



KOL

Forestdale Heights Lodge
B'nai Brith Canada

ECHAD

May/June 2022

Nisan/Sivan/Tammuz 5782

Volume 20, No 5

COVER ART



The “Gut” in Newfoundland:

Quidi Vidi is a neighbourhood in St. John’s, Newfoundland and Labrador (pronunciations vary, even amongst longtime residents, but “Kiddy Vidi” is the most common).

The village is adjacent to Quidi Vidi Lake. Quidi Vidi’s harbour is known as “The Gut.” Located in Quidi Vidi is the Quidi Vidi Battery Provincial Historic Site. The village is home to several small businesses. (Marc Kates photo)



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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 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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HIGH HOLIDAY GREETINGS 5783



Due to the pandemic, Forestdale Heights Lodge will again run a modified High Holiday Greetings campaign similar to last year. There will be no charge for placing a business card-sized greeting in the September/October issue.

However, there will be a small charge if you wish to place a quarter or half page greeting (\$20 or \$40). If you prefer to remove last year's ad, please let us know by August 1.

Please send all relevant information to jelijo@sympatico.ca

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

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AT A GLANCE

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

May 10 – CANCELLED

June 7

All Dates Subject to Change

Kol Echad Schedule

2021-22

July / August – Summer Issue (Digital only)

Deadline: June 20

2022-23

September / October – High Holiday Issue

Deadline: August 10

November / December – Chanukah Issue

Deadline: October 10

NOTES TO MYSELF:

1. Stop spending more money to get free shipping.
2. Your coffee is still in the microwave.
3. Don't throw the box with the directions away until it's 100% done.
4. Glasses are on top of your head.
5. Wearing headphones does not make your farts silent.
6. Just because it pops in your head doesn't mean it should come out of your mouth.
7. Don't use your phone as a flashlight to look for your phone.
8. You're never going to remember to do that thing later. Do it now.



PRESIDENT'S PEN

Ruth Pupko

Being with family and friends this Pesach has reminded us of how much we need to be together. This is a step in the right direction, and before you know it, we will be able to hold meetings in person as we all miss our dinner meetings and just being together in the same room. It's a warm feeling to greet one another as members walk into the room!

Congratulations to all the new board members. I am looking forward to working together as one team to continue our CVS projects, support some charities, and eventually host Chanukah parties and Purim Megillah reading to the residents at 4300 Bathurst Street. Thank you to the volunteers who worked at the Toronto Marathon, especially since their shift started at 6:00 a.m. What a bunch of troopers. We will discuss future CVS programs and plans on June 7 at our virtual meeting.

We wish Harvey and Eddie a speedy recovery. May you both continue to get stronger day by day. We are taking a much-needed break in May, and I am looking forward to seeing you on June 7 as we look forward to summer and perhaps our annual barbecue in July or August.

Be well and stay connected.

PINCUS PUNIM



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 May 2012:

*A psychiatrist is a qualified person who gives you an expensive and critical analysis about yourself,
that a Jewish wife gives you every day free.*



EDITOR'S DESK

Jeff Rosen

After two years of living with on and off lockdowns, many thought 2022 would allow us to return to our pre-pandemic lives. Instead, this year has seen further lockdowns (and more COVID variants), a meltdown in “civilized behaviour” in our nation’s capital and an insane war taking place half a world away.

In Canada, a segment of our population became unhinged earlier this year when they decided to block off essential border crossings and hold our national capital city hostage to their demands. Maybe that’s a bit harsh. Then again, some individuals called for the removal of our democratically elected government. The Prime Minister was criticized for not meeting with these economic terrorists, but it’s never a great idea to meet with those who threaten your life, as some so-called “Freedom Convoy” members did.

It was suggested by some Conservative parliamentarians that the truckers were nothing but joyful protesters and were not harming anyone. However, they should have informed the good residents of Ottawa. These innocent bystanders were subjected to constant honking for a couple of weeks. Were the majority of noise-inducing protesters simply good people? Again, I never met any of them and, quite honestly, had no interest in doing so. As a parent, I would question their fitness to take care of their children. It couldn’t have been good for the kids to endure those living conditions for about three weeks.

The situation was eventually resolved. However, it forced the Liberal government to implement the Emergency Act, a law that had never been used since its creation in 1988. Was it the best move? History will be the judge, and I’m certain actions by our federal government will be debated by future generations. However, it got the job done with a minimum of violence. About 200 people were arrested over three days, and once the government deemed that the law had served its purpose, it was repealed.

Continued on next page



Meanwhile, as one crisis was abating, another, more serious, was escalating a world away as Russia's Vladimir Putin unleashed his country's military might against Ukraine. Unfortunately, there seems to be no way for Russia's leader to back down from this insanity. For our sakes, for that of our children and future generations, let's hope that a peaceful resolution can be found. The alternative is too chilling to comprehend.

The final word on this topic is - kudos to all countries that have stood behind Ukraine and its people.

This being the final print issue of our 20th season, there are a few housekeeping matters to finish off. I know that I go through them every year, but they are no less important now than when I got involved in FHL Communications back in 1991. The thing is, I'm so proud of where Kol Echad, our Lodge bulletin, is these days. We have a strong roster of dedicated columnists. While I'm the one who polishes this publication into a fine gem, Rosalie Moscoe, Debbi Silver, Marc Kates, and Ruth Pupko (and all past presidents who have written President's Pen) are the pillars who elevate the bulletin to new heights every issue. I don't know what I would do without them. Then there is Harvey Silver, who keeps track of our advertisers, without whom this publication would not be in such a favourable financial position. Before I forget, you have to know Michael and Aaron Pacter's vital role in ensuring Kol Echad arrives at your doorstep. After Harvey delivers the envelopes and I send them the finished product, the Pacters get the bulletin printed and ensure that Canada Post gets it on route to its final destination. A special thank you also to our advertisers, those whose ads appear in every issue and those whose faces you see in our greetings issues.



