

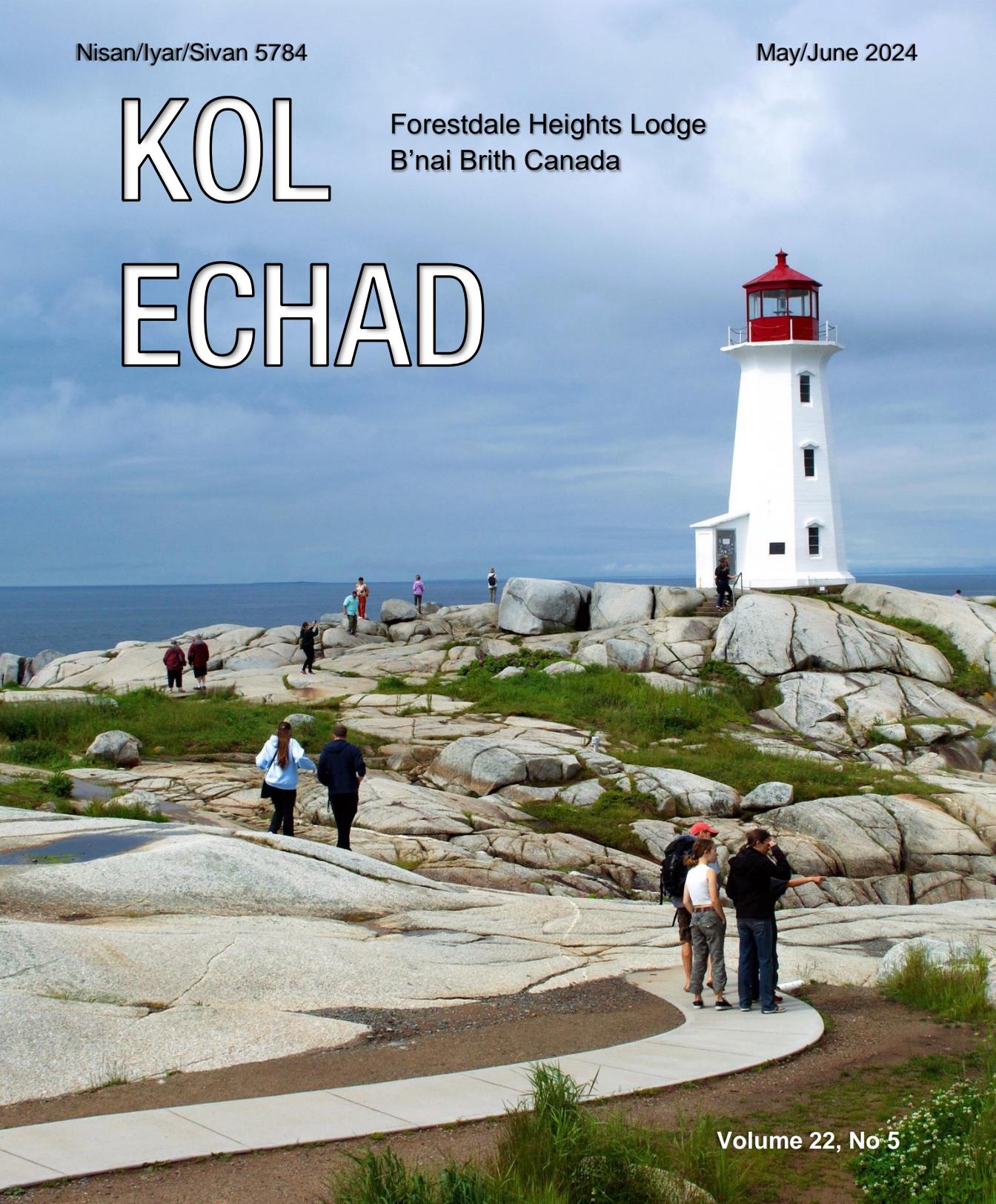
Nisan/Iyar/Sivan 5784

May/June 2024

# KOL

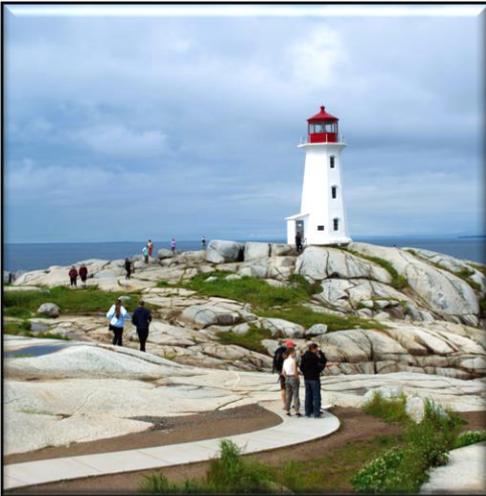
Forestdale Heights Lodge  
B'nai Brith Canada

# ECHAD



Volume 22, No 5

# COVER ART



It's spring, and summer is just around the corner. That means it's time to fire up the BBQ, clean the patio chairs and plan for some summer travel.

Peggy's Point Lighthouse, built in 1915, also known as Peggy's Cove Lighthouse, is an active lighthouse and an iconic Canadian image. Located within Peggy's Cove, Nova Scotia, it is one of the busiest tourist attractions in the province and is a prime attraction on the Lighthouse Trail scenic drive. The lighthouse marks the eastern entrance of St. Margarets Bay.

