

# KOL

Forestdale Heights Lodge  
B'nai Brith Canada

# ECHAD

September/October 2020

Elul 5780/Tishrei/Cheshvan 5781



*Shanah  
Tovah!*

Volume 19, No 1

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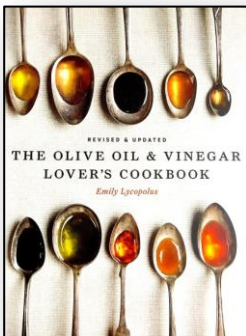
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# KOL ECHAD

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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## Printing/Mailing

The UPS Store,  
Stouffville, Ont.

# AT A GLANCE

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September 14	Opening Meeting ( <b>Zoom</b> )
October 5	Dinner Meeting
November 2	Dinner Meeting
December 7	Dinner Meeting

*All Dates Subject to Change*



# COVER ART

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It's almost time to usher in a new Jewish year. The year 5781 starts the evening of September 18 and concludes on September 20.

Kol Nidre falls on September 27 with Yom Kippur falling on September 28.

Sukkot runs from October 2-9 and the holidays conclude with Simchat Torah on October 11.

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


September 2020/October 2020 – Rosh Hashanah Issue

November 2020/December 2020 – Chanukah Issue

January 2021/February 2021 – Winter Issue

March 2021/April 2021 – Purim/Pesach Issue

May 2021/June 2021 – Wrap Up Issue





# PRESIDENT'S PEN

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Stewart Indig

This hopefully will be my last column under the President's Pen. It has been, I think, five years but after two, who counts anymore? I just know that it is time to move on. It's time to let someone else lead the Lodge. Some of you may say I did the Lodge well, others may say it is about time I leave.

In my time as President, we have lost a few members, some not happy with me, some passed away, some not satisfied with B'nai Brith in general. During that time, we also gained several members, and I must say I am grateful for that. It does make my +/- (plus/minus) record not so terrible. I have not raised the fees or costs on anything. On the other hand, we as a Lodge have reduced some of our expenses. All in all, I think I did ok.

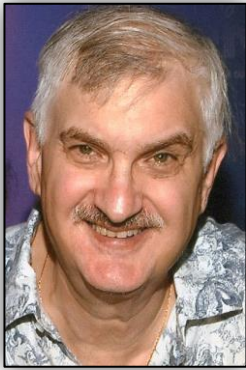
Our most substantial commitment has been our CVS, and I continued and actually expanded our programmes. The one big area I may have let the Lodge down on was social. I tried very hard to have someone lead our social aspect, yet nobody would step up to the plate. I was unable to do it all, even though I tried.

I am confident that Ruth Pupko, who should be the incoming president, can succeed where I have failed. New blood will be good for the Lodge, and she will bring in a new outlook. I am confident that she will succeed and help guide us through rough waters.

On top of everything, we are going through a new time. The COVID-19 virus has put a damper on many things. I, however, feel doing Zoom meetings will allow us to continue as a Lodge. The best part about Zoom meetings is that the organizer can "mute" everyone, so side meetings will not take place during our meetings. Chatter will be at a minimum.

I wish Ruth much success. It has been a great eye-opener for me as well as a great ride. We will speak soon.





## EDITOR'S DESK

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Jeff Rosen

This pandemic filled year started with mind-numbing boredom in the spring, followed by a less than busy summer. Despite the numerous restrictions, Lisa and I established new routines. Frequent visits to the gym were replaced by daily walks around the neighbourhood. Exploring the side streets in our area has been a fascinating experience. The best part has been daily treks through a rain garden in Glencrest Park. This area is a naturalized landscape

that has been designed with native plants, trees and shrubs. It's not that large, but walking along the path makes me feel like I'm in the country.

As for the worst parts of my daily treks, that would be dealing with all the construction on the side streets. As well, I hate having to go around people who don't realize that they are supposed to walk on the left side of the road.

When the patios were finally opened, we watched people flock back with interest. Then on Canada Day, we enjoyed our first meal in months with our daughter at a restaurant patio. Another time, we ventured out for breakfast at a makeshift patio set up in a parking lot.