That about wraps it up for Kol Echad's 20th season. Of course, we'll be back with a summer issue, but that will only be a digital product.

As we sign off again for another season, I repeat what I have said many times before. I am thankful for my good health and for having a fantastic family who stands behind me and provides the necessary moral and mental support essential to do this job. Lisa and Jordana, your advice and ideas are a constant source of inspiration. I honestly don't think I could do this without your support.

Take care, have a great summer and let us hope the second half of 2022 is better than the first.

I know I promised to expand on my narrative into the origins of my journalism career, which I wrote about in the last issue. However, too much else is going on right now. Those events of 1984-85 will have to be explored another time, in another issue.



MARCH MEETING

Less than a week before the start of spring, Forestdale Heights Lodge president, Ruth Pupko, called it a snow day. She said that since we would be unable to secure a quorum, the March monthly Zoom meeting was cancelled. This came a week after our March 8 meeting was postponed.

Our next meeting was set for April 5.

Jeff Rosen

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APRIL MEETING

How many Lodge members does it take to hold a general monthly Lodge meeting? I know it sounds like the setup for a joke, but it was an essential item on the agenda as Forestdale Heights Lodge held its monthly Zoom meeting on Tuesday, April 5.

For those who could not join us, I have to report that we did have enough people to run the meeting, with 12 of the Lodge's 22 members taking part. Stewart Indig was the moderator, and the meeting was led by President Ruth Pupko. Also taking part was Jeff & Lisa Rosen, Ray & Rosalie Moscoe, who were still in Florida, Eddie & Marilyn Arkin, Carl Zeliger, Albert Ohana, and Debbi Silver. Harvey Silver also joined the meeting, phoning in from Baycrest, where he is recovering following surgery.

In opening the meeting, Ruth wished Harvey and Eddie a speedy recovery. Eddie was now home following a medical procedure.

During a discussion on upcoming CVS projects, it was decided that the Lodge would purchase bottles of water and granola bars to hand out to Toronto's homeless.

Stewart updated everyone on our involvement in the Toronto Marathon this year. This year Stewart will be joined by Ray Moscoe and Mark Spergel. He also said that Marathon organizers will supply two volunteers to help out at the first water station.

With Harvey absent, Carl stepped in to run the elections for Lodge executive. As nominations were not reopened, he cast one vote for all those nominated at the last meeting.

The executive for the 2022-2023 year is: President- Ruth Pupko, VP - Eddie Arkin, Treasurer - Debbi Silver, Financial Secretary - Ruth Pupko, Recording Secretary - Stewart Indig, Trustees - Carl Zeliger and Rosalie Moscoe. Lodge Chaplain is Stewart Indig, which is a non-elected position.

In new business, the main item on the agenda concerned a discussion on changing the Lodge's constitution regarding how many people are necessary to hold a general monthly meeting. At the present time, a quorum is 12 members.

Continued on next page

Whenever my wife uses the phrase "I was thinking."

That means I either have to move, build, paint, or buy something.



As constitution chair, Carl explained how changing the constitution is a lengthy process. It begins with a motion being drafted by three members and sending it to him. After a lengthy discussion by all members present, it appeared that the issue would elicit further debate at future meetings.

Stewart asked if members were interested in relaunching the Lodge's popular summer BBQ and offered his home, as long as everything was held outdoors.

We concluded with everyone wishing their fellow Lodge members a great Pesach. The next meeting will be held on June 7.

Jeff Rosen



TALKING POINTS

Debbi Silver

On behalf of Harvey, he would like to thank those of you who have phoned, sent cards, etc., while he has been in Baycrest Rehab. Thankfully, Harvey returned home on April 22 and is continuing his recuperation.

Thanks again... ♥

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CORRECTION

In reporting on the February meeting, in the last issue of Kol Echad, we included a list of all organizations receiving funds from Forestdale Heights. North York Harvest Food Bank was spelled incorrectly. We apologize for the error.



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Birthdays

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



Anniversaries

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



Condolences

To Stewart & Cathy Indig and Alan & Ruth Goldberg on the passing of Shanna Goldberg, who passed away on March 7. She was the daughter-in-law of the Goldbergs and a cousin of the Indigs. Alan and Stewart are past presidents of Forestdale Heights Lodge. May the entire family be comforted with all the mourners of Zion.

To Gary & Liliane Budd on the passing of his mother, Lynn Budd. Gary is a former member of Forestdale Heights Lodge.

* * *

Congratulations

To Marc Kates & Rachel Spitzer on the bar mitzvah of their son, Seth. Seth Kates is the grandson of Lodge past presidents, Michael & Bonnie Kates.

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.



CVS/GOODLIFE MARATHON

**GoodLife
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MARATHON**



This year's Toronto Goodlife Marathon was held on Sunday, May 1. Due to our production schedule, we could not include more information about this year's event, the first since 2019. However, this is what we know, as Kol Echad was going to print.

Once again, our Lodge was in charge of the first water station at Harlandale Avenue, just north of Yonge & Sheppard. We arrived around 6:00 a.m. and were finished around 9:00 a.m. A good time was had by all in attendance.

It was run by Stewart Indig and Mark Spergel. Due to medical issues, our team leader, Harvey Silver, could not join us this year. We wish him a speedy recovery and hope he will return for next year's program.

Watch our website, kolechad.ca and next issue, July/August, for a full report and photos.

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my grandmother's words,
fuelled by passion

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Crisis in Ukraine

Russia's invasion of the sovereign nation of Ukraine has created a humanitarian crisis not seen in Europe since World War II.

B'nai B'rith International —in partnership with community agencies and local B'nai B'rith groups—is working tirelessly to help those whose lives have been upended.

