

# KOL



Forestdale Heights Lodge  
B'nai Brith Canada

# ECHAD

May/June 2021  
Iyar/Sivan/Tamuz 5781



חג  
שבועות  
שמח!

Volume 19, No 5

# COVER ART

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By now, tulip season is well underway. Generally, these perennial flowers start pushing their way through the soil in March and last until mid-May. As a rule, they prefer full or afternoon sun. All tulips dislike areas with excessive moisture.

This year Shavuot starts on Sunday, May 16 and concludes on Tuesday, May 18.

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## Kol Echad schedule for the 2020-21 season

May 2021/June 2021 – Spring Issue

July 2021/August 2021 – Summer Issue (Digital)

Deadline: June 20

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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.

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# PRESIDENT'S PEN

RUTH PUPKO

In the March/April issue of Kol Echad under Perspectives, we read about “An Employee’s Importance,” which summarized Appreciation, Recognition, and Respect. What about the importance of each member of the Lodge...what do they bring or represent?

- ✓ They want to do community service;
- ✓ They are always available when we need to get something done;
- ✓ They care about each other and are always happy to see one another;
- ✓ They bring their expertise and good ideas to the table.



I can go on and on, but most of all, I say that I appreciate them, I recognize the tasks that they complete, big or small, and I respect them. Most of all, I am proud to call them my friends. Of course, the same principles apply to our loved ones.

Aaron and I had the Seders at home, but I am glad that the weather cooperated. We went for lunch twice; one day was freezing, but the other was beautiful. Even my brother stayed outside for a long time, which is different, as he usually naps right after lunch. Pesach is now behind us, and our dishes are put away, but next year we will bring them out, kvetch, and complain about the work. In the end, though, it will be WORTH it as we will be at the Seder table with family and friends.

Last night at our April meeting, we all agreed to develop another CVS project, as the last one was very successful and rewarding. I want to thank you all for making this past CVS project a success.

I want to thank all our hard-working contributors and our printers, and our loyal advertisers for making Kol Echad such a success. I did not thank each person by name since I feel Kol Echad is a genuine group effort, and, besides, you know who you are. Be compassionate, considerate and safe.

\*\*\*

A final note before signing off. On April 6, I called B'nai Brith Canada as I saw a hate message written on a hydro pole. I saw it while out for a walk. I went inside the local car dealership and asked them if they reported it (as it was on the city's property). They said that they had not and that if it bothered me that much, I should take action (which I did). I was so furious at these people's attitude.





## EDITOR'S DESK

JEFF ROSEN

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This issue – the final planned for the Lodge's 2020-21 season – would typically be when I would wind down the bulletin's operation before taking a well-deserved summer break. However, this past season, like the first half of 2020, has been anything but ordinary.

This past season, Kol Echad managed to produce a new issue every other month. There were fewer issues than in the past. This had nothing to do with our altered reality. Plans for the revised schedule came about months before COVID-19 entered anyone's vocabulary. After decades of turning out Lodge bulletins, I had grown weary. I was considering whether it was time for me to "take a walk in the snow." However, my partner in this endeavour, Harvey Silver, came up with a compromise – remain at the helm, but produce fewer issues.

In the end, it proved to be a winning formula, especially with the Lodge meeting virtually and most of the Lodge's regular activities put on hold. So, thank you, Harvey, for pushing me in this new direction.

Given our reality this past year, I think the new Kol Echad is even better than ever. Before, the bulletin largely confined itself to programme reports and columns. This year, members reached out, submitting several amusing and exciting pieces. In effect, they became active participants in THEIR newsletter. Nothing could have made me happier, for I have always maintained that Kol Echad belongs to every member. They are responsible for its success or failure. This year, Kol Echad definitely fell into the former category.

While these items made the bulletin enjoyable, I don't think Kol Echad would have kept going without our columnists. They really are the pillars of Kol Echad. The Lodge and Kol Echad owe a big thanks to Ruth Pupko, Debbi Silver, Rosalie Moscoe and Marc Kates. They all managed to meet every deadline despite dealing with their own complicated lives. Of course, without Michael and Aaron Pacter, there would be no polished print issue.

**Continued on next page**



The Lodge also owes a big thanks to its executive – Ruth, Debbi and Eddie Arkin – who managed to lead Forestdale Heights during this turbulent year. All FHL presidents have relied on those who came before them for insight in running the Lodge. However, since this year was like no other, our leaders were flying blind from day one. Congratulations for keeping us on an even keel.

A year ago, then Lodge president, Stewart Indig, asked me to keep Kol Echad operating in the summer to provide a much-needed connection between all members. This was planned as a one-time deal as we assumed (hoped?) that COVID-19 would be eradicated by summer 2021. However, right now, that does not appear to be the case. Therefore, it has been decided that Kol Echad will once again maintain operations this summer, producing a July-August issue. Like last year, it will be a digital issue only.

So, that about wraps it up for Kol Echad's 19th (official) season. I was thrilled that most of our advertisers stayed with us throughout this uncertain year.

Most of all, I am thankful for my good health and for having a fantastic family who stands behind me and provides the necessary moral and mental supports. Lisa and Jordana, your advice and ideas are a constant source of inspiration. I think creating this masterpiece would be so much harder without the both of you.