Finally, July 24 and Stage 3 arrived. Were we excited? I think it made us even more guarded. Neither Lisa nor I feel comfortable venturing into a dining establishment. Yes, movie theatres remain out of the question for the time being.

**Continued on next page**



The day before my gym announced its re-opening, I made contact, telling them that I wanted to put my membership on hold. Despite their enhanced cleaning protocols, I don't see how they are going to maintain a virus-free environment.

Synagogues have also been struggling with how to resume “normal” prayer services. Some have moved to Zoom, while others have chosen to stream services live on YouTube. Other congregations have decided to employ a combination of the two. Whatever route they chose, the decision has obviously not been an easy one. I've checked out both on my home computer. I feel Zoom is the better route to go as it allows for a real connection with congregants. Watching a streaming service is akin to watching any other video on that platform. If you don't like it, then just press, “Click,” and tune into something else.

Of course, synagogues everywhere are going to face a unique challenge this month with the High Holidays. How does one hold the interest of congregants with an online service? Will a traditional programme suffice? I have my doubts, especially if congregations across Toronto are holding similar services.

I know some people do shul shopping when it comes to the High Holidays. The competition has suddenly become fiercer. Now, with the click of a mouse, Jews can choose the service of their choice. It may not be great for local synagogues, and it may change shul going for years to come. I know that it will undoubtedly be an interesting experience for all involved.

I would like to wish everyone a safe and healthy year ahead. May this cursed virus be speedily vanquished.

*Shanah Tovah*



For complete slide show, go to [kolechad.ca/editor.htm](http://kolechad.ca/editor.htm)

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Given what is going on in the U.S. right now, I decided this reprint was in order. –J.R.

## September 2016

What was I talking about when we left off? Oh yes, the funny papers! That's what happens when you shut off the lights and close up shop for two months. You forget where you left things.

As much as I love creating this publication 10 months a year, it's always wonderful to step away from the computer (at least on this project) and simply enjoy life. The pause in the work schedule allows me to read some good books, BBQ, travel, see a few good movies and plays and to enjoy the great outdoors.

Unfortunately, this summer, I noticed a disturbance in the great Force that binds everything together. It has been coming from our neighbours to the south who are caught up in a political drama, which promises to continue at least until November. Despite what should be an easy victory for one party, could result in that nation turning towards the "Dark Side."

Now, I'm sure that some are saying that what the Americans really need is a business leader, someone with proven track record of creating jobs. Unfortunately, that esteemed record also includes a number of bankruptcies. So much for the business skills.

As a role model, neither candidate is a shining beacon of light. One stood by their spouse while he cheated and has been less than honest in other areas, while the other committed adultery on numerous occasions and insults people whenever he gets the chance.

Perhaps when deciding on one candidate over another (not that they would listen to me) Americans should look to the past for guidance.

*"(The man) was a powerful and spellbinding speaker who attracted a wide following of (people) desperate for change. He promised the disenchanting a better life and a new and glorious (country). (He) appealed especially to the unemployed, young people, and members of the lower middle class."*

The quote is drawn from the U.S. Holocaust Memorial Museum. The man identified was Adolph Hitler and the country – Germany. It is talking about Germany before Hitler rose to power – before the Shoah, before the Holocaust – became a reality. However, the quote reads as if it could apply to another politician and another country in the 21st century.

They say that those who fail to learn from history are doomed to repeat it. It is definitely something to ponder. If that is not enough, consider the words of the Republican candidate himself, responding to a folly of attacks from his Democratic opponents,

"I wanted to hit a couple of those speakers so hard. I would have hit them. No, no. I was going to hit them, I was all set and then I got a call from a highly respected governor."

Sorry to rain on everyone's summer cheer, but as Jews – as citizens of this planet – we should all be aware.

Be well.



# COMMUNITY VOLUNTEER SERVICE

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## Clothing Drive - B'nai Brith Canada

Due to COVID-19, demand for used clothing in our community is expected to increase by at least 25%.