To date we've sent thousands of items to help refugees fleeing the fighting, including sweatshirts, shampoo, baby food, generators, medical devices, antibiotics and more.

But still, the needs remain staggering, and are only expected to grow.

Please consider making a gift today to our Ukraine Assistance Fund. Every dollar helps bring vital supplies to refugees—to children, mothers, young, old, and to community members in Ukraine.

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Rosalie Moscoe

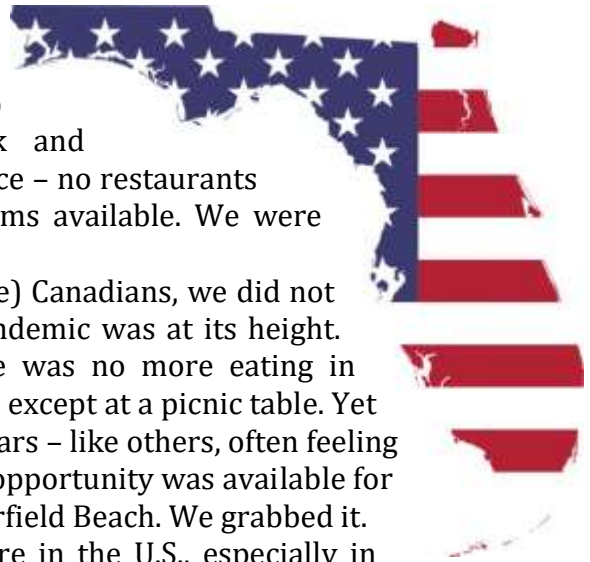
Two years ago, when the COVID-19 pandemic started, we were enjoying our time in Florida. Then our Prime Minister announced, “Canadians come home now before you can’t.” We had one more month left on our lease. We realized it was good money down the drain, but we felt we had no choice but to leave for home. There were no vaccines to be had, and we thought we’d better hi-tail it home. We had no idea what would

happen if we got sick in the U.S. Within a hectic two days, we packed up the condo that we leased, gave away food from the fridge and freezer to neighbours, and cleaned every nook and cranny. The drive home was an experience – no restaurants open for seating and often no washrooms available. We were glad to get home.

Like other obedient (and perhaps wise) Canadians, we did not return to Florida last year when the pandemic was at its height. Last winter in good old Toronto, there was no more eating in restaurants, seldom meeting with friends except at a picnic table. Yet somehow, we got through the last two years – like others, often feeling isolated and depressed. This season, the opportunity was available for us to return to our favourite spot-on Deerfield Beach. We grabbed it.

We found a strikingly different culture in the U.S., especially in Florida. As Canadians, we knew precisely the rates of infection and unfortunate deaths every day. Americans were rarely advised. They seldom wore masks unless it was in a grocery store that demanded them or at the post office. We were invited to parties that we did not attend, especially if they were held indoors. They looked at us strangely when masked; we would not get on an elevator with neighbours. Some even asked, “Why are you wearing masks?” We attended the odd event outdoors, but I still wore my mask. Social life was almost nil, and we became at-home chefs or dined with a couple at an outdoor restaurant.

Continued on next page



Forward to the end of our stay this season, Ray decided to drive home, yet he wanted me to fly, as the drive down was not good for my weary back. We each left a week before Passover, departing the same day. Ray drove for three days, and I flew. On the morning of my departure, I started having stomach flu symptoms and a wicked headache. Ray had left early in the morning. I headed by limo for the airport. On the plane, I was double-masked, sipping on Ginger ale. In Toronto, I was pulled over for a random COVID test. When I arrived home, I was in bed for close to three days, drinking honey tea and dry toast. I was glad to see Ray appear at the door after his safe drive home. My COVID test results came back positive. For months I had worked so hard to stay safe. However, the Omnicom variant was hitting many.

Feeling better just in time for the first night of Passover, we zoomed a short Seder with my daughter and granddaughter. (The Seder had been planned for eight people in attendance.) My dear neighbour left a package outside my door containing all the items we needed for the Seder plate. Over Zoom – the new reality, we lit candles, Ray said the kiddish, and we took turns reciting passages. My granddaughter recited the four questions, we sang Dayeinu, and we ate dinner together. And I then truly understood the saying “live in the moment.” We were thankful for what we had – a roof over our head, food to eat and to be with family. Jews came out of exile from Egypt many years ago, and we still recite the Passover story, which cannot be forgotten. Perhaps now’s the time to think about what we each might be exiled from to reach newfound freedom.

CONFIDENTIAL REPORTING
ANTI-HATE HOTLINE

B’nai Brith Canada operates the country’s only Anti-Hate Hotline combating anti-Semitism and racism. If you have been the victim of an anti-Semitic 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).



PERSPECTIVES

I arrived at the address and honked the horn. After waiting a few minutes, I honked again. Since this was going to be the last ride of my shift, I thought about just driving away, but instead, I put the car in park and walked up to the door and knocked. "Just a minute," answered a frail, elderly voice. I could hear something being dragged across the floor.

After a long pause, the door opened. A small woman in her 90s stood before me. She was wearing a print dress and a pillbox hat with a veil pinned on it, like somebody out of a 1940's movie.

By her side was a small nylon suitcase. The apartment looked as if no one had lived in it for years. All the furniture was covered with sheets.

There were no clocks on the walls, no knickknacks or utensils on the counters. In the corner was a cardboard box filled with photos and glassware.

"Would you carry my bag out to the car?" she said. I took the suitcase to the cab, then returned to assist the woman.

She took my arm, and we walked slowly toward the curb.

She kept thanking me for my kindness. "It's nothing," I told her. "I just try to treat my passengers the way I would want my mother to be treated."

"Oh, you're such a good boy," she said. When we got in the cab, she gave me an address and then asked, "Could you drive through downtown?"

"It's not the shortest way," I answered quickly.

