

Forestdale Heights Lodge, B'nai Brith Canada

# KOL ECHAD

May 2020  
Iyar/Sivan 5780

Volume 18, No. 9



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# COVER ART

Times change and so must Kol Echad.

The original cover for this month (inset bottom right), depicted beautiful tulips, which should be coming into bloom this month.

However, the world changed so much as this issue was being created that we felt that something “different” was warranted.

*Tulps: Diego Delso photography*



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# PRESIDENT'S PEN

Stewart Indig



I hope that you are all safe and well. What a surreal world we are living in today. Who would have thought this would have happened to us just two months ago? I think it would be safe to say that we will probably not have another meeting until September. I guess we will have our elections then. Stay tuned, as I will have to let you know when and where. If we can have a June meeting, that will work as well. Our summer BBQ, as of this writing, is on hold as well. It would be pretty hard to keep the number of people attending at only five people. Then again, there is the “social distancing” issue to deal with.

On another note, how can I write a column and not talk about membership? Please talk to your friends and let them know of all the good things that our Lodge does. We were looking at inviting Thornhill Lodge and vice versa to each other's events. I am not sure how that will pan out, but right now they have cancelled all their meetings and events for the rest of the year.

Since a lot of you are probably stuck indoors, I am sure Jeff would welcome any contribution to the Kol Echad that you can make. Let's make next month's edition (June) our biggest and best yet.

Stay safe and be well.

**You know if you keep  
a glass of wine in  
each hand you can't  
accidentally touch  
your face**

## IN THE NEWS

URJ Jewish summer camps  
cancelled because of COVID-19

The Forward

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

# KOL ECHAD

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

It is published 10 times a year.

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

All material submitted is subject to editing.

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

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

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The spread of COVID-19, a new coronavirus, is reshaping Jewish communities. The Jewish Telegraphic Agency is collecting the news flowing in from across the globe. Get a short e-mail from JTA at the end of everyday with the latest updates.

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# EDITOR'S DESK

Jeff Rosen



**G**reetings to all members of Forestdale Heights Lodge, friends of the Lodge, and devoted advertisers. As of this writing, we have been in lockdown for about three weeks, and Pesach is still a week away. By the time you are reading this, the thrill and memory of matzah will be long gone and we will still be housebound. I hope everyone is taking this unusual period in history in stride.

Like most of you, I have more time on my hands than usual. Fortunately, I don't have to worry about being laid off from a job. Still, with my gym closed and avenues to socialize with friends and family cut off, sometimes I feel like I am climbing the walls.

When that happens, I find a short walk around the block – carefully avoiding other people – does the trick. I return home with a clear head, ready to tackle the rest of the day. I have also found that going on my treadmill passes the time and ensures that I do not completely devolve into a sloth.

I have to admit though, that my mind is not completely at rest. Lately, I've become anxious just going grocery shopping, even though we have started out early in the morning (*an hour after opening*). The stores have become like something out of a sci-fi apocalypse movie, complete with tape on the floors to ensure shoppers keep safe distances from one another, Plexiglass barriers separating cashiers from customers and aisles of empty shelves. Was it just a short time ago that we took the hard-working employees of these businesses for granted? We never thought about all the work that goes into ensuring these food emporiums were always well-stocked. It was a given that everything on our shopping list would be in stock.

I hope we never revert to that behaviour. I also hope that the “temporary” wage hikes become permanent, even if that means prices have to rise. In the meantime, let's try to limit our shopping excursions and be safe when going outdoors.

\* \* \*

One thing that has occupied my hours these past weeks is working on Kol Echad. With the Lodge officially on hiatus, I felt the bulletin would be an important tool to keep us connected until we can meet again.

**Continued on next page**



After the April issue went to press last month, we decided to keep the deadline for the on-line issue open until April 1. This allowed writers to add to their columns, and new material to be added. I hope everyone enjoyed the largest publication in the Lodge's history.

Since we are not meeting, we decided not to mail out the May and June issues to members. However, both issues will be online. We welcome contributions from everyone, whether they are opinion pieces, jokes, recipes or anything else. If you just want to share your feelings about what is going on now, we will be more than happy to provide the space. After all, there is no limit to how large we can make a digital publication.