Take care, and have a great summer.



### **COVID-19 VACCINES**

**The best vaccine is the one in your arm.  
If you have not yet had your first shot,  
PLEASE do so at your first available opportunity!**



# MARCH MEETING

---

Forestdale Heights Lodge held its second Zoom meeting of the year on Monday, March 1, with the usual cast of members in attendance.

This included 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.

Marc Kates, son of FHL past presidents Michael & Bonnie, could not join us this month to discuss the Lodge's new CVS project to help the homeless. However, Ruth provided an update, explaining that she has started to buy supplies, which will eventually be put into 30 bags and distributed. At the moment, the distribution method is still unknown. It was agreed to talk to Marc about this matter. Among items that will be included are toothbrushes, gloves, hats, scarves, socks, hand sanitizer, Tim Hortons gift cards, plus granola and fruit bars.



Ruth (and other members) lauded the work done on the March/April issue of Kol Echad. While she would like to see the bulletin reach a larger audience, it was agreed that the Lodge lacked the infrastructure for such a task. Jeff did say he would reach out to B'nai Brith Canada to see if they could put a link from Kol Echad on their website.

Our next meeting was set for Monday, April 5.

***Jeff Rosen***





# APRIL MEETING

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Forestdale Heights Lodge held its regular monthly Zoom meeting on Monday, April 5, with most Lodge members in attendance.

This included FHL president Ruth Pupko, meeting moderator Stewart Indig, Albert Ohana, Ray & Rosalie Moscoe, Harvey & Debbi Silver, Elizabeth Bloom, Eddie & Marilyn Arkin, and Jeff & Lisa Rosen.



Unlike past meetings, Stewart kept members' microphones muted until they were allowed to speak. This resulted in a more orderly and productive meeting.

Ruth discussed the Lodge's new CVS project to help the homeless, informing everyone that most parcels have already been delivered. Ray offered to deliver the remaining packages. He explained that the people receiving the parcels were quite appreciative.

The Lodge approved sending out a condolence card to Willy & Donna Lindo, who recently lost his son.

Kol Echad was also on the agenda, with some members wondering if the deadline could be extended or the size of the current (May/June) issue be constrained. It was explained that all members are given plenty of time to make submissions and that reducing the size would result in a loss in quality.

I reported that Kol Echad was losing one advertiser. Rosalie said she would be reaching out to see if she could secure new supporters.

In the end, Ray summed up the discussion, saying that the bulletin remains the "heart of the Lodge."

The next meeting of Forestdale Heights Lodge is set for Monday, May 3. There was some discussion about whether to cancel the May or June meetings. Members agreed not to cancel either after Lisa stressed the importance of our monthly get-togethers and pointed out that they do not take up too much time.

***Jeff Rosen***



# CVS

---



The world is in a mental and physical lockdown. We are all at our breaking points, and when one is home the entire day by oneself, of course, it's hard to think about anyone other than ourselves.

This forced confinement spawned our family's idea of regular chesed projects. Chesed is incorrectly defined as "kindness towards others," but rather should be "identifying the needs that exist before they are even told to us." Our son's idea was to create small parcels for the homeless within a few personal hygiene products and a \$5 Tim Hortons gift card. He felt compelled to help, noticing the

panhandlers at the bottom of the Allen Road and thinking what they could use.

As my father's yahrzeit approached in January, I wanted to do something in his memory besides simply giving tzedakah. I decided to expand upon my son's homeless parcel project, and for that, I needed help. I turned to the Lodge.

My parents had always been proud of the strong CVS tradition of Forestdale Heights, so I thought that a project like this one would be something that it would support. FHL did not disappoint, and the membership was on board immediately. To date, 30 parcels have been delivered directly to the homeless containing a hat, gloves, a few small food items, personal hygiene products, and a \$5 Tim Hortons gift card.

I am grateful to FHL for honouring my parents' memories with the creation of a new CVS programme. I know that they would be very proud that their legacy continues and FHL continues to set the benchmark for the true meaning of chesed.

***Marc Kates***



**Ray Moscoe photos**





# TALKING POINTS

DEBBI SILVER

---

What to write....that is the question? What should be an easy task just doesn't seem that way anymore. We really have too much time on our hands staying home, watching the news, getting frustrated by the headlines, waiting for hair salons to open up, etc.

The good news is that our daughter, Lisa, is about 85% cured of COVID-19.

Unfortunately, smell, taste, and headaches seem to be a thing of the future for the pandemic's total cure. We are hopeful. Harvey and I received our Pfizer vaccine. We wish the second shot would be sooner than July. It is unfortunate to hear that schools are closing in Peel and next week being the "school break," the hope is that the students will stay home and distance themselves from their friends. The future for these students over the last year and a half has been challenging. I have heard from my grandchildren that virtual learning has not been the best. Some teachers leave the class early, some hardly teach at all. I'm sure it hasn't been easy for the teachers, as well, especially since they have not been able to get their vaccines. All in all, life will never be the same.