"Oh, I don't mind," she said. "I'm in no hurry. I'm on my way to a hospice."

I looked in the rear-view mirror. Her eyes were glistening. "I don't have any family left," she continued in a soft voice.. "the doctor says I don't have very long." I quietly reached over and shut off the meter.

"What route would you like me to take?" I asked.

For the next two hours, we drove through the city. She showed me the building where she had once worked as an elevator operator.

We drove through the neighbourhood where she and her husband had lived when they were newlyweds. She had me pull up in front of a furniture warehouse that had once been a ballroom where she had gone dancing as a girl.

Continued on next page



Sometimes she'd ask me to slow in front of a particular building or corner and would sit staring into the darkness, saying nothing.

As the first hint of sun was creasing the horizon, she suddenly said, "I'm tired. Let's go now."

We drove in silence to the address she had given me. It was a low building, like a small convalescent home, with a driveway that passed under a portico.

Two orderlies came out to the cab as soon as we pulled up. They were solicitous and intent, watching her every move.

They must have been expecting her.

I opened the trunk and took the small suitcase to the door. The woman was already seated in a wheelchair.

"How much do I owe you?" She asked, reaching into her purse.

"Nothing," I said.

"You have to make a living," she answered.

"There are other passengers," I responded.

Almost without thinking, I bent and gave her a hug. She held onto me tightly.

"You gave an old woman a little moment of joy," she said. "Thank you."

I squeezed her hand and then walked into the dim morning light. Behind me, a door shut. It was the sound of the closing of a life.

I didn't pick up any more passengers that shift. I drove aimlessly, lost in thought. For the rest of that day, I could hardly talk. What if that woman had gotten an angry driver or one who was impatient to end his shift? What if I had refused to take the run or had honked once, then driven away?

On a quick review, I don't think I have done anything more important in my life.

We're conditioned to think that our lives revolve around great moments.

But great moments often catch us unaware-beautifully wrapped in what others may consider a small one.

PEOPLE MAY NOT REMEMBER EXACTLY WHAT YOU DID OR WHAT YOU SAID, BUT THEY WILL ALWAYS REMEMBER HOW YOU MADE THEM FEEL.

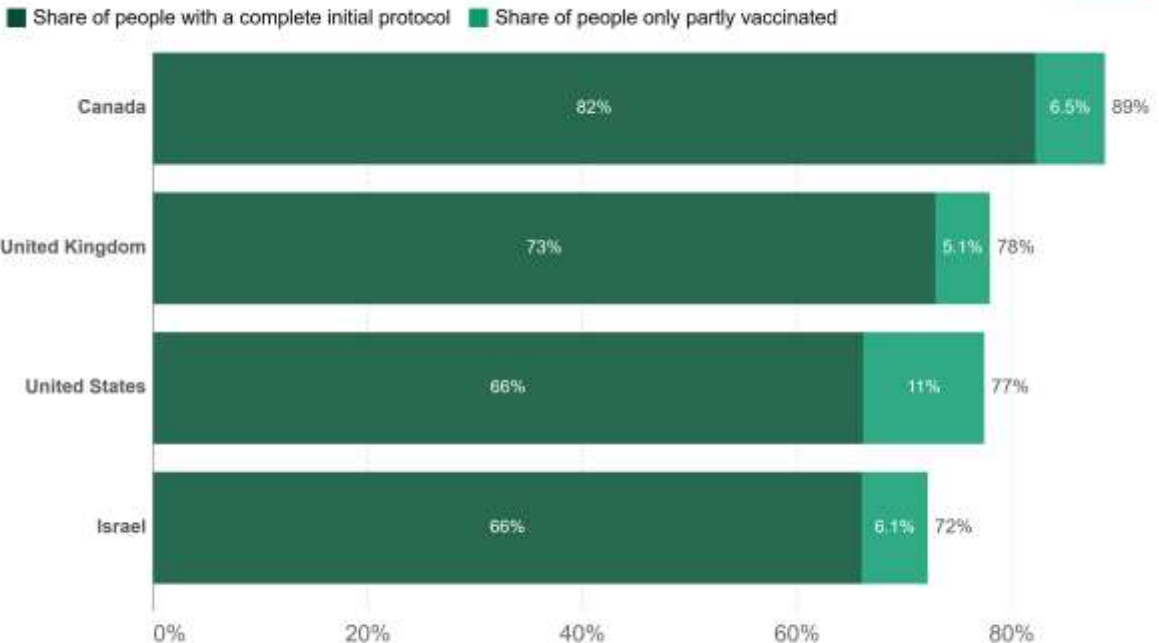
Life may not be the party we hoped for, but we might as well dance while we are here.



HEALTH

Share of people vaccinated against COVID-19, Apr 30, 2022

Our World
in Data



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



B'NAI BRITH'S ORAL HISTORY PROJECT

B'nai Brith Canada, in advance of the organization's 150th anniversary in Canada, is putting together a national history of the grassroots development of the organization. As such, they are collecting interviews for this project.

Raymond Moscoe, a past president of our Lodge, decided to participate. In advance of his interview, he collected his memories of Forestdale Heights.



B'nai Brith Involvement – Forestdale Heights Lodge

I've been a member of the Lodge for 55 years, and at 79 years of age, I am still involved. I was president of the Lodge for three years in a row.

Baseball League

I took it over when there were only four or five teams in the league. I started playing when I was 24 years old. I played for the first years. Then two teams folded. That would have been the end of the baseball league. However, I decided to take it over as the league commissioner (and continued as commissioner for nine years). Plus, I still played ball as the first baseman. I got a list of all the presidents of all B'nai Brith lodges in Toronto and sent out letters to each lodge. In those days, there were no computers. Everything was done by hand, by phone, and by mail.

