrom. At the start of 20th century, anti-Jewish pogroms continued to occur. When part of the Russian Empire, antisemitic attitudes can be seen in the number of blood libel cases between 1911 and 1913. In 1915, the government expelled thousands of Jews from the Empire's border areas.

Continued on next page



During the Russian Revolution and the ensuing Russian Civil War, an estimated 31,071 Jews were killed during 1918–1920. During the establishment of the Ukrainian People's Republic (1917–21), pogroms continued to be perpetrated on Ukrainian territory. In Ukraine, the number of civilian Jews killed during the period was between 35,000 and 50,000. Pogroms erupted in January 1919 in the northwest province of Volhynia and spread to many other regions of Ukraine. Massive pogroms continued until 1921. The actions of the Soviet government by 1927 led to a growing antisemitism in the area.

Total civilian losses during World War II and the German occupation of Ukraine are estimated at seven million, including over one million Jews shot and killed by the Einsatzgruppen and by their many local Ukrainian supporters in the western part of Ukraine. Ukraine had 840,000 Jews in 1959, a decrease of almost 70% from 1941 (within Ukraine's current borders). Ukraine's Jewish population declined significantly during the Cold War. In 1989, Ukraine's Jewish population was only slightly more than half of what it was thirty years earlier (in 1959). The majority of the Jews who remained in Ukraine in 1989 left the country and moved abroad (mostly to Israel) during and after the collapse of Communism in the 1990s. Antisemitic graffiti and violence against Jews are still a problem in Ukraine.

Ukrainian Jews
 יהדות אוקראינה
 Українські євреї



The location of **Ukraine** (dark and light green) in **Europe**

Total population

2010 est. **71,500** core – **200,000** enlarged ^[1]
360,000–400,000 by 2014 est. ^{[1][2]}

Regions with significant populations

Kyiv	110,000 ^[3]
Dnipro	60,000 ^[3]
Kharkiv	45,000 ^[3]
Odessa	45,000 ^[3]

Languages

Russian (83.0%), Ukrainian^{[4][5][6]} (13.4%),
 Yiddish^{[4][7]} (3.1%), Hebrew^[8]

Religion

Judaism, Christianity and other (including
 atheism)



FOOD SENSATIONS

NON-ALCOHOLIC CHAROSET

INGREDIENTS

½ – ¾ cup of honey
1 1/2 teaspoons ground cinnamon
4 tbsp. of oil
1-cup walnut halves (or pecan halves)
2 medium apples, peeled, cored, and finely diced
1/3 cup kosher grape juice

PREPARATION

Step 1

Line large baking sheet with parchment paper. In a medium bowl, whisk together honey and 1/2 teaspoon cinnamon.

Step 2

In a large, heavy skillet over moderately high heat, heat oil and stir-fry walnuts until golden brown, about 30 seconds, being careful not to burn. Using a skimmer or slotted spoon, transfer walnuts from skillet to bowl containing honey and cinnamon mixture. Toss walnuts in the honey mixture, and then spread on a baking sheet. Cool 15 minutes, then chop roughly.

Step 3


In a large bowl, combine nuts, remaining 1-teaspoon cinnamon, apples, and grape juice. Store, covered, at room temperature until ready to serve.

Rosalie Moscoe

* * *

Here are a few gluten-free and refined sugar-free recipes First ones come from K kosher.com
<https://www.kosher.com/user/profile/recipe-box>

Epicurious.com –Charoet, Sephardic
<https://www.epicurious.com/recipes/food/views/sephardic-charoet-234300>
Substitute wine with grape juice if desired.