On a happier note, last night's meeting, April 5, was amazing. It really is good to connect with our members in Forestdale Heights Lodge. Ruth reported that the community service project, coordinated by Marc Kates, was a huge success. Thank you to those who generously gave financially and helped deliver the bags to the homeless.

Summer is upon us, flowers are beginning to bloom, and the weather has been super.

We certainly can't complain too much about our winter. We can again start to socialize with our families in backyards, hikes, dinners, etc.

We wish all of you a healthy and happy summer.

See you in September!



# KOL ECHAD 2021-2022

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## **Kol Echad schedule for the 2021-22 season**

September 2021/October 2021 – Rosh Hashanah Issue

November 2021/December 2021 – Chanukah Issue

January 2022/February 2022 – Winter Issue

March 2022/April 2022 – Purim/Pesach Issue

May 2022/June 2022 – Spring Issue

\* \* \*

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# KOL ECHAD: OUTREACH

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Following the March meeting, we reached out to B'nai Brith Canada to see if they could link Kol Echad with their website. We talked with Marty York, Chief Media Officer, B'nai Brith Canada. After examining the site and our pdf edition, he brought Andrea Adler, responsible for B'nai Brith's Social Media, into the discussion.

It was decided that they would post a link to the latest online issue of Kol Echad on their social media platforms on a trial basis.

On March 31, links went live on Facebook and Twitter, promoting both the website and the March/April 2021 issue of Kol Echad. The Twitter links immediately started getting "hits," showing that we were being viewed by those outside our Lodge and our community.

<https://bit.ly/39XQxnA>

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

Following the week of April 5, our web statistics counter showed that Page Views and Returning Visits on kolechad.ca had tripled from the previous week, while Unique Visits and First Time Visits had more than doubled.


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# HARMONY

ROSALIE MOSCOE

---

January 1, 2020 – it was such a promising start to a new decade! However, 2020 brought fear, sickness, deaths, and uncertainty. 2021 arrived, and we all carried on bravely. In the past summer/fall, my husband Ray and I ate meals at picnic benches with friends. That, as well as giving haircuts to my husband outside on a bench, was the highlight of the summer. Neighbours strolled by and commented on what a good job I was doing! Until finally, Ray went to the barber for a haircut, and the barber complained, “What a terrible job your wife did on your hair!” Jealous!

We had no visitors to our homes and lived “down in the doldrums” repetitive lives. Basically, we ordered groceries, made meals, picked up the odd take-out dinner, and watched too much TV. We’re getting square eyeballs from looking at a Zoom screen, TV or Netflix. After one year since the start of the pandemic, not much has changed. Sometimes we sneak out for a drive somewhere – even to a park – where we find a magnificent trail walk.



**Barber Shop**

However, we have many issues that raise our blood pressures, such as the somewhat rocky rollout of COVID-19 vaccines and their tardy follow-up shot. However, I was relieved when my husband and I received our first vaccinations almost two weeks ago.

We dream about hugging friends and family. We long for the day when we can go to an actual movie theatre, play, or concert or see the magnificent displays at the Art Gallery or the ROM. Even sitting in a coffee shop or a restaurant with friends would be a treat!

I stopped dreaming about going to Florida some time ago. Sometimes, I close my eyes and see the tall palm trees waving in the breeze as I walk alongside rolling ocean waves. I can still feel the wind in my hair and the sun warming my face and body. What a shame we missed it all this winter.

**Continued on next page**



Back down on the ranch in Toronto, we still have this “wait and see” attitude living in a limbo state on the edge of fear. Some great activities to enhance our mental health include great online fitness classes at the MNJCC and seated dancing classes at the National Ballet through Baycrest Centre, complete with piano music. Feeling stress or anxious? Short, soothing meditation classes are offered for free through JACSToronto.org. It’s an excellent reason for me to get up and out of my pyjamas, hair brushed with a bit of lipstick on for the 10 a.m. Zoom class! Before and after the class, we banter around jokes and stories and feel almost normal.

And besides, it’s spring! The chill in the air is receding, slowly but surely. It’s incredible to view tiny buds on trees and green shoots peeking through the hard, cold earth, knowing their stunning flowers will soon appear to reach for the sun.

Creative writing classes at Ryerson’s Life Institute help me stay focused to get a column together every few weeks! Writing for our award-winning Kol Echad, through our Forestdale Heights Lodge, keeps my mind active! I was thrilled that our Lodge handed out packages to dozens of the homeless of clothing, toiletries, goodies and Tim Hortons cards. It was gratifying for Ray and me to see smiles on people’s faces when they accepted the packages.

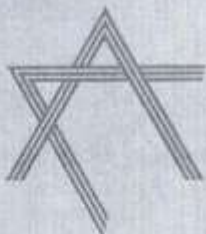
Through my group Spiritual Divas, I heard some remarkable speakers. Some of them were from our own group members. We took turns speaking about turning points in our lives and listening to visiting spiritual teachers. I even had a one-to-one free session over the phone with an intuitive who could tell which parts of my body needed work, and I don’t mean face work! She generated energy in those places, causing problems to create healing; I could feel my body tingling! It was truly fascinating.

To help keep my brain noodling along, I’m fervently in the process of continuing to research nutrition’s key role in recovery from substance abuse for those with addictions or mental health symptoms.