Help meet this need by using time at home to clean out your closets and place your unwanted items in bags.

Used items will be offered to Jewish families in need throughout the city. Excess items will be sold to vintage clothing stores for distribution to their clients, with revenue used to support food programs operated by B'nai Brith for Jewish seniors in Toronto.

Please register so that arrangements can be made for the clothing pick-up when the veil of COVID-19 lifts.

For more information: [info@bnaibrith.ca](mailto:info@bnaibrith.ca)





## PRESIDENT'S PEN II

---

Ruth Pupko

I have always been an avid reader, but if you ask me, I certainly wouldn't be able to list the many books that I read since February. In the beginning, it was easy to read until the late hours of the night. Now, call me old-fashioned and impractical, but I still prefer an actual book to reading from an electronic reader.

Who is with me on this?

Once the weather got better, though, I started to venture outdoors in the afternoons, sitting under the trees or in the gazebo. At times, I did not even open my book. Instead, I would sit with and walk the path around our buildings with fellow residents. Isn't it wonderful to have such beautiful surroundings and people around us?

This past Wednesday, members of the 7 Townsgate Drive book club got together to schmooze and see how we are all doing. And of course, there were at least four or five conversations going on at one time. Does this sound familiar? It was just like our meetings and family gatherings.

Why do people look at me strangely when I don't wear a mask while walking outside? I keep my distance, and I certainly carry an extra mask in my pocket as you can lose them when it's windy. They certainly wouldn't let me in my unit without one.

I get restless with Zoom lectures but did not get restless this past Monday when my nephew David got married in New York. I thoroughly enjoyed the beautiful garden/backyard wedding. My tolerance for social media is not that great anyway; what about yours?

I look forward to our September meeting on Zoom. I realize it will be quite different as we are a people Lodge, and we enjoy our time together and love tossing ideas across the room.

Thank you, Stewart, for making the arrangements (by the way, do we all eat the same dinner beforehand?). I know that we have to continue as best we can under these circumstances.

**Continued on next page**



So far, my siblings and I still have not made any plans for Rosh Hashanah. I am hoping that things will get better so that we can celebrate with them. We miss our Shabbat dinners and family gatherings. We always spent the holidays with grandparents, uncles and aunts. I will always cherish those moments.

Moving forward, I hope Forestdale Heights will continue and build on these beautiful CVS programmes. We have always been there to serve the community, and I hope this continues well into the future.

At the same time, I hope that we will soon re-establish our social gatherings, including our monthly in-person meetings, the Chanukah party and our summer BBQ.

I really missed getting together this summer for our annual barbecue. Still, Jeff provided us with a delightful and heartwarming video of past barbecues with so many members that we love and miss. I am sure that we all laughed and cried at the same time. We will always treasure the moments we all had, and will have more in the years to come. Thank you, Jeff, for a job well done.

Thank you to Stewart, Jeff, Debbi, Harvey, Marc, and Rosalie for your beautiful contributions to Kol Echad and to all the members and advertisers who fully support our Lodge.

I would like to wish all members and their families a very happy and healthy Rosh Hashanah. We pray for the world to be safe and healthy for us and future generations to come.

Shanah Tovah. Keep healthy and safe so that we can meet in person soon.



**Forestdale Heights  
Lodge annual BBQ  
last year.**

**For complete  
slideshow, go to  
[kolechad.ca/bbq20.htm](http://kolechad.ca/bbq20.htm)**

# GOOD & WELFARE

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## **Birthdays**

Rosalie Moscoe	October 4
Carl Zeliger	October 12
Eddie Arkin	October 22

## **Anniversaries**

Jeff & Lisa Rosen	September 21
Harvey & Debbi Silver	October 28

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



**Joelle Kates, daughter of Kol Echad's Marc Kates (and granddaughter of Bonnie & Michael) were in Picton, Ontario this summer. While there, the family did some shopping at the Kingston Olive Oil Company.**

# LOOKING BACK

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For years, members of FHL have gathered every summer to catch up on each other's lives and enjoy a delicious BBQ. Unfortunately, this year, circumstances forced us to cancel the annual event. So not to break tradition, we present a collection of "golden oldies" from years past. For complete slideshow, go to [kolechad.ca/bbq20.htm](http://kolechad.ca/bbq20.htm)



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# HARMONY

Rosalie Moscoe

As time drags by, our pandemic continues, and we attempt to make a normal life out of abnormal circumstances. No, this isn't war, (of sorts), nor is it a takeover of our country (of sorts). No, it's not all-out anarchy or a severe drought. Moreover, for the most part, our citizens still have shelter, food and clothes to wear.