Remember, Kol Echad is your publication.

\* \* \*

Some final thoughts before signing off for another month. I was going through some old photos in the City of Toronto Public Library Archives. It was amazing to see how different the city was back in the 1950s, a time when many of our members were growing up.

A couple of photos really caught my eye (seen here). The first was taken in 1955 on the 401 overpass looking north to Wilson Avenue. Look closely and you can see the supermarket in the top right corner of the photo.

**Continued on next page**





The second, taken in 1956, was taken on Yonge Street, looking north to Finch Avenue. If you notice, there is a Bank of Commerce building on the left side of the photo, a building that I believe still stands.

However, what I was drawn to was the number of cars on the city's major streets. If you are still venturing outside these days, you will notice very similar traffic patterns.

It's eerie.

Please, be well. Stay healthy.

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# LOOKING BACK

**Things to do while staying at home.**

**Browse through the City of Toronto Public Library Archives. A partial list of North York streets is included below. To access links, please visit pdf edition or our website.**

[Bathurst St., looking south from Macdonald-Cartier Freeway overpass.](#)

[Bathurst Street, looking north from the corner of Drewry Avenue. Toronto.](#)

[Bathurst Street, looking north from south of Steeles Avenue. Toronto.](#)

[Looking south from Steeles Avenue along a short section of Bathurst.](#)

[Sheppard Avenue bridge over the Don River near Bathurst Street.](#)

[Bathurst St., looking n. from s. of Finch Ave. W.](#)

[Finch Ave. W., looking s.e. from Bathurst St.](#)

[Finch Ave. W., looking e. from Bathurst St.](#)

[Finch Ave. W., looking n.w. from e. of Bathurst St., showing Northview Heights Secondary School under construction.](#)

[Bathurst St., looking south, south of Ellerslie Ave., across West Don River during the construction of causeway.](#)

[Shepard, Joseph, shop, Yonge St., northwest corner Sheppard Ave. W.](#)

[Bathurst St., looking n. from Sheppard Ave. W.](#)





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# FORESTDALE FUNNIES

Half of us are going to come out of this quarantine as amazing cooks. The other half will come out with a drinking problem.

I used to spin that toilet paper like I was on Wheel of Fortune. Now I turn it like I'm cracking a safe.

I need to practice social-distancing from the refrigerator.

Still haven't decided where to go for Passover – The Living Room or The Bedroom.

PSA: every few days try your jeans on just to make sure they fit. Pyjamas will have you believe all is well in the kingdom.

Homeschooling is going well. Two students suspended for fighting and one teacher fired for drinking on the job.

I don't think anyone expected that when we changed the clocks we'd go from Standard Time to the Twilight Zone.

This morning I saw a neighbour talking to her cat. It was obvious she thought her cat understood her. I returned to my house, told my dog... We laughed a lot.


So, after this quarantine...will the producers of My 600 Pound Life just find me or do I find them?

Quarantine Day 5: Went to this restaurant called THE KITCHEN. You have to gather all the ingredients and make your own meal. I have no clue how this place is still in business.

My body has absorbed so much soap and disinfectant lately that when I pee it cleans the toilet.

Day 5 of Homeschooling: One of these little monsters called in a bomb threat.

**Continued on next page**



# FORESTDALE FUNNIES

I'm so excited – it's time to take out the garbage. What should I wear?

I hope the weather is good tomorrow for my trip to Puerto Backyarda. I'm getting tired of Los Livingroom.

Classified Ad: Single man with toilet paper seeks woman with hand sanitizer for good clean fun.

Day 6 of Homeschooling: My child just said, "I hope I don't have the same teacher next year"... I'm offended.

**It is not boring at all to stay in the house. But how come a bag of rice has 7,456 pieces and the other bag 7,398?**

Holidays Pg on FB



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# PESACH 5780

## Passover Related Videos

Passover 5780 was definitely different. We leave the holiday with some interesting videos created to mark unique celebrations this year.