Another project on the shelf is writing children’s picture books from my own published and recorded songs. I’m pecking away at the stories, so at least I have something to set my sights on, which gives me hope for going forward.

For now, my goals are to stay positive, to stay in touch with others and to keep growing and learning. And for all of us, it’s heartening to keep in mind that a better day is coming! ☺





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# PERSPECTIVES

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Last year started like most, with good, bad and unusual events taking place. However, even on day 1, January 1, there was already talk about a virus that was starting to spread worldwide. We managed to run our annual Purim programme, with the only change being that we wore gloves. Shortly after that, everything - including Forestdale Heights Lodge - went into lockdown.

Fortunately, Kol Echad continued to print every month, capturing life during COVID-19. For the historical record, we have now compiled snippets from our dedicated columnists.

For a complete account of how we lived, go to [www.kolechad.ca/covidlife.htm](http://www.kolechad.ca/covidlife.htm).

\* \* \*

## **April 2020**

### ***Stewart***

Dear Fellow Lodge Members,

Given what is going on in the world, I am willing to cancel the meeting in March, April and May if necessary.

Let us not overreact. I fully agree that there is a concern, and we should be taking precautions. At the same time, we should also remain calm. The reason schools are closing down for two weeks after March break is quite intelligent. March break is a busy travel time. Closing down for the two weeks afterwards is the government's way of forcing self-isolation.



## **May**

### ***Jeff***

As of this writing, we have been in lockdown for about three weeks, and Pesach is still a week away. By the time you read 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.



## ***Marc***

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."



# PERSPECTIVES

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## **June**

### ***Debbi***

What does one write when every day for over the past two months is almost the same! We received many doctors' calls stating that they would be calling us instead of going in for an appointment. Harvey's knee surgery for May 4 was cancelled, and we don't know when that will ever be booked.

## **July**

### ***Ruth***

Do you know any of your neighbours on your street or on your floor? I feel that my neighbours are friendlier and ask me how I am coping and feeling. It also feels good to run out to What A Bagel and pick up bread or milk for a couple of ladies on my floor.

## **August**

### ***Stewart***

Attention, Attention! September is just around the corner. At this point, I am not sure that an in-person meeting is possible or, for that matter, even probable. So, welcome to Forestdale Heights Lodge 2020. I will make every effort to hold this meeting via Zoom.



## **September/October**

### ***Marc***

So, summer 2020 didn't turn out the way we wanted it to, much like the previous four months. It's hard to imagine that Rosh Hashanah and the new year will soon be upon us. Summer plans seemed to fly out the window. In fact, nothing was flying, and people were certainly grounded.

## **November/December**

### ***Debbi***

It's October 11, 2020. We know winter is around the corner because we just covered up our chairs and tables on the balcony. Seriously, where has the time gone? It's been eight months of COVID-19, and, as of today, it's getting worse. When will this end?



# PERSPECTIVES

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## January/February 2021

### *Marc*

The first Chanukah candle was lit tonight (December 10) and spread its light into the world. This small beacon of light is not dissimilar from the news that the first COVID-19 vaccine was administered this past week in the U.K

### *Jeff*

Cases of COVID-19 continue to rise across Ontario. Premier Doug Ford continues to implore the public to shun large social gatherings while lauding the non-COVID measures inserted into his government's omnibus budget bill. Sure, there may be more long-term care facilities in the coming years, but at what cost to the environment? I guess he hoped that news about the pandemic vaccine's rollout would overshadow some of his more controversial legislation.

## March/April

### *Carl*

I understand the movie "Ground Hog Day" has been experiencing a 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.



# GOOD & WELFARE

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## Birthday

Aaron Pacter	May 4
Stewart Indig	June 1
Harvey Silver	June 6
Jeff Rosen	June 12



## Anniversaries

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



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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# AS I SEE IT

MARC KATES

---

In December 2017, I wrote about my frustrations trying to parent my kids to be principled, trustworthy, and ethical children, while other people were gloating about duping the system and cheating others. Back in 2017, it was about a mother who deceived the hockey system to suit her own needs. Well, now, in 2021, I was the one conned by our contractor and his cronies. I was hoping that people with whom I would do business would be trustworthy too, but once again, I was wrong. It seems as though the leak in my house with water coming through the ceiling from the HVAC system is my fault. Proof means nothing, and in the end, it's my word against theirs. So, they get to walk away with my money, and I get to clean up the mess, pay for someone else to do the job properly, and aggravate myself more.

What's the lesson here? That it pays (literally) to be unscrupulous?

Really?

Would this be the lesson my parents would want me to learn? I don't think so. They spent years teaching me just the opposite. Do I want to teach my children that it's OK to be unethical and cheating if it serves my purposes? Should I change who I am just because we live in a cruel world? The answer is a firm No. True, it's not fair, and life is not fair, but I have to have standards that I can't bend. I have to live with myself, not with the HVAC swindlers. I know I'm not alone, and stories abound about these sorts of things. I have to tell myself that things could always be worse. We're in the middle of a global pandemic, I am employed, but most of all, we are all healthy.