Truthfully, it's the insidious thoughts that play on our minds.

What will school be like for our kids or grandkids? Will we all will be safe and healthy? How will we be able to plan our next vacation? Many of us have this eerie feeling of - "What's next?" There's this overwhelming dark cloud looming over us - a lack of excitement about usual, special events like the High Holidays, cancelled bar and bat mitzvahs and weddings. Can we get together for a meal? Can we sit in shul? Will the kids be safe in school? How much longer will this boring and restrictive state of sad affairs go on?

Some families let their kids roam around until 1 a.m., and then they sleep to 1 or 2 p.m. (or later). Life is not normal. Summer camps are cancelled, and doctors seem to be nowhere in sight. Appointments are down to talking on the telephone or by Zoom. How can a doctor listen to your chest if you're sick, look into your throat, feel if you have swollen glands? The jokes we all received to keep up our spirits through e-mails a couple of months ago are dwindling. In their place are more serious articles about the U.S. election and mud-slinging e-mails from politicians of all stripes.

Our own political parties seem disjointed with the WE scandal and the poor decisions of the provincial government waiting so long for getting proper safety features into schools on time for the start of the school year.

Ray and I have decided not to watch the news. Yes, it may appear that we're sticking our heads in the sand, but it does take the worry out of days and brighten them. We watch entertaining game shows such as Jeopardy (old shows!), and new sports events. Seeing the Raptors win is exciting and can get your heart all a-flutter!

**Continued on next page**



Here are some suggestions to perk up your brain. Find some good movies to watch or old classic TV series such as *All in the Family* and *The Honeymooners* (even though they seem rather sexist by today's standards). Those who are not immune-compromised can go to some patio restaurants. We make sure we get out for walks and set up park bench dates with friends and bring or pick-up ready-made meals. But, Ray and I are homebodies. We talk to our neighbours for 10 minutes outdoors and spend a little more time talking with friends and family on the phone or FaceTime. Though, these interactions surely do not measure up to big hugs. In some way, I wish I had a job!

Are there other things we can do to raise our spirits, dash depression and get a hold of our lives in a positive way? Exercise does help. There are all kinds of courses online, from the MNJCC or Prosserman Centre JCC to the various exercise shows on Zoomer TV. Moving our bodies raises the spirits and feel-good endorphins to the brain and helps reduce the pounds we may be adding to our waistline as we saunter to the refrigerator looking to see what's to eat. Most of the time, we're not hungry, we're merely looking for something to do!

Many people are reading, joining book clubs, engaging in hobbies - playing Scrabble, Mah Jong online – (I want to do that one!). Others meet with friends at a park bench for coffee – that helps one feel “normal.” Many courses to help stimulate the brain are online such as ones from Life Institute and even Baycrest Centre. Others take courses online such as yoga, seated dance, meditation, Jewish studies, discussion groups, and book clubs or if you're so inclined – making crafts. Various shuls offer courses as well! You might think, “Nah, I can't be bothered!” If so, you may be a bit depressed and need to reach out to engage yourself in Something! Being restricted has made many people feel depressed or more anxious about the situation at hand. Always picking up the phone and calling a friend does wonders. Do something good for yourself today!

Keep up your spirits; refrain from hanging out in pyjamas all day. Make some interesting meals. Be social. Please do not allow this pandemic to rule or ruin your life! WE SHALL SURVIVE! I wish all of you a happy, healthy New Year, no matter what it brings. Spread the love; it's within you to give (and receive!)