We had a tremendous response. We held a meeting of all the Toronto lodge athletic chairmen in the basement of my house with 18 – 20 people in attendance. Next year we had an additional 12 lodges that joined. More teams kept coming in. To play, a person had to be a paid member of Bnai Brith, and it brought in over 1,000 members over the next few years. Our primary purpose was to get as many players as possible to be involved in B'nai Brith. Each lodge had so many ballplaying members that they broke into teams, sometimes seven or eight teams representing each lodge. We set up a schedule, obtained the parks, and permits for the parks, and arranged umpires. Meetings were held monthly at my home to set up rules for the league, schedules, and handling problems. It quickly grew to 12 teams, then to 18.

Continued on next page



After seven years, we had 100 teams in the league with an average of 15 players per team. At its peak, the league had about 1,500 players.

We had monthly baseball league meetings and set up rules and regulations, schedules, and playoffs. After a few years, we were classified as one of the largest organized men's baseball leagues in North America. We had both fast-pitch and slow-pitch leagues. The baseball committee members set up an annual banquet for the Baseball Leagues for many years, and between 400 and 500 members showed up. The League is still going today (after 60 years), just not under the auspices of B'nai Brith. However, some teams are still playing in a Senior's League in North York.

Hockey League

When the B'nai Brith hockey league started many years ago, we assisted them by having two of our members referee their games (myself included). We started with four teams, and it grew considerably. Soon the league grew so quickly that they had to hire professional referees.

My Involvement in the Lodge

Over the years, we did an enormous amount of fundraising. Our Lodge and two other lodges purchased an ambulance for use in Israel. We still hand out cash donations to many charities in Toronto and some in Israel each year. For the past few years, we also have handed out parcels of clothing and food to the homeless. Years ago, we worked with the blind and drove them to doctors' appointments and programs. We also worked with Bloorview Hospital/school children, running floor hockey, basketball games, and other programs. We sponsored a bingo twice a month at the Don Mills Centre.

We've been a very social lodge and had many annual picnics in the early days as well as Chanukah parties. We have also held yearly banquets, including one special 50th-anniversary party, which attracted former members for this great event.

Fundraising

Over the years, we did an enormous amount of fundraising. Our lodge and two other lodges purchased an ambulance for usage in Israel. We still hand out cash donations to many charities in Toronto and some in Israel each year. In past years, we also distributed parcels of clothing and food to the homeless, many of them in person. Years ago, we worked with the blind and drove them to doctor's appointments and other programs.

Continued on next page



Our Lodge members also worked with Bloorview Hospital/school children, running floor hockey, basketball games, and other programs. We sponsored a Bingo twice a month at the Don Mills Centre and had large crowds, 500 – 600 people a night, and raised large sums of money for B'nai Brith.

Our Award-Winning Bulletin, Kol Echad

Another significant part of our Lodge is our Lodge's award-winning digital and print bulletin Kol Echad. Kol Echad includes articles by many of our members and advertising, recipes, jokes, and good tips. It is capably handled by editor Jeff Rosen, a former editor for *The Canadian Jewish News* when it was a print publication.

I am proud to have been a member of this Lodge for so many years. It truly has enriched my life. My wife, Rosalie, a trustee of Forestdale Heights Lodge, has been supportive, written articles for Kol Echad for many years, and has shared in many charitable and other programs.



FOOD SENSATIONS

REHEATING YESTERDAY'S PIZZA

What is the best way to warm up leftover pizza?

Step 1: Preheat the oven to 375°F

It's absolutely crucial that you allow the oven to heat up fully before you even attempt to reheat your tasty pizza. The last thing you want is for the pizza get slowly warmer and warmer.

Step 2: Line a baking tray with foil

Line a baking tray with foil and pop it in the oven for a few minutes. The idea is to get the tray and foil piping hot before it touches the pizza.



Step 3: Put the pizza in the oven

Carefully take out the hot tray (be sure to use an oven mitt!) and place the pizza on it. Put the tray back into the oven for around 10 minutes, checking it now and then to make sure it doesn't burn. The end result should be a hot, tasty, crispy slice.



FOOD SENSATIONS

It's BBQ season again, 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.





Fish

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

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 it too many times. Steaks only need to be flipped once during the cooking process.



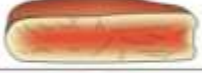


Rare: 8 minutes;

Medium Rare: 9 minutes;

Medium: 10 minutes;

Well Done: 14 minutes



Rare		120-125°F
Medium-rare		130-135°F
Medium		140-145°F
Medium-well		150-155°F
Well-done		≥160°F

The classic temperature scale for steak doneness



CORRESPONDENCE



Sharing our compassionate approach to hospice care and creating comforting memories for everyone in our home.

March 4, 2022

Dear Members of the Forestdale Heights Lodge, BBC,

On behalf of the entire team at Hill House Hospice, I would like to extend my deepest gratitude and appreciation for the support given. The generous donation provided by the Forestdale Heights Lodge, BBC will go a long way in supporting our operations at the hospice to ensure we can continue to provide compassionate care to all that walk through our doors. Your donation will support families and patients staying at the hospice.

Hill House Hospice is a home decorated and filled with love and care; it is also York Region's first ever residential hospice started in 1998. Here at Hill House, we believe that it is the right of every individual with a life-threatening illness to receive palliative care appropriate to his or her needs. At Hill House, we provide palliative care to individuals diagnosed with a terminal illness in a home-like setting, support for their families and friends and we ensure that each patient is treated with dignity, respect and the highest standard of care. Our Home is staffed by nurses, personal support workers (PSW), doctors and volunteers, all of whom help provide 24-hour care to our residents and families. Hill House is a very special place filled with laughter, tears, as well as a compassionate and caring team of professionals and volunteers.

Hill House Hospice is funded only in part by the Ministry of Health. We rely heavily on the generosity of individuals and corporations in the community to support our patient care. Your gift enables us to continue to help people "live until they die".