Yup, it's been a year of ups and downs. Can't we all try to be the best of ourselves and err on the side of goodness and compassion? To those unscrupulous workers, I know what values I'm teaching my children. What values are you teaching yours?



# COMMENT

---

## WHAT DAY IS IT TODAY?

I understand the movie “Ground Hog Day” has been experiencing a 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 now. 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 when it opened 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. I usually enjoy experimenting with my cooking, providing 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.

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) practising 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 programmes 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 Zeliger***



# COMMENT

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## **KUDOS TO JEFF ROSEN!**

We are so fortunate to have Jeff as a member of our dear Forestdale Heights Lodge (and his greatest supporter, Lisa Rosen). Not only is Jeff the editor of Kol Echad, our award-winning bulletin of B'nai Brith Canada, but also he performs a dozen or more jobs to keep Kol Echad published six times a year, both print and digital issues! He started out in 1991 when the Lodge asked him to help Jeffrey Rosen, z"l, who was The Horizon's editor (the bulletin).

Over time, he went from helping to running the show.

The late Irv Pupko, z"l, and Harvey Silver introduced advertising as part of the bulletin, which has continued to this day.

With over three decades of community journalism (1982-2014) working in two provinces, it's no wonder Jeff can handle this vast volunteer job, standing on one foot and juggling rings with the other! Not only does Jeff do preliminary copy edits on every column when it comes in, but also, he does a final copy edit for the entire bulletin once it's finished. A layout master, he sets up the whole bulletin, which really looks more like a magazine! He finds "filler" material to round out the publication, such as jokes, recipes, and interesting facts. Designer of the Lodge website, Jeff also maintains the site, complete with over a decade of back issues.

Wait . . . there's more! He's our resident photographer, always a camera around his neck at meetings and Lodge events. He edits all our contributors' columns and writes reports on Lodge programs, activities, and monthly meetings for the bulletin. He also pens columns each month, creates, and designs ads, sometimes recreating them or setting them up from scratch for advertisers.

Joining Jeff in this monthly endeavour is Harvey and Debbi Silver. They do billing for advertisers and often procure ads (Debbi also writes a monthly column). Marc Kates helps with the bulletin editing going over every page, line by line after the issue is put together. Marc also stepped up to the plate, continuing the column, As I See It, created by his dear mother Bonnie Kates, z"l, after her passing.

Thanks, Jeff and contributors who write columns and those who work on ads or behind the scenes. Like my husband, Ray Moscoe, said at the last meeting, "Kol Echad is the heart of our Lodge!"

***Rosalie Moscoe***





# HIGH HOLIDAY GREETING 5782

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

All those who placed greetings in the High Holiday Greetings 5781 issue will see their greeting repeated in this year's September/October issue at no cost. If you prefer to pull your ad, please let us know by August 1. If you choose to change your greeting size, then you will be charged accordingly.

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



**We offer curbside pick-up,  
free Kingston delivery &  
free shipping for orders over \$75**



## EAT HEALTHY PANTRY PACK



Make healthy eating with big flavour your new menu model. It definitely is hard to achieve without having a pantry of ingredients that feeds it.

We've created an *Eat-Healthy Pantry Pack* for families and individuals to have "healthy" extra virgin olive oil on hand.

We also listened to your important questions in the past year and developed a new TIP SHEET on fresh olive oil as a pantry staple in 2021, and health and budget tips worth sharing with friends and family.

<http://bit.ly/2NxOrTt>

613.546.5483

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

# CORRESPONDENCE



February 5, 2021

Forestdale Heights Lodge

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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 Rosalie 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 #B3199 0031 RR0001



TORONTO  
MARATHON  
HALF MARATHON  
10K • 5K • RELAY  
A Toronto tradition since 1877



Greetings!

You have volunteered for us in the past, or offered to volunteer with us and we hope this finds you and those around you all well.

The Toronto Marathon is usually held the first Sunday in May. The week leading up to it is usually a flurry of activity for many of us, with lots to do to prepare for the big day.

Thank you for offering your time with us in the past. We hope to see you next year when it's safe to do so.

If you know anyone who'd like to sign up to volunteer for future events please register on our website.

For those interested in running in our Virtual Marathon, [click here to register.](#)

Toronto Marathon

# CORRESPONDENCE

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Hi Harvey,

It's so very nice to see and read that Forestdale lodge is still going strong after all these years! I have some very wonderful memories of the lodge from years gone by. From our bingo nights to our Grey Cup Game Casino night, the outings with the wheelchair kids to various places like Ontario Place, the zoo, etc. Our community service was one of the best offered by B'nai Brith, if not the best! And our baseball and hockey teams were also very well attended! It was a wonderful part of my life, and I'm very proud to have been a small part of it and help in whatever way I could.

As a past president, I am thrilled that the tradition carries on!! I live on Vancouver Island now, so I rarely go back East, but at least it's nice to know Forestdale Heights Lodge is still going strong!!

Please give my warmest regards to anyone who may still remember me, and the very best to all the current members!!

Murray Fallen  
President, Forestdale Heights Lodge  
1979-1980



# LOOKING BACK



Bayview Avenue looking north across John Street (by the Yorkminster hospital sign).

Thornhill was a farming community back then, it was very rural.