# WE REMEMBER

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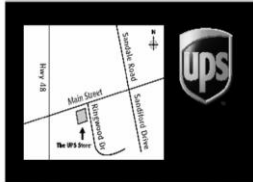
*While we celebrate the start of a new year, we also remember the great loss of those who are no longer with us.*

Ron Adler, cousin of Jeff Rosen  
Jerry Daiter, uncle of Lisa Rosen  
Rowena Fleishman, aunt of Rosalie Moscoe  
Howard Gooblar, cousin of Lisa Rosen  
Mickey Oberman, cousin of Rosalie Moscoe  
Ethel Solomon, cousin of Rosalie Moscoe

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# שנה טובה ומתוקה!



*Shanah Tovah to all our Family & Friends*

Eddie & Marilyn Arkin



*Shanah  
Tovah*

Wishing everyone a healthy and happy New Year  
filled with love and joy.

The Indig and Levy families



*Wishing you all  
a very Happy and Healthy New Year  
Honey & Albert Ohana & Family*

שנה טובה



Ray, Rosalie and family  
wish our dear sisters and brothers  
Shanah Tovah!



*Shanah  
Tovah*

Best wishes for a Happy & Healthy New Year

*Carl & Debby Zelig*

*Rach, Doron & Erez*

*Becca and Daniel*

*& Josh*

*Shanah  
Tovah*



*The Silver family wishes everyone  
a very Healthy and Happy New Year*

Harvey, Debbi, Lisa  
Mark, Shawna, Zoe, Jaime & Ezra



Best wishes for a year of health and happiness  
to everyone in Forestdale Heights Lodge

*Jeff, Lisa & Jordana Rosen*

Wishing everyone in the  
community a Shana Tova  
and may the new year bring  
health and happiness

Shana Tova

**שנה טובה ומתוקה**

*A look back at the year...*



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*Wishing the FHL family  
a happy, healthy, and sweet new year*

**שנה טובה**

Marc Kates, Rachel Spitzer,  
Seth, Eve, and Joelle



**Ruth & Aaron Pupko**



*Wishing all our  
family and friends  
a Happy, Healthy  
New Year*

*Best wishes for a  
Happy and Healthy New Year*

**Terry Goldfarb & Stan Horowitz**



**The Executive of FHL would like to wish  
all Members and their Families  
a Healthy and Happy New Year**

**May 5781 finally bring peace to Israel  
and all Mankind**

***Shanah Tovah***

A message to **Forestdale  
Heights Lodge Members**

Wishing you a New Year blessed  
with **happiness, health and peace**  
for you and yours.  
**Happy Rosh Hashanah!**



**Keith Irish**

Councillor, Ward 1 Thornhill

(905) 948-5101  
kirish@markham.ca

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 Keith.Irish



# COMMENT

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In the 2015 federal election, Liberal candidate Michael Levitt was elected to represent the riding of York Centre in the House of Commons. In doing so, he joined a group of Liberal politicians to hold this mostly Jewish riding including, Robert Kaplan, Art Eggleton, and Ken Dryden.

While most of the members of Forestdale Heights Lodge reside north and south of this northern Toronto riding, the riding does include the offices of B'nai Brith Canada.

For the past few years, Michael Levitt has also been a strong supporter of Forestdale Heights Lodge and Kol Echad, regularly placing ads in our greetings pages.

On August 4, 2020, Levitt announced he would be resigning as an MP, effective September 1, to become the president and CEO of the Canadian Friends of Simon Wiesenthal Centre for Holocaust Studies.

Judging by his work in the Jewish community before and after being elected to Parliament, it appears that the Wiesenthal Centre will be well served.

During his time in Ottawa, Levitt served as Chair of the House of Commons Foreign Affairs Committee and Chair of the Canada-Israel Interparliamentary Group.

Before running for office, he was a founding member of the Canadian Jewish Political Affairs Committee and co-chaired Liberal Friends of Israel. He served as a partner and vice-president of business development for the Benjamin Group in Toronto, a company providing lifecycle services to Toronto's Jewish community.