“Maskmaker, Maskmaker”

<https://bit.ly/2Rv1ofC>

Saturday Night Passover Seder

<https://bit.ly/3b0B70t>

Passover Greetings

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



# PESACH 5780

## This Year's Passover

*On the night of the commencement of Passover, everyone shall be confined to their homes and this shall continue until the following morning.* It was 3,500 years ago when the children of Israel were instructed to assemble in their homes for the Passover Seder and to remain there for their own safety while G-d exercised the decree that night and slayed the first-born. My opening sentence could have been written to describe that event but this year it was what the Israeli government ordered Israelis to do.

Observing the customs and traditions of the Passover Seder in fear and isolation is not new. Before the Romans would come to exile most of the Jews living in Israel about 2,000 years ago, limitations were placed on Jewish practices. In Christian Europe, the accusation that Jews killed Christ along with the observances of Passover and Easter by Jews and Christians respectively at this same time of the year, would force, for safety reasons, Jews to scale down any public celebrations of the Passover holiday. The periodic blood libels in Europe and the Middle East that alleged that Jews used the blood of non-Jewish children to make their matzo compelled Jews to hold their Seders in secret. And there are stories of Jews in Nazi concentration camps, under threat of death if they were found out, clandestinely following the traditions of the Seder. What is of course different is that the restrictions on Jewish practice this year have nothing to do with anti-Semitism.

We were requested but along with Christians and other faiths to worship and observe for important civic health reasons by adhering to proper social distancing during this pandemic. We were not being treated differently because we are Jews. On the contrary, our tradition of embracing large Seders with family and friends was readily recognized and publicized, as was the sacrifice we are making in not following that observance this year. Our fear of this silent killer is indistinguishable from the fear experienced by others in the general community. We are not being forced into isolation because we are Jews, but because we must take our place along with all others in society in combating the Corona virus.

May you all be blessed with good health.

***Carl Zeliger***



# END OF AN ERA?

It's the end of an era. I'm sure everyone has heard the phrase countless times over the years. I admit it's used far too often. However, in this case, it does fit with our current reality. On April 9, 2020, *The Canadian Jewish News* ceased operations, both its print and online versions. While this cursed virus played a strong role in management's decision, I have no doubt that the closure was a sign of the times.

I learned the devastating news on April 2, the same day the paper's dedicated staff was informed. In this day and age, you can't stop the flow of information. Once the word was out, everyone was on social media and that was all CJNers were talking about. Even though I have been out of the newsroom for six years now, the paper has always been like a family; even when someone leaves, they usually have kept in touch with those still on the front lines.

A friend asked me if I was "a little sad." I guess that's like asking if Covid-19 is a serious health issue. So many thoughts ran through my mind. Thirty years of memories came flooding back, from the first time I entered their offices on Eglinton Avenue in 1984. Back then there was no need for security keypads or bulletproof barriers separating visitors from the receptionist. I introduced myself to Karen at the front desk, told her why I was there and who I was there to see. She said, "OK," and I proceeded into the office.

Even before my first visit, I was fortunate to do some freelance work for *The CJN* two years earlier. At that time though, I simply mailed in my typed copy along with a roll of film that I had shot on assignment. (Funny story in this is that years later when I was working in the office I found the developed photos shoved away in a desk.)

**Continued on next page**





One freelance story led to another and before you could say, “Stop the presses,” I was a staff reporter. It was a great run, and I churned out quite a bit of interesting copy before someone suggested I apply for the newly opened position of news editor in 1989. Of course, I couldn’t resist the suggestion as I loved giving my input and getting more responsibility. As the years went by though, I had my regrets. The more I moved into “management,” the less I found time to get out and report the news. Then again, that resulted in me spending more time working on Kol Echad, so it was the Lodge’s gain.

Less than a decade after that, the paper made its first move into the digital age, launching its first website. Since I was one of the younger staff members at the time and was keeping up with digital technology, I became the paper’s first web editor.

Life continued, as it always does, a few staff members left (very few) and new faces and editors came on board, some staff members mourned the loss of loved ones while becoming parents and entering new phases of their lives.

Finally, in 2013, it all came crashing down – for the first time. On April 22, the newspaper issued termination notices to its 50 staff and announced that it was shutting down in June due to financial constraints. Fortunately, the axe never came down and two months later, they decided to resume publication in August of that year. The paper lost valuable staff in the process and was forced to move to more confined spaces, but life continued under a new editor.