FOOD SENSATIONS

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 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

Reprinted from March/April 2021



FOOD SENSATIONS

PASSOVER BROWNIES

INGREDIENTS

2 eggs
1/2 cup sugar or sugar substitute
to equal 1/2 cup sugar
1/2 cup peanut oil
6 tablespoons cake meal
2 tablespoons potato starch
2 tablespoons water
2 tablespoons unsweetened cocoa



PREPARATION

Preheat oven to 365 degrees. Spray a 9 x 9 pan with a non-stick spray such as Pam. In a medium bowl, beat the eggs until light and fluffy. Add sugar, sugar substitute, and oil and beat again. Beat in cake meal, potato starch, water and cocoa. Pour the mixture into the prepared pan.

Bake at 350 degrees for 20 to 25 minutes. DO NOT over bake. Brownies will appear light on top. Remove from oven and cut into bars immediately.

Makes 24, and they are 80 calories each!

Did you notice that everything was made and mixed in one bowl? It is not only great but an easy cleanup as well.

Enjoy!

- **STEWART INDIG**



FORESTDALE FUNNIES

I lost my job at the bank on my very first day! A lady asked me to check her balance, so I pushed her over.

Last night, my neighbour came home drunk and banged on my own door for like five minutes. The problem is, he lives alone, so I went outside and told him he wasn't there, and he left.

My girlfriend said she missed me. Normally that would be good, but she's reloading.

Police came round last night and told me my dogs were chasing people on bikes. My dogs don't even have bikes.

When I offer to wash your back in the shower, all you have to say is "yes or no." Not all this, "who are you and how did you get in here?" nonsense.

Did you know by replacing your potato chips with grapefruit as a snack, you can lose up to 90% of what little joy you still have left in your life.

Survival Tip: If you get lost in the woods, start talking about politics, and someone will show up to argue with you.

Never blame someone else for the road you're on. That's your own asphalt.

A huge stack of toilet rolls fell on me in the supermarket. I'm OK, though, just soft tissue damage.

I told my wife I saw a deer on the way to work. She said, how do you know he was headed to work?

Thanks to Debbi Silver for this issue's funnies.



FORESTDALE FUNNIES



I had a blast at the store today. I asked the checkout girl if the chicken legs I was purchasing were front or back legs. She didn't know and said she would go ask. When she got back, she said, "Not Funny."

Contact: VITO



MAPLE AUTO BODY
 1393569 Ontario Limited
 Collision - Spray Painting
 Repairs to All Makes - First Class Workmanship

49 Costa Rd. & Hwy. #7
 Concord, Ontario L4K 1M9

Tel: 905-669-2066
 Fax: 905-669-2055

LLOYD LINDSAY CPA
Chartered Professional Accountant
 Licensed Public Accountant

Accounting
Auditing
Tax Returns
Tax Consulting
Income Taxes
GST & HST
QuickBooks
Office Software
Presentations

Address: 1166 Carlo Court
 Mississauga, Ontario
 L4W 3N6

Tel: (905) 629-8498

E-mail: info@lloydlindsay.com

Web: www.lloydlindsay.com



AS I SEE IT

Marc Kates

So here's how it goes down: Weeks before each addition of the Kol Echad is written, Jeff sends out a reminder e-mail of the forthcoming deadlines. I glance at my e-mail and note that my article is due, but I know that I have time to complete it. Weeks pass, and Jeff sends out another reminder. At this point, my mind starts to swirl like a tornado, tossing ideas round and round my head. What am I going to write about? What subject would be of any interest to the Forestdale Heights community? Should I weigh into the political fray? I could write about the trucker protest in Ottawa and the disruptions to the lives of those Ottawans.

We all know what's happening, and in this regard, I don't think that one would find too much *rakhmones* for the anti-vax movement. Yes, we are all tired of the pandemic. Yes, we are frustrated, yes, we want to travel, and yes, we would like restrictions lifted. However, the YES to a healthy population is also what we desire. Besides, those truckers who are protesting need to be vaccinated anyway, in order to move goods across the border. The Americans are the ones demanding vaccination (as they should be), but healthcare is a provincial matter. Mr. Trudeau has nothing to do with the restrictions put in place by the individual provinces and territorial governments.