(1958 photo by James Victor Salmon. Toronto Public Library Archives.)

## 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.

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josh@sonnylangers.com

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# LOOKING BACK

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Looking north on Yonge Street (from Colborne Street), Thornhill ca.1910.  
(Thornhill Archives)



# FORESTDALE FUNNIES

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## EVE IN THE GARDEN

One day in the Garden of Eden, Eve calls out to God, “Lord, I have a problem!”

“What’s the problem, Eve?”

“Lord, I know you created me and provided this beautiful garden and all of these wonderful animals and that hilarious comedic snake, but I’m just not happy.”

All of these wonderful animals and that hilarious comedic snake, but I’m just not happy.”

“Why is that, Eve?” came the reply from above.

“Lord, I am lonely, and I’m sick to death of apples.”

“Well, Eve, in that case, I have a solution. I shall create a man for you.”

“What’s a man, Lord?”

“This man will be a flawed creature, with many bad traits. He'll lie, cheat, and be vain and glorious; all in all, he'll give you a hard time. But...he'll be bigger, faster, and will like to hunt and kill things. He will look silly when he’s aroused, but since you've been complaining, I'll create him in such a way that he will satisfy your physical needs. He will be witless and will revel in childish things like fighting and kicking a ball about. He won't be too smart, so he'll also need your advice to think properly.”

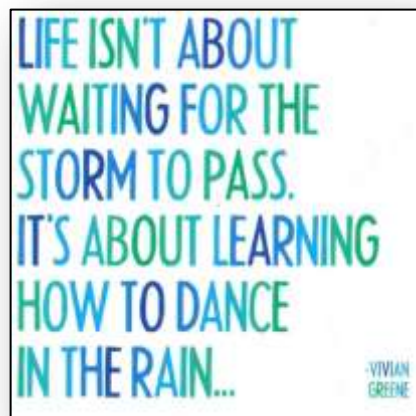
“Sounds great,” says Eve, with an ironically raised eyebrow.

“What's the catch, Lord?”

“Well... you can have him on one condition.”

“What’s that, Lord?”

“As I said, he'll be proud, arrogant, and self-admiring... So you'll have to let him believe that I made him first!”



# FORESTDALE FUNNIES

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Little Susie came home from school whining, “Mummy, I’ve got a stomach ache.”  
“That’s because your stomach is empty,” her mother replied. “You’d feel better if you had something in it.”

She gave Susie a snack, and sure enough, Susie felt better right away.

That evening they went to shul and spoke to the rabbi.

While he was chatting with Susie’s mum, he mentioned he’d had a bad headache all day long.

Susie perked up. “That’s because it’s empty,” she said.

“You’d feel better if you had something in it.”

---

Three Jewish men fleeing the pogroms in Eastern Europe get to know one another on the ship to America. When they reach Ellis Island, they agree to reunite in 20 years to see how they all fared in the land of opportunity.

Two decades later, they meet again.

Silverman says, “When I arrived, I had no idea how I’d make a living. So I looked up Silvermans in the phone book and actually found a distant relative. He was in the silver business, and he took me on. After a few years, I married his daughter and became a partner. Now I have a house in the city and another in the mountains.

Baruch Hashem, I can’t complain. How about you, Goldstein?”

“Believe it or not, same story. I found a relative in the gold business, worked hard, married his daughter and became a partner. Today I live on the top floor of a building I own, and Baruch Hashem, my grandchildren, don’t worry how they’ll pay for college. How about you, Taylor?”

“I, too, had no idea how I’d make a living. Despite my name, I never trained as a tailor, and it sounded like a lot of work for not a lot of money. So I went to shul and prayed. I said, ‘God if you make me a prosperous man, I promise to make you my partner.’”

“Nu? So what happened?”

“What do you mean, what happened? You never heard of Lord & Taylor?”



# COMMUNITY

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The Baycrest Foundation's newest, all-ages fundraising event for 2021... A Walk for the Ages in Support of Baycrest is now OPEN FOR REGISTRATION!

The walk will take place on Sunday, September 19, 2021, 7:30 – 10:30 a.m. at Canada's Wonderland! After the walk, admission to the park is included.

The plan is to bring generations together to complete a fundraising walk of either a 2.5 or 5 km route at Canada's Wonderland!

However, we know that in a COVID-19 world, even the best-laid plans can go askew. So, we also have backup plans in place. One thing is certain: We WILL get together as a community, in person or virtually, to raise funds for Baycrest on September 19. So REGISTER NOW and JOIN US!

To register, go to <https://bit.ly/3tf5byJ>



Last March, B'nai Brith was forced to close its daily meal program for seniors, veterans and the needy. In its place, an emergency response plan was created.

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?**

As little as one hour a week of volunteering can save a life. All volunteers must be healthy adults, and proper social distancing and compliance with public health measures will be enforced. To volunteer, please e-mail [foodv@bnaibrith.ca](mailto:foodv@bnaibrith.ca).





# COMMUNITY

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PEOPLE HELPING PEOPLE

## B'nai Brith Canada is Delighted to Announce the Launch of Our New Online Book Shop



We are thrilled to announce the launch of our [new online book shop](#), where you can purchase our new series of books that explore important and timely themes of diversity and inclusion. These beautifully illustrated and engaging hard-cover books are perfect for children (ages 3-8).