He has also served on the boards of Mount Sinai Hospital and the Koffler Centre for the Arts, both located in Toronto.

While we are sorry to lose an effective MP, Forestdale Heights Lodge wishes Levitt well in his new role at the Wiesenthal Centre.

May he continue to go from strength to strength.

***Jeff Rosen***



# FORESTDALE FUNNIES

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Three couples - one elderly, one middle-aged and one young (newlywed) - wanted to join a Jewish temple. The rabbi said, "We have special requirements for new congregants. You must abstain from having sex for two weeks." The couples agreed and came back at the end of two weeks. The rabbi went to the elderly couple and asked, "Were you able to abstain from sex for the two weeks?" The old man replied, "No problem at all, rabbi." "Congratulations! Welcome to the temple!" said the rabbi. The rabbi went to the middle-aged couple and asked, "And were you able to abstain from sex for the two weeks as well?" The man replied, "The first week was not too bad.

The second week, I had to sleep on the couch for a couple of nights, but yes, we made it." "Congratulations! Welcome to the temple!" said the rabbi. The rabbi then went to the young, newlywed couple and asked, "Well, were you able to abstain from sex for two weeks?"

"No, rabbi, we were not able to go without sex for the two weeks," the young man replied sadly. "What happened?" inquired the rabbi? "Well, we made it through the first week, but then my beautiful wife was reaching for a can of paint on a high shelf, and she dropped it. When she bent over to pick it up, I was overcome with lust... and that was that." "You understand, of course, this means you will not be welcome in our temple," stated the rabbi. "We figured as much," said the young man. "We're not welcome at Home Depot anymore, either."

## **My social distance service animal**





# FORESTDALE FUNNIES

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The neighbours had been complaining that my dog had been barking non-stop. I hate the electric zapping bark collars, so I purchased a humane citronella collar. When a dog barks, it shoots a blast of citronella under their nose and apparently, they don't like it.

This evening I was getting the collar ready and filled it with the citronella liquid. I guess that's where my evening should have ended. But no, it's me, and I begin to become curious as to "how" the collars actually work.

So I'm standing by my back door "barking" my dog's collar. Nothing happens. I make sure it's turned on, check the fill level, and go through the "getting started" checklist one more time. Again, I bark. Nothing happens. Now I'm not quite sure why I had this next thought, but I did...I put the collar on. I seriously extended the band, fit the growl box against my throat, and barked. Apparently, the collar only works if it feels vibrations because I immediately received a blast of citronella to the face.

I began coughing, which only caused the collar to continue squirting bug spray repeatedly into my nasal cavity. I'm now on my hands and knees in my back yard, trying to breathe and to make matters worse, the dog is barking. Between coughing and yelling at him to shut up, I've emptied over a dozen blasts of citronella to my face. During this entire ruckus, I'm trying to undo the clasp of the collar, which has somehow managed to weld shut during this whole fiasco.

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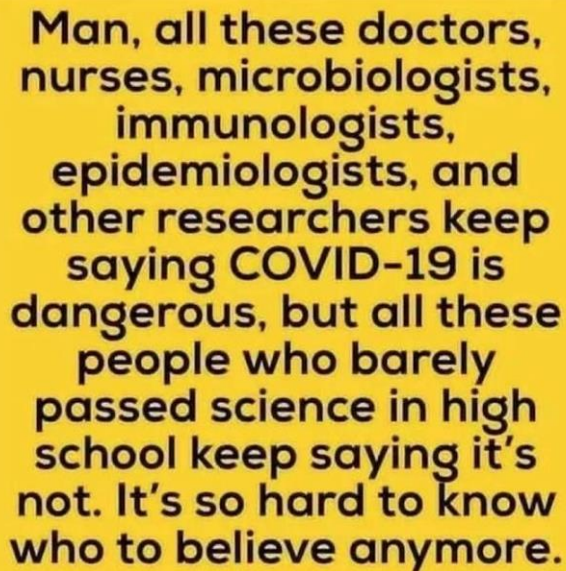


I finally got the collar off, and threw it across the yard and lay in the grass, sucking in the humid evening air. In the middle of thinking, this is probably the dumbest thing I've done in a while, I hear laughter. MY NEIGHBOUR SAW THE WHOLE THING! He was laughing so damn hard he couldn't breathe. Between gasps, he tells me, "I was gonna come help, but every time I started to climb over the fence, you'd set it off again and then I would start laughing and couldn't make it." So now, not only are my eyes red, but my face and ears are too. After checking to make sure I was ok, we parted ways, and I went in to shower so I wouldn't smell like ode de' Tiki Torch.