A year later though, they found that the initial round of staff cuts was not enough. They gave sales personnel their walking papers. Then the editorial budget came down. While I survived the chopping block the first time out, I was not so lucky in 2014 and so, one day before my birthday, I joined the ranks of former staff members.

Being out at *The CJN* is not like leaving other businesses. I have kept in touch with other past and present staff members, enjoying meeting over lunch or chatting online.

I have no doubt that both will continue (well lunches will have to be on hold for a while). I also strongly believe that while it is the end of one era for this version of *The Canadian Jewish News*, Canada’s dominant Jewish publication will find a way to rise again.

So let it be written...so let it be said!

---30---

*Jeff Rosen*





# HARMONY

Rosalie Moscoe

**B**y the time this reaches you, let's hope we're in a better place as a country than April 10, when I am writing this. With COVID-19 looming large in our minds, it's eerie to look out the window and see no cars and few people – except for those walking their dogs.

On our first day out – after two weeks of self-isolation after returning from Florida – Ray and I gleefully went for a walk through our lush ravine pathway beside our condo building – which leads to Cedarvale Park. True, it was sparse with greenery, but the air was cool and breezy. We felt free at last – until we encountered many people walking their dogs, who somehow did not understand the necessity of social distancing on a narrow path. The furry beasts go out of their way to sniff you and “make nice.” Some of them didn't want to “make nice,” which was a bit terrifying. (P.S. Growing up, I had a good-natured dog and mostly, I love dogs!)

Then there were the avid bikers, speeding by at what seemed like 100 mph! No bell, nor courtesy to let you know they were inches behind you, nor any chance of social distancing. Then joggers came speeding along who seemed to want to run you down without a thought! Perhaps it's their way of letting off steam. Truthfully, I was happy to turn around and go home! Now I venture on a side street for a stroll, where one seldom sees a person outside their large homes. No more nature trails for me.

I know I have nothing to complain about. We still live in a land of good and plenty. And if those in our family are well and our investments last another month, what's to complain about? But the fear is the greatest part of all of this. We fear for our own health, our children and grandchildren's health and others whom we love. I've learned not to watch or listen to the news all day long. It only brings me down and then I feel so helpless.

**Continued on next page**



I believe it's best to check in to the world once or maybe twice a day – that's it. We're finding music, movies or TV programmes that are fun, soothing or entertaining. I've even been fervent cleaning out drawers and cupboards! Whoopee! It feels good – after it's all done! On a cold day, like today, I'll be walking inside my condo for exercise or I may sneak into the hallway on my floor for a little jaunt (with mask intact) when no one is around.

I've learned how self-sufficient I can be. I'm almost as good at cleaning as a cleaning lady – (well, almost) and Ray is superior at vacuuming! I'm enhancing my cooking repertoire, and I even applied my own hair colour. Now that was an expedition I won't even go into! But it worked! I'm thinking of what I will do next, once this nightmare is all over. I have some new ideas percolating. It's also a great time to keep in touch with those I haven't spoken with for a long time. And others seem to feel the same way! Thank goodness for Zoom and FaceTime!

I wish everyone good health, good thoughts, and take time to deep breathe and self-nurture. Tell yourself, "I am calm." "We will get through this." "This too shall pass." And send good thoughts, prayers and love through the airwaves to all your friends and family, especially for those who really need it. Let's aim for Shalom – Peace.

---

## GOOD & WELFARE

### **Birthday**

Aaron Pacter

May 4

### **Anniversary**

Len Drewnowsky & Lilly Sherman

May 4



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

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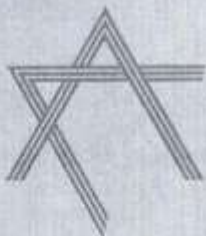
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# AS I SEE IT

Marc Kates



Fifty years from now, a young girl will ask her mother why she always wears a surgical mask when she is getting ready for Pesach. The mother will answer, “It’s a tradition. My grandmother did it, my mother does it, and so do I.”