Celebrating and embracing diversity are really important for kids. By reading books that weave in meaningful themes and celebrate our similarities and differences, kids make connections, build empathy, and learn to respect and appreciate others.

In a country as multicultural as Canada, it's vital to expose our children to values that instill a sense of acceptance for everyone.

We have four incredible books available for purchase.  
Visit our [online book shop](#) today to get your copies!

Go to <https://www.dmsshop.ca/>

# COMMUNITY

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To register, go to <https://bit.ly/3eoR6Z2>



## **Jewish Influence** on American Popular Music

*from 1880 - 2000*

**Join *Allan Cheskes* for a six-part music series  
on *The Brill Building Writing Teams***

*The Brill Building in New York is famous for housing music industry offices  
and studios where some of the most popular American songs were written.*

<b>April 1 (Part I)</b>	<b>May 27 (Part IV)</b>
<b>April 22 (Part II)</b>	<b>June 10 (Part V)</b>
<b>May 13 (Part III)</b>	<b>June 24 (Part VI)</b>

**Program starts at 8:00 pm\***

*\*A musical prelude will begin at  
7:40 pm, followed by the program,  
beginning at approximately 8:00 pm.*

**[CLICK HERE](#)**

To register and receive the Zoom details for this program series.



BETH SHOLOM  
SYNAGOGUE

# NEWS

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[Ukraine to let in vaccinated Israeli pilgrims for Rosh Hashanah](#)

[A year into the pandemic, Conservative Jews consider whether to make Zoom prayer permanent](#)

['Rabbi Yossi' Now Heads Outreach Group He Founded](#)

[Ontario Seeks Input for Holocaust Memorial at Queen's Park](#)

[B'nai Brith Canada Rejects Allegations by Teachers' Union](#)

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## AT A GLANCE

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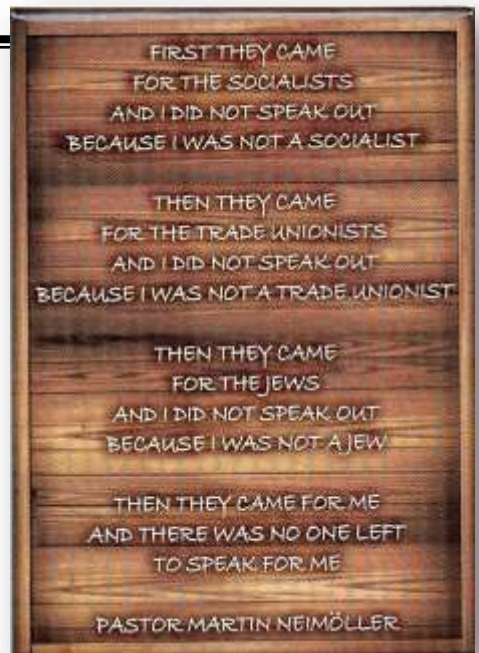
Zoom meetings to be held on the following dates during 2021.

Start time: 7:00 p.m.

**May 3, June 7**

Zoom Link: <http://bit.ly/3olkmm1>

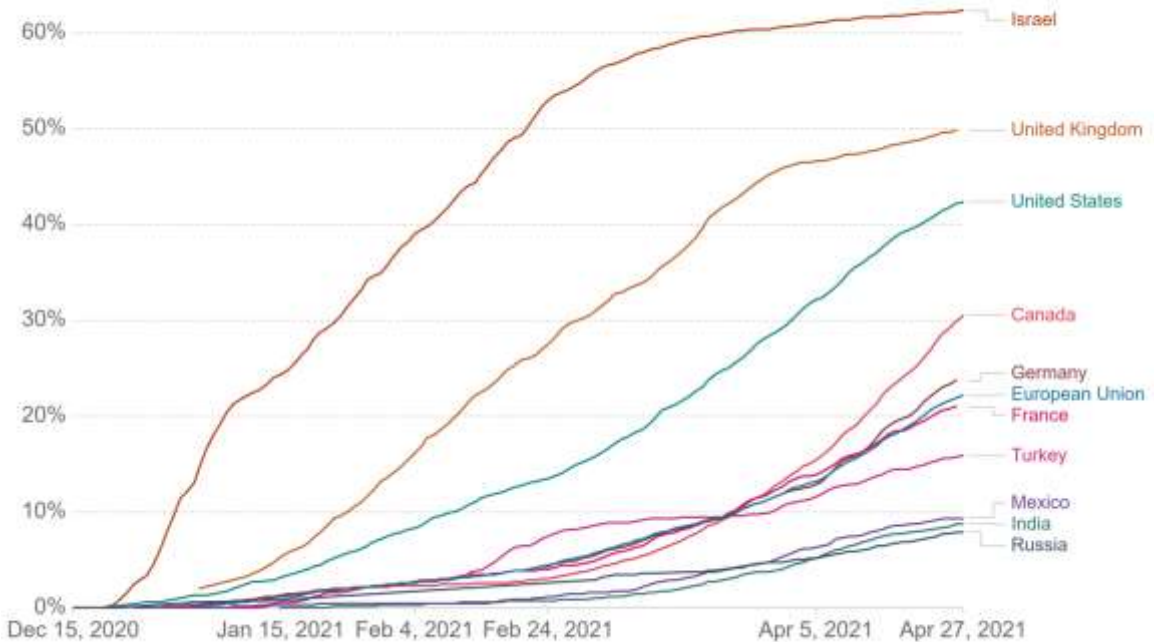
*All Dates Subject to Change*



# HEALTH

## Share of people who received at least one dose of COVID-19 vaccine

Share of the total population that received at least one vaccine dose. This may not equal the share that are fully vaccinated if the vaccine requires two doses.