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

With deep gratitude and thanks,

Michelle Hambly
Executive Director
m: 289.221.5466, t: 905.737.9308
e: mhambly@hillhousehospice.com

36 Wright Street, Richmond Hill, Ontario L4C 4A1
Phone: (905) 737-9308 Fax: (905) 737-4807
www.hillhousehospice.com

CORRESPONDENCE



Dear Frestdale Heights Lodge:

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

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

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

Sincerely yours,

A handwritten signature in black ink that reads 'Daniel A. Gordon'.

Daniel A. Gordon
Co-Chair of the Board

A handwritten signature in black ink that reads 'Hadassah Slater'.

Hadassah Slater
Co-Chair of the Board

Donor ID: 25158

Kayla's Children Centre
36 Atkinson Avenue Thornhill, ON L4J 8C9 ? T: 905.738.5542 ? F: 905.738.8047



CORRESPONDENCE

imagine a cure for leukemia

59 Auburndale Drive, Thornhill, Ontario L4B 9W8 Tel: (905) 886-3233 email: imaginecureforleukemia@yahoo.ca
www.imaginecureforleukemia.com Charitable Organization Number: 83964 6320 RR0001 www.cra-arc.gc.ca/charities

PLEASE NOTE OUR NEW MAILING ADDRESS 392 Douglas Ave Toronto, Ontario

March 24, 2022

Dear Forestdale Heights Lodge,

On behalf of the Directors of "Imagine A Cure for Leukemia", I would like to thank you for your generous donation.

During unprecedented times we are immensely grateful for your continued support. We are thrilled that our virtual fundraising initiatives last year allowed us to donate Twenty Five Thousand Dollars to benefit leading edge Leukemia Research.

Imagine A Cure for Leukemia was founded in 2006 with the goal to give inspiration to those with the disease and to fund research. We are thrilled that we have donated over 1.5 Million Dollars to research. We appreciate your continued contribution as it will help us get one step closer to living in a Leukemia-Free world.

Thank you again for your support.

In good health and happiness,

Nara Abrams + Danielle Reich

Nara Abrams + Danielle Reich
President & Founder Event Manager

IMAGINE SUPPORTERS: **Michael DeGespeis** (Arista Homes/TACE Group of Companies) • **Erika Dine** (YummyMummy.ca) • **Bernard Feinstein** (Pearson Realty Corporation)
Ravin Hearn (Bernstein's Ltd) • **Michael Kallis** (Harvey Kallis Real Estate Ltd) • **Dennis Kavelman & Karen Forni Kavelman** (The Kavelman Forni Foundation) • **Paul Liebowitz** (SWP Investment Management) • **Dr. Jeff Lipka** (Princess Margaret Hospital) • **Corey Marold** (Mandell Entertainment Group & Camp Timberline) • **Dr. Jerry Shulman, DC, BMCP** (The Shulman Weight Loss Clinic) • **Aldy Tobias** (Gale Power Productions) • **Joselyn Trank** (Evoland) • **Steve Thomas** (National Hockey League/Player) • **The Management Team** (Spin Master Ltd)



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AMBASSADOR-AT-LARGE**
Wolf Bronet

*Past Presidents

March 3, 2022.

Ruth Pupko, President
Debbi Silver, Treasurer
Forestdale Heights Lodge

Dear Ruth & Debbi:

On behalf of our National Board of Directors of Canadian Magen David Adom for Israel, we thank you for your donation of \$100.00.

It is through this gift that we are able to provide the citizens of Israel with vital emergency and medical assistance wherever the need may be.

Our business charity number is 106863061 RR0001.

Once again, we thank you for your support, commitment and partnership in ensuring that Magen David Adom in Israel can continue to save lives.

Sincerely yours,

Joseph Amzallag,
National President

Sidney Benizri,
National Executive Director

/fr

*Qui sauve une vie, sauve un monde.
He who saves one life, saves an entire world.*

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NOTES FROM NATE

Never letting the truth get in the way of a good story



Gevalt! A poor old rotund reporter never gets a moment's rest from *nuch* a slave driver editor, already he is *kvetching* for an article for the June issue.

By the time you read these words, Installation 2012 will have taken place, but instead of being there to partake, this reporter is still doing lots of "take it easy time or else" since we have added a bout with pneumonia just for fun. You know, thinking back over the years, even going back to my installation as president in 1977, I can see that while times and styles have changed, installation has always had a very special place in the history of our lodge

Back in the day, when I was young and still had most of my fur, installation was an event when the *boychiks and the maidlekh* would get all *farpitzed* with, would you believe, black tie and gowns. The events were held at fancy, *schmancy* places like the Inn on the Park, Hy's Steak House, and Bumpkins or at the Four Seasons, complete with live band and open bar. (Remind me to tell you how I got incoming president Murray Fallen

totally *farshikert* on triple Bloody Marys and the interesting incoming president's speech he gave at the Inn on the Park.)

However, one thing has never changed. Standing up to be installed are those fellow Lodge brothers and sisters who have committed their time and effort during the coming year to allow the Lodge to continue to make its legend grow. Today, our membership is smaller and yes, all of us are a wee bit older, nobody was getting *farshikert*, nobody was super *fressing* as we used to, and ain't nobody was in a suit and tie, let alone, a tux. However, plain or fancy, we upheld our tradition and everybody had a good time. After 46 years, our Forestdale Heights Lodge continues to make us proud of our past and has us eagerly anticipating our future. It doesn't get much better than that.

Before I sign off for this issue some thoughts from *Pincus Punim*:

A member took Pincus aside and asked him if he ever cheated on his wife Gittle. He replied, so who should I cheat on, my brother-in-law?