I get it, I really do, but the question is, when does one's individual right to protest interfere with one's individual right to live without being harassed and to carry on living one's life without interference? Nights of horn honking have to stop. The businesses that were forced to close because of the protesters are struggling desperately to stay afloat. The closures that the pandemic has brought about are bad enough, but not being able to recoup any losses when they are given the green light to open, is unconscionable. There's no point in writing about the protests because I imagine we are all on the same side.

Continued on next page



I could write about the recent incidents of anti-Semitism in the TDSB that hit the media. In truth, I learned that there are between two to three such occurrences every week. The swastika that was raised in Ottawa was certainly a trigger for the Jewish community. Hate symbols of any kind should not be tolerated, and political leaders of every stripe should denounce these actions as hate speech. We are not unfamiliar with being victimized in our own home and native land. Flying the swastika and the Confederate flag demonstrates that intolerance is alive and well in Canada. The Kol Echad readership would agree with me wholeheartedly.

I could write about the lengthy and arduous process of report card writing and share with the readers what it's like to teach during a pandemic. However, my situation is no different from any other front-line worker. Even though the circumstances may be slightly different, we're all trying to deal with mental health needs, the work/life balance, and just trying to make it through another day. No one wants to hear about that.

Sometimes, it feels as though Kol Echad turns into a more formal version of "Snapchat" and "Instagram." I don't need to share my life with the world, nor does the world really want to "follow" me – I don't think my life is that interesting.

I could write about the kids, my job, or the fact that my brother recently made aliyah. Honestly, I don't know. I apologize to the readers that, for this issue, anyway, I'm unable to find a topic to write about. Perhaps I just won't tell Jeff!

PINCUS PUNIM



Back when Nate Salter's *Notes from Nate* was a regular feature in Kol Echad, we were treated to one of his classic lines from his renowned sage, *Pincus Punim*. Did it make sense? Sometimes! Was it funny? Again, sometimes. So, what was it, and what did it all mean? Maybe it all amounted to nothing but an expression of joy from Nate. We hope you enjoy it once again.

Here is your *Pincus Punim* thought
for March 2012:

*Man blames fate for all other accidents,
but takes full credit for a hole-in-one.*

Here is your *Pincus Punim* thought
for April 2012:

*At our age, if you wake up with aches
and pains, say thank you, G-d, because
it means you are still alive.*



SNAPSHOTS



SNAPSHOTS is for members to reflect and write about their lives.

From 1965 to 2022

There are 27,000 Moroccan Jews currently living in Canada, and my family is one of them. My father loved the sea and wanted to come by ship. It was a very long voyage and a lot of fun. The ship was huge, and my siblings and I had lots of room to play and wander about. We landed in Halifax and took a train to Toronto – another long trip! It certainly was exciting for us, and I didn't even notice that my parents were in pain for leaving my grandparents, aunts and uncles behind. The future was uncertain, but the right decision was made to come for our future.

My father was a printer and found a job right away thanks to my Uncle Max, who had been here along with my Aunt Marie and Uncle Henry. My parents slowly adapted to the Canadian way of life and went to night school for English lessons. Life became a lot better when my grandparents, uncles, and aunts came a couple of years later. But best of all, Allen, our youngest sibling, was born in Canada, and he certainly was spoiled and pampered by everyone.

I will not bore you with more details. However, I will never forget my late parents saying, "Canada was good to us, and we were privileged to become Canadians while keeping our culture and religion." Canada has given my family and me a sense of freedom and opportunities to make our own choices. Long live Canada. – **Ruth Pupko**

Looking back at Pesach, circa the early 1940s. Seen here in the photo are Rosalie Moscoe's parents Sam & Doris, top right, Aunt Rae & Uncle Harry (mentioned in this issue's article) in the top left corner. Rosalie and her brother were likely not born yet.