Lesson learned: next time (yes, there will always be a next time with me) make sure that:

1. Don't fill the collar before trying to set it off.
2. Remember your neighbour is not a good source of help in a comedy crisis situation.

On the plus side, I won't have a mosquito problem for a few days!



**Man, all these doctors, nurses, microbiologists, immunologists, epidemiologists, and other researchers keep saying COVID-19 is dangerous, but all these people who barely passed science in high school keep saying it's not. It's so hard to know who to believe anymore.**



# PERSPECTIVES

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Imagine you were born in 1900.

When you're 14, World War I begins and ends when you're 18 with 22 million dead.

Soon after a global pandemic, the Spanish Flu appears, killing 50 million people. And you're alive and 20 years old.

When you're 29, you survive the global economic crisis that started with the collapse of the New York Stock Exchange, causing inflation, unemployment and famine.

When you're 33 years old, the Nazis come to power.

When you're 39, World War II begins and ends when you're 45 years old with a 60 million dead.

When you're 52, the Korean War begins.

When you're 64, the Vietnam War begins and ends when you're 75.

A child born in 1985 thinks his grandparents have no idea how difficult life is, but they have survived several wars and catastrophes.

Today we have all the comforts in a new world, amid a new pandemic. But we complain because we need to wear masks. We complain because we must stay confined to our homes where we have food, electricity, running water, Wi-Fi, even Netflix! None of that existed back in the day. But humanity survived those circumstances and never lost their joy of living.

A small change in our perspective can generate miracles. We should be thankful that we are alive. We should do everything we need to do to protect and help each other.





# AS I SEE IT

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Marc Kates

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. "Staycations" were forced on the public. Many of us felt the boredom and monotony of the days as one seemed to blend into the next. Our excitement was limited to mediocre television shows and gambling on whether COVID-19 numbers would be up or down, and would children be back in the classroom in September. Ontarians finally left their own community bubbles and travelled to destinations offering a change of scenery and some place new to explore. Ontario, as the old license plate used to say, was truly "yours to discover."

"Staycations" aren't that bad, but it is the fact that it is forced upon us that makes it harder to bear. In a great city such as ours, there are usually loads of things to do and places to explore. Toronto welcomes tourists from all over, and even from the 416 and 905. With options limited, caps placed on gatherings, festivals, and entertainment cancelled, what's left?

In my mother's September 2009 "As I See It," she writes about "staycations" and being a tourist in her own city (check page after next). She uses the phrases "meandering" and "energy that radiates from the city," but many of us are not in that headspace. Outings have now become military sorties with a defined purpose and destination, trying to avoid crowds, always with a mask in tow. The oppressive heat, the restrictions, and the planning take the fun and spontaneity out of summer. Those "lazy, hazy, crazy days of summer" have new meanings to them in 2020.

**Continued on next page**



As always, the future is not known, but by golly, we hope that we will have some sense of what the future holds. Rosh Hashanah certainly won't be the same and shul services, and yon-tof dinners will look and feel different. It's customary to extend wishes that next year is new and much better than the last. This year, I hope that Rosh Hashanah 5781 looks and feels exactly how 5780 did, if only for a few months' worth.

Shana Tovah.