Nate Salter



SNAPSHOTS



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

In Nate Salter's June 2012 column (preceding page), he implored members to remind him to talk about Murray Fallen's installation speech. Unfortunately, that never happened. However, Fallen, now living in British Columbia, has filled in some of the pieces in this interesting story.

* * *

Ah yes, I do remember that installation – a little. I WAS feeling no pain, and I remember Nate feeding me with as many screwdrivers as he could get me to drink.

I don't remember my speech, and too bad. Nate didn't mention the gist of it, but they were wonderful times and very fulfilling with our very active lodge. I remember working on fundraising mainly through our bingo, which Harvey Rachman and Harry Warga pretty well ran, and the wheelchair group (I forget the name of the place), where we used to take the kids to several interesting venues throughout the year. It was very well organized and run by Norm Aronson. We also had a very active social schedule with bowling leagues, baseball and hockey teams, as well as many social nights for the members and our annual fun trek to the Nevele for B'nai Brith annual meetings.

I guess the highlight of my presidency was the Grey Cup Monte Carlo night we ran, where a good portion of our members took place, and we raised a heck of a lot of money that night.

Anyways, it's nice to remissness about some old times!

Murray Fallen

How to tell you're an adult:

- you gain 30lbs overnight
- you'd rather sleep than go out
- everything hurts
- comfort comes before style
- you have a favorite spatula
- everything feels like a chore
- college students look like 12yr olds
- you're always annoyed





AS I SEE IT

Marc Kates

There is something very special about sitting around the Passover Seder retelling our exodus from Egypt. Every year, we bring new insights and different understandings of what occurred over 3,300 years ago. It is the next link in the chain, the one that binds us to our past, and to future generations. In an excerpt from a speech in 1947 before the U.N. Commission on the Partition of Palestine, David Ben-Gurion said:

Three hundred years ago, a ship called the Mayflower set sail to the New World. This was a great event in the history of England. Yet I wonder if there is one Englishman who knows at what time the ship set sail? Do the English know how many people embarked on this voyage? What quality of bread did they eat?



Yet, more than three thousand three hundred years ago, before the Mayflower set sail, the Jews left Egypt. Every Jew in the world, even in America or Soviet Russia knows exactly what date they left – the 15th of the month of Nissan; everyone knows what kind of bread the Jews ate – Matzah. Even today, the Jews worldwide eat Matzah on the 15th of Nissan. They retell the story of the Exodus and all the troubles the Jews have endured since being exiled, saying:

“This year, slaves. Next year, free!”

This year here. Next year in Jerusalem, in Zion, in Eretz Israel!”

That is the nature of the Jews.

It is our family’s tradition that “homework” is given prior to Pesach to elicit discussion and deepen our understanding. This year, our topic was to retell a Jewish story of resilience and overcoming a struggle in light of tremendous difficulties. My 12-year-old son, who will be a bar mitzvah by the time this edition of Kol Echad goes to print, told the story of his hockey team this past year. Hockey parents and hockey teams can be nuts. They can be loud, intimidating, and very unsportsmanlike.

Continued on next page



However, this year, my son experienced more than he ever had in the past. A rival hockey team repeatedly made anti-Semitic slurs and derogatory comments at them. (My son plays on the Shabbat-observant hockey team. Many of his fellow players are religious and wear their kippot and tzitzit into the arenas.) This started early in the season, and continued throughout the year. It was brought to the attention of the governing hockey body, and for months, it sat idle until an investigation was opened after tremendous pressure. When word of inaction spread to other hockey teams, the support garnered was heartwarming. Teams, coaches, and members of the Jewish community were going to show their support to the underdog Jewish team. When the governing body became aware of the crowd that might show up to the playoff game, finally, some action was taken. It limited the number of spectators allowed to just the players' parents, and a security guard was hired. This was not the action that was hoped for. Parents discussed whether or not the game should be forfeited to send a message to the opposing team. In the end, the boys did play in the hockey game, which resulted in a tie and eliminating their opponents from the competition.



I cannot help but draw comparisons to my son's great-grandfather, after whom he's named. My Zaidy Louie used to tell us about the shameful Christie Pits Riots, which next year will mark its 90th anniversary. The Christie Pits Riots drew over 10,000 people, the largest outbreak of ethnic violence in Canada. Simply wanting to play a friendly game became a flashpoint of tension. Nearly 90 years later, not much has changed.

I am beyond proud, and I know that my Zaidy Louie Freedman z"l would be proud too, that the actions of my son's team were honourable and admirable. We are beyond grateful for the community's support, especially by the non-Jewish families on the team who said that anti-Semitic actions of any sort should not be tolerated. They are the upstanders, the allies, and the righteous.

So, as we recited "*V'hee she-am-da*" from the Haggadah this year, about the strife that occurs in every generation, I take strength from the past and pass that strength over to the next generation. What a lesson we learned this year around our own Seder table about Jewish resilience and overcoming a struggle in light of tremendous difficulties.



LOOKING BACK



Maple Leaf Gardens with the Odeon Theatre in the background, June 1970.



Yonge & Bloor,
1970s. (City of
Toronto
Archives)



LOOKING BACK



A look at the Imperial Theatre on Yonge Street, in 1962, which featured 3,600 seats! Playing: 'The Music Man.'

Since then, it has been: the Imperial Six, Pantages Theatre, Canon Theatre, Ed Mirvish Theatre and now the CAA Ed Mirvish Theatre.



COMMENT

Who among us doesn't like getting a cheque in the mail, especially from the government? After all, in most cases, it represents a return of money you have already paid to one level of government or another. Therefore, I was thrilled when I recently received a refund on my car's licence plate renewal fees. While I won't be able to renovate my entire house with the refund, it will be enough to fill my gas tank at least three times.

However, looking at the bigger picture, I wondered what the outlay would mean for government revenue overall. They are sending refunds (backdated a few years) and cancelling the renewal fee going forward, but how will this affect funding for health, education, and other government programs? After all, the money has to come from somewhere.