– **Rosalie Moscoe**



LOOKING BACK



Above: 1955 ~ Yonge St. looking west from Athabaska Ave. (Three blocks South of Steeles). This view depicts what is the present day location of Centerpoint Mall. (Miles Collyer photo)

Right: The Willow Theatre on Yonge in 1963. The theatre opened in 1948.

*(Ted Chirnside photo/
Courtesy of North York
Historical Society.)*



LOOKING BACK



Above: Yonge & Finch 1972

(Courtesy of Toronto Public Library)



Above: Bloor Viaduct nearing completion, circa 1910

(Courtesy of Toronto Public Library)

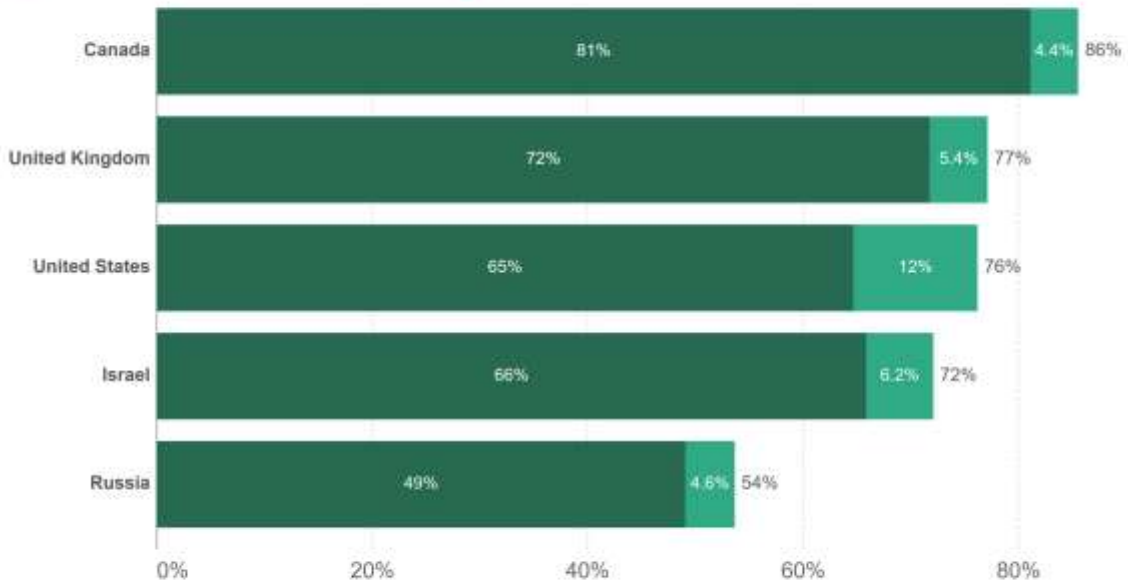


HEALTH

Share of people vaccinated against COVID-19, Feb 27, 2022



■ Share of people with a complete initial protocol ■ Share of people only partly vaccinated



Source: Official data collated by Our World In Data

Note: Alternative definitions of a full vaccination, e.g. having been infected with SARS-CoV-2 and having 1 dose of a 2-dose protocol, are ignored to maximize comparability between countries.

CC BY

Go to <https://bit.ly/3x37t65>
for daily updates

Ontario  **COVID-19 vaccination**

**To download your vaccination receipts
(still needed in some establishments),
go to
<https://covid19.ontariohealth.ca/>**

In the meantime, be sure to get your BOOSTER SHOT.



DIGITAL TREASURES.CA

VIDEO | PHOTO | FILM | AUDIO **CONVERSION** + DIGITAL MEDIA SOLUTIONS

to **DIGITAL**

Computer / USB

SmartTV

AppleTV

the Cloud

DVD



(416) 479 0903

www.DigitalTreasures.ca

Etobicoke • North York



T. 905.761.9022 | F. 905.761.9023 | info@simchawine.com

Exclusive Agents Representing Wines From 9 Countries

Argentina | Australia | Chile | France
Israel | Italy | Portugal | South Africa | Spain