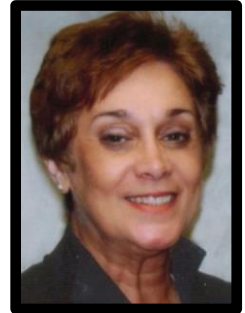
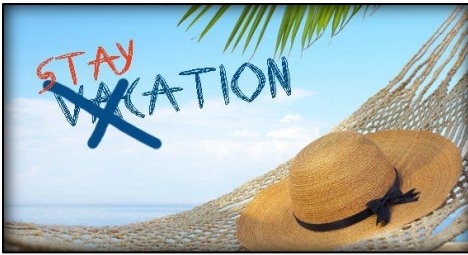


# AS I SEE IT 2009

Bonnie Kates

Many of us make a beeline out of the city, this time of year when we have the opportunity to do so. Every once in a while, I like staying in town and becoming a tourist in my own city. There is much to discover and or rediscover in Toronto.

This summer, we decided to stick around town. Well ...that's not exactly the whole truth. We had made plans to spend two nights in Stratford, then two nights in London, booking hotel reservations in each place. The remainder of the week was going to be a scenic drive around the western portion of the province and settle into any hotel that caught our fancy. We had planned to take in some theatre, and do the tourist things, but the weather reports made us change our plans. It seems the week we had planned to take off, was going to rain each and every day, with thundershowers, and more of the same stuff for the whole week.



We could have just stayed home and attended to household chores, but we both needed to have a change from our usual routine. Therefore, we booked ourselves into the Prince Westin for some R & R. We did manage to swim between bouts of rain, even though they were short. We enjoyed the sauna and fine dining.

We continued to monitor the weather, and it seemed that we would not be getting a break, so we headed home for two nights. By the weekend, Environment Canada was predicting the sun to shine. We packed up our bag and headed off to the newest Sheraton along the airport strip. The weather gods did provide us with some sunshine minus the humidity, and all was good. We surrendered to more leisurely meandering and ventured down to Yorkville for lunch one afternoon. We walked the streets and savoured the sights, sounds and the exhilarating taste of what Toronto has to offer.

The summer is special in and around town. There is an energy that radiates from the city, and we became a part of it.



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# FOOD SENSATIONS

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## Easy Grilled Chicken Breasts

	PREP TIME	5 minutes
	COOK TIME	15 minutes
	TOTAL TIME	20 minutes
	SERVINGS	4 servings
	AUTHOR	Holly Nilsson

Tender marinated chicken breasts grilled to juicy perfection!

### Ingredients

- ½ cup oil olive oil or vegetable oil
- ¼ cup cider vinegar (or red wine vinegar)
- 3 tablespoons Worcestershire sauce
- 2 tablespoons dijon mustard
- 2 tablespoons lemon juice
- 2 tablespoons [Italian seasoning](#)
- 1 tablespoon salt
- 1 tablespoon pepper
- 1 tablespoon sugar
- 1 teaspoon garlic powder
- 4 boneless skinless chicken breasts

### Instructions

1. Combine all marinade ingredients in a bowl or freezer bag. Add chicken and toss well to combine.
2. Marinade for a 30 minutes (or up to 4 hours) before cooking chicken.
3. Preheat grill to medium high heat.
4. Place chicken on the grill for 7-8 minutes. Flip over and cook an additional 7-8 minutes or until no pink remains and chicken reaches 165°F.
5. Rest 3-5 minutes before slicing.

### Notes

Nutritional information includes 1/2 of the marinade (as the remainder is discarded).

### Nutrition Information

Calories: 238, Carbohydrates: 2g, Protein: 24g, Fat: 14g, Saturated Fat: 1g, Cholesterol: 72mg, Sodium: 618mg, Potassium: 441mg, Sugar: 1g, Vitamin A: 35IU, Vitamin C: 2.5mg, Calcium: 14mg, Iron: 0.7mg

(Nutrition information provided is an estimate and will vary based on cooking methods and brands of ingredients used.)

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Easy Grilled Chicken Breasts <https://www.spendwithpennies.com/easy-grilled-chicken-breast/>



★★★★★  
5 from 131 votes



# FOOD SENSATIONS

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BBQ season is almost over. However, there's still time to enjoy something delicious hot off the grill. 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.

## 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.



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