This Pesach was certainly

## Calendar for Year 2070 (Israel)

a different sort of Pesach and one that we soon won't forget. We went against the Haggadah by not inviting others to participate in the Passover meal. (We would be normally showing off our newly renovated home and welcoming our first visitors.) We had no guests, apart from Eliyahu Ha’Navi, and even IF he did show up, he would have been in an N95 mask and latex gloves. For the first time ever, those people who never conducted a Seder found themselves doing so. I even know of friends who were alone for Passover, and is the tradition, they were nonetheless obligated to ask themselves the Ma Nishtana. Indeed, it goes without saying, “Why were these nights different than all other nights.”

January							February							March						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4						1								1
5	6	7	8	9	10	11	2	3	4	5	6	7	8	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28		23	24	25	26	27	28	29
														30	31					
4:○	12:●		19:○	26:○			3:○	11:●		18:○	25:○			5:○	12:●		19:○	26:○		

**Continued on next page**





Despite the obvious answers as to what was different, different doesn't have to necessarily mean bad. It was quite lovely having a discussion around our table about the Exodus from Egypt with our immediate family. The kids were able to contribute what they had learned at school, and we were able to engage in deep conversations about the meanings of our rituals. The kids commented that it was very intimate just being us, and for the first time ever, the entire table was wrapped up in the same conversation. There was no eye-rolling as the minutes ticked by and became later and later. Not one member of the family asked to pass on reading from the Haggadah in Hebrew, and everyone took delight in the masks for the 10 plagues, and the sounds, which accompany Chad Gadya, as is our family tradition.

This Passover was a very special experience. Perhaps we've started a new tradition in our household and just hold on to our immediate family for one night. As for an additional reason as to why were these nights different from all other nights, it might just be because we saw the beginning of new traditions on top of a 3,300-year-old story that is retold year after year.

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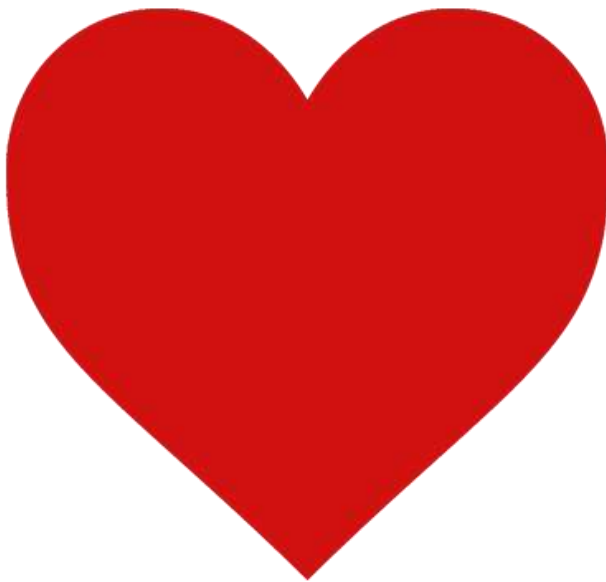
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# HIGH HOLIDAY GREETINGS 5781

Kol Echad is currently planning our annual High Holiday Greetings issue. We will be offering greeting ads in three sizes as we have done in past years. Prices remain the same as before: \$10 for business card size ads and \$15 for the double size.

As well, we also offer a **special custom half-page colour ad for \$40**, which can include a photo of yourself and your family. The greetings will appear in the September/October issue.

We will accept submissions during the summer via e-mail and snail mail. These can be sent to [jeiljo@sympatico.ca](mailto:jeiljo@sympatico.ca) or to me at 150 Harris Way, Thornhill, L3T 5A8. Payment can be submitted by cheque, cash or electronic transfer.

**The final deadline for submissions AND payments are August 1.**

Contact me if you are interested in direct deposit.

*Jeff Rosen*

THIS FUNDRAISER HELPS SUPPORT KOL ECHAD AND FORESTDALE HEIGHTS LODGE.



# MENTAL HEALTH CARE

**Baycrest**

## Top 5 Tips for Maintaining Psychological Wellness during COVID-19

<https://bit.ly/2x1xcwA>

Toronto General & Western  
Hospital Foundation 

WHAT  
KNOWLEDGE  
CAN DO

**Mental health tips  
and resources  
to help you cope**

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



# IN THE NEWS

## Articles and news videos of interest.

Pandemic Series: in conversation with Dr. Yehezkel Caine, CEO and Director General of Herzog Hospital in Jerusalem, Israel.