That means that a future government, either led by Premier Ford if re-elected or another party leader, will have to bring in a new tax or service fee. Failing that, they will have to turn more government operations over to the private sector.

There is a myth among many conservative-minded voters that programs run by the private sector are more cost-efficient. However, many times over the years, it has been shown that this is not always the case. Profit has always been their primary concern, which means they either reduce service or increase costs to consumers.

This province has undoubtedly changed from when Bill Davis was the leader of the Progressive Conservative Party of Ontario. Then, the public came first, and our education system thrived. Remember, Davis helped establish the province's community college system when he was the education minister.

These days, our people-friendly premier's "my friends" agenda is anything but a people-friendly one. Maybe he is friendly, but only for his select group, his own group of "buddies." As a result, we have supposedly positive health care developments such as an expansion of long-term care homes. However, most are or will be run by private institutions that put the owners' needs first.

Continued on next page



The same goes for other areas in the health care sector. A short while back, the Conservative government allowed a private health-care body to begin charging the public for PVR tests while limiting their availability at public hospitals. One wonders how far this government is prepared to go to allow private involvement in this area?

Of course, most of us already know what is going on in the transportation sector. Despite advice from “experts” about whether the new Highway 413 is needed or the proposed route is the best one for it, Premier Ford’s government has plowed ahead with its own preferred route. This, despite evidence that the route will be the most environmentally destructive to quality farmland and the much-lauded Greenbelt.

Again, not so people-friendly.

His “buddies-first” policy was also evident in his approach to housing development, as seen with the recent announcement of a major development in the Yonge-Langstaff-Highway 407 area. Despite advanced planning by Markham and Richmond Hill councils, the province is plowing ahead with density-heavy development in the area, not considering such “luxuries” as schools, parks, employment, and community centres. Of course, affordable housing in the area is not even on their radar. However, if the site is developed as envisioned by our provincial government, it will include 51 condo towers, 40 at 60 storeys or more, and 11 at 80 storeys. That will make the area the second-densest place on the planet, behind slums in Mumbai.

There is no doubt that, for the most part, Ontario successfully navigated the pandemic’s various waves. However, I’m not sure if this is due to the government’s policies or simply because they/we got lucky.

Even forgetting Ford’s handling of the pandemic, one must remember his government’s pre-pandemic operations. These included cutting back public health units, limiting pay increases for nurses and other health-care staff, introducing stickers on gas pumps that wouldn’t stick and slashing the size of Toronto Council just before the last municipal election.

Yes, that cheque from Premier Ford does give me a lot to think about. On June 2, I know that I will do my part to ensure that this Conservative government is a one-term wonder.

Jeff Rosen



FORESTDALE FUNNIES

Moscow man buys a newspaper, glances at the front page, throws it straight out. Next day: same again. And again. Eventually, the seller snaps.

“Why DO you do that?”

“Oh, I’m just checking for an obituary.”

“But obituaries aren’t even on the front page!”

“Oh, the one I’m looking for will be”

Moscow journalism class: “Class, when may headline use word ‘tragedy’?”

“A bus crash?”

“No! That’s an ‘accident’”

“Building collapse?”

“No, that’s ‘great loss.’”

“President Putin poisoned with Novichok?”

“Yes! Then, use ‘tragedy’! Why?”

“Well, it’s no accident and no great loss.”

Russian journalist, struggling to caption a photo of a Presidential agricultural visit without causing trouble.

“President Putin with pigs”—no, sounds disrespectful.

“Pigs, with President Putin”—no, that’s worse.

Finally settles on: “President Putin (3rd from left).”

Putin goes to a fortune teller, learns he’ll die on a Ukrainian holiday and asks, “how do you know?”

Fortune teller says, “any day you die will be a Ukrainian holiday.”

A man comes into the KGB office and reports losing his parrot. The men are confused: “Comrade, lost pets are a matter for the police, not the KGB!” He says, “No, I know that. I just wanted to let you know - I disagree with that parrot!”

A man comes to OVIR (department of visas and registrations) and says I want to emigrate from USSR. They say: sure, here is the globe, pick a place for us. He looks at it for a while and says: can I see another globe, please?



FORESTDALE FUNNIES

Based on a true story that happened to a friend who had installed Amazon's Alexa.

One morning he asked Alexa to play his favourite music, which she did.

Then his adult son called, and he had a chat with his son about a vacation they had taken a few years back.

Just as he hung up the phone, his "Smart TV" came on all by itself. On the TV screen were photos of that vacation. There were photos that he almost forgot he had ever snapped. There were also photos he had stored in the cloud along with 100s of others.

At the bottom of the TV screen was a text message "Alexa has assembled the photos you asked for."

He was freaked out.

"Alexa," he asked, "why did you put those photos on my TV?"

"Sorry, Dave," Alexa said, "I do not understand the question."

He then asked the same question several different ways, with the same answer each time.

Finally, he determined that, during his conversation with his son, he must have asked the boy if there were any photos of the trip?

He has since turned off both Alexa and the Smart TV. And is now a little paranoid.

Welcome to the future.

Alexa, if you are listening to this, I was just kidding and think you are totally awesome. I promise to name my firstborn after you. Please do not turn off my heat during the cold snaps, sell all my stuff on Kijiji when I am out, or donate my bank account to charity.



Things I'm Super Good At

1. Forgetting someone's name 10 seconds after they tell me.
2. Buying produce...and throwing it away two weeks later.
3. Digging through the trash for the food box I just tossed, because I already forgot the directions. 🤔
4. Making plans. And then immediately regretting making plans.
5. Leaving laundry in the dryer until it wrinkles. Then turning on the dryer to dewrinkle. Then forgetting it again.
6. Calculating how much sleep I'll get if I can just "fall asleep right now".





L'chaim!



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