Source: Official data collated by Our World in Data.

CC BY

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

### Summary of reported and estimated vaccine efficacy for COVID-19 vaccines currently approved in Canada:

Vaccine	14 days after dose 1 and before dose 2 (95% CI)	> 7-14 days after dose 2 (95% CI)
Pfizer BioNTech	93% (69-98%)	95% (90-98%)
Moderna	92% (69-99%)	94% (89-97%)
AstraZeneca/COVISHIELD	76% (59-86%)*	81.6% (47.0 to 93.6%)*

CI - confidence interval; \*from day 22 up to day 90 after dose 1. ^Estimate of vaccine efficacy for dose interval of >12 weeks

Source:  
Ontario  
Ministry  
of Health



## COVID-19



## Mental health support

It is okay not to feel okay. You may feel sad, worried, scared, confused or angry during COVID-19. It is normal and lots of people feel this way when faced with sudden life changes or hard times.

### What you can do



**Stay connected.** Play an online game with a friend, phone a neighbour, or have a video call with family.



**Take care of yourself.** Get enough sleep, exercise and eat well.



**Learn something new.** Try a new hobby or take an online course.



**Help someone else.** Doing something nice for another person can feel good.



**Get help.** Talk to someone you trust or get professional support.

### Contact 211 for help

If you need help, contact 211 to be connected with free mental health support, including for children and youth, seniors, and racialized, Indigenous, Black and LGBTQ2S communities.

Call 2-1-1 (24 hours a day, seven days a week)

TTY: 1-888-340-1001 | Text 21166 (Monday to Friday, 7 a.m. to 9 p.m.)

# FOOD SENSATIONS

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It's BBQ season, and throwing something on the grill is an easy summer dinner. This guide will help alleviate some of the "Is it cooked?" stress from grilling. Exact times will vary due to the thickness, but the following is a great starting point.



## Burgers

Pre-heat the grill high – 450-550F – when grilling burgers. Cooking at that temperature will create a delicious crust on the outside. Once on the grill, close the lid and step away. Do not press down or flatten the meat. It will result in a less juicy burger. Only flip one time halfway through cooking too.

Rare: 5 minutes;

Medium Rare: 7 minutes;

Medium: 8 minutes;

Well Done: 10 minutes.



## Chicken

Thighs and breasts are two popular cuts of chicken to grill. Make sure to cook over medium heat (350-450F). If the temperature is too high, it will cause the outside to cook before the middle gets to 165F. Always check the internal temperature with a thermometer before serving.

Chicken Thighs (Boneless): 5-6 minutes per side;

Chicken Breast (Boneless): 5-6 minutes per side.



# FOOD SENSATIONS

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## Fish

Don't fear cooking fish on the grill. Make sure the grates are properly pre-heated (450-550F) before placing any fish on them. Since fish is delicate, only flip once halfway through cooking. When done, it will release from the grates.

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## Steak

High heat is best when grilling steak – 450-500F – to seal in the juices and ensure beautiful grill marks. Set it and forget it. Don't open the lid or flip too many times. Steaks only need to be flipped once during the cooking process.

Rare: 8 minutes;

Medium Rare: 9 minutes;

Medium: 10 minutes;

Well Done: 14 minutes



# FINAL THOUGHTS

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our sorry eyes!

Gary Dorall  
Pioneer

Sutter Creek

Georgia Cox

**Freedom to not wear a mask**

Welcome to the Freedom Cafe!

We trust you to make your own choices if you want to wear a face mask. And, in the same spirit of individual liberty, we allow our staff to make their own choices about the safety procedures they prefer to follow as they prepare and serve your food.

We encourage employees to wash their hands after using the bathroom, but understand that some people may be allergic to certain soaps or may simply prefer not to wash their hands. It is not our place to tell them what to do.

We understand that you may be used to chicken that has been cooked to 165 degrees. We do have to respect that some of our cooks may have seen a meme or a YouTube video saying that 100 degrees is fine and we do not want to encroach on their beliefs.

Some servers may wish to touch your food as they serve it. There is no reason that a healthy person with clean hands can't touch your food. We will take their word for it that they are healthy and clean.

Water temperature and detergent are highly personal choices, and we allow our dishwashing team to decide how they'd prefer to wash the silverware you will put in your mouth.

Some of you may get sick, but almost everyone survives food poisoning. We think you'll agree that it's a small price to pay for the sweet freedom of no one ever being told what to do - and especially not for the silly reason of keeping strangers healthy.

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