“We are seeing the world come together in a way like we have never seen before — this is a challenge for the whole of humanity.”

- *Susan Minuk*

<https://www.facebook.com/100009310488856/videos/2602555846731406/>

\* \* \*

Pandemic Series: Virtual Healthcare

In conversation with Dr. Ian Plener who specializes in Internal Medicine and Gastroenterology on the frontlines at Humber River Hospital, Mackenzie Health and Southlake Regional Health Centre. Dr. Plener is the CEO and founder of DiagnoseAtHome a virtual full circle healthcare that services people across Ontario and Alberta.

- *Susan Minuk*

<https://www.facebook.com/100009310488856/videos/2598833553770302/>

\* \* \*

The Canadian Jewish News Dies Again.

My eldest daughter called with the news around bedtime on April 2. The Canadian Jewish News, the weekly newspaper of record where I worked as a reporter, editorial writer and columnist from 1974 until 2013, was ceasing all operations with the publication of the April 9 edition.

My first reaction was one of surprise and shock. How was it possible that Canada’s leading English-language Jewish periodical, serving communities in Toronto and Montreal but also beyond, could not sustain itself in such a prosperous country?

- *Sheldon Kirshner*

<https://sheldonkirshner.com/the-canadian-jewish-news-dies-again/>





# MICHAEL LEVITT

## MEMBER OF PARLIAMENT

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### STAY UPDATED ON COVID-19

Up-to-date information on COVID-19 can be found at [www.Canada.ca/coronavirus](http://www.Canada.ca/coronavirus), [www.Ontario.ca/coronavirus](http://www.Ontario.ca/coronavirus), and [www.Toronto.ca/coronavirus](http://www.Toronto.ca/coronavirus). Avoid scams and false information; get the facts at official government websites.

If you have COVID-19 symptoms or have been in close contact with someone who has it, you should use a self-assessment to help figure out next steps at [www.Ontario.ca/Coronavirus](http://www.Ontario.ca/Coronavirus)

We all have an essential role to play in stopping this virus. Please stay home, wash your hands often, cover your cough, and practice physical distancing. Your actions now will save lives

#### SUPPORT FOR INDIVIDUALS

No one should have to worry about paying rent, buying groceries, or making ends meet because of COVID-19. Governments at every level are taking steps to help people affected by COVID-19:

The federal government is providing direct support through the [Canada Emergency Response Benefit](#) to provide \$2,000/month for those not receiving employment income.

[Canada Child Benefit \(CCB\)](#) payments are also being increased to support families and, the [Goods and Services Tax credit \(GSTC\)](#) is being increased to automatically provide a special payment by early May for those already eligible. Tax filing and payment [deadlines](#) are also being delayed.

To speed up receiving any benefits, make sure you are registered for [CRA's MyAccount service](#) and have updated your direct deposit details.

#### SUPPORT FOR BUSINESSES

To help businesses and employees get through this unprecedented time, the federal government is providing direct support through a [75% wage subsidy](#) to keep employees on payroll, as well as [tax deferrals](#) and greatly expanded [access to credit](#) to help businesses weather this storm.

This situation is evolving day by day with information and policies to address it updated often. Comprehensive information on everything mentioned above and more can be found at [www.Canada.ca/coronavirus](http://www.Canada.ca/coronavirus), [www.Ontario.ca/coronavirus](http://www.Ontario.ca/coronavirus), and [www.Toronto.ca/coronavirus](http://www.Toronto.ca/coronavirus). Please consult these sites regularly for updates

We all have to do our part to fight this virus. Stay home, wash your hands, and practice physical distancing to protect yourself and vulnerable members of our community. We're all in this together.



Shuls by us are closed, so for tonight I think I'll Daven in the living room, but tomorrow I'm probably breaking away to the dining room. I heard there's a better Kiddush there.



## EAT HEALTHY PANTRY PACK



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*L'chaim!*



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