*[Jeff Rosen photo]*



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

since 1957



**Are you heading up to the cottage  
or planning a family picnic?**

**Be sure to pick up  
all your deli favourites.**

**Pancer's makes  
the summer season better!**

Call us at (416) 636-1230 for bulk orders and pick-up or Uber Eats for home delivery  
<http://www.Pancersoriginaldeli.com>

**SERVING DELICIOUS FOR OVER 67 YEARS**

# KOL ECHAD

Kol Echad is the official publication of Forestdale Heights Lodge, B'nai Brith Canada. It is published a minimum of five times a year.

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

All material submitted is subject to editing.

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

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

## **Editor**

Jeff Rosen

## **Editing Staff**

Marc Kates  
Lisa Rosen  
Debbi Silver

## **Contributors**

Marc Kates  
Rosalie Moscoe  
Ruth Pupko  
Debbi Silver

[www.kolechad.ca](http://www.kolechad.ca)

## AT A GLANCE

---

---

FHL will hold Zoom meetings on the second Tuesday of each month in 2024.

Start time: 7:00 p.m.

**Upcoming Meetings:** June 4.

### **Kol Echad schedule for the 2024-25 season**

September / October – High Holiday Issue  
(*Greetings*)

**Deadline: August 10**

November / December – Chanukah Issue

**Deadline: October 10**

January/ February – Winter Issue

**Deadline: December 10**

March/ April – Purim/Passover Issue  
(*Greetings*)

**Deadline: February 10**

May/ June – Spring/Summer Issue

**Deadline: April 10**





# PRESIDENTS' PENS

---

---

Debbi Silver

Spring has sprung! What a great winter we had...wait...was there winter?

I recently underwent surgery on my thumb (the second time). It hasn't been easy doing the normal stuff we do around the house every day.

Hopefully, this time, it works, and my thumb will be back in business.

I would like to thank the members who were involved in choosing organizations that are in need at this time. The allocations were decided at our last meeting, and these cheques are in the mail. A list of the charities will be published shortly.

Forestdale Heights is one of the few remaining lodges in B'nai Brith Canada. Sadly, it has come to this. Sure, we all want to stay part of this organization, but it is getting much more challenging to hold on to and bring in new members. The younger generation, it seems, and I know for a fact, have different values on becoming a member of any organization or synagogue. Their responsibilities, i.e. children, school, work, etc., have definitely and should be first on their list. It is so important for our children and/or grandchildren to join a youth organization so that they can be part of our Jewish experience.

I hope we will have our BBQ and/or dinner this summer.

Have a healthy and happy summer.

**Debbi**





# PRESIDENTS' PENS

---

---

Ruth Pupko

Today is April 7, and it seems that some people still believe what they see and hear on social media. These people don't pick up books and read or even try to get their news from reliable sources. I will not give a sermon or lecture, but I want to share a famous quote by the late Elie Wiesel: "No human race is superior; no religious faith is inferior." Can you imagine if this was shared by all the nations in the world?

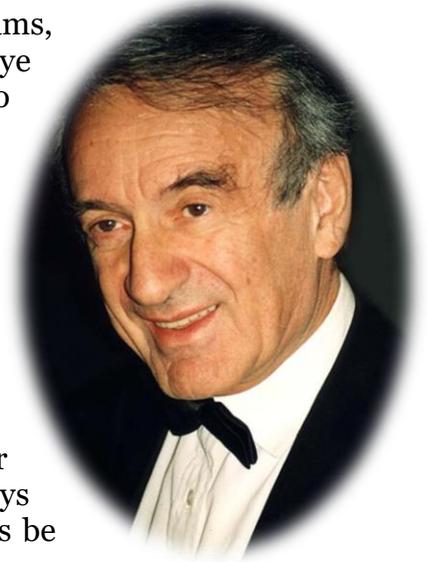
The Megillah reading is one of my favourite programs, and I couldn't attend this year because of my eye surgery. I missed the residents' happy smiles, the two rabbis, and their wonderful families. The Toronto Marathon will also be finished by the time you get your bulletin. I want to thank all the members for participating in these worthwhile CVS programs.

On April 9, we voted on the 2024 Allocations budget, and funds were distributed to various charities and causes. We help everyone here in Canada and all over the world, regardless of their religion or ethnicity. Tikum Olam means repairing the world, and that's just what we have been doing for years and years, as our Lodge members were always ready and willing to repair the world. We will always be there for those who need us.

On a happier note, I am on a marathon to hear one new song/artist for the month of April, and it's going really great. Who knew that Israel has so many singers and musicians? So go for a walk or sit in your backyard and discover new artists and music.

Happy listening,

**Ruth**



***Photo: John Mathew Smith & [www.celebrity-photos.com](http://www.celebrity-photos.com)***



# MILESTONES

---

---

## **Birthday**

Aaron Pacter	May 4
Stewart Indig	June 1
Jeff Rosen	June 12
Ira Kuchinsky	July 28
Lisa Rosen	July 30
Marilyn Arkin	August 10
Stan Zeliger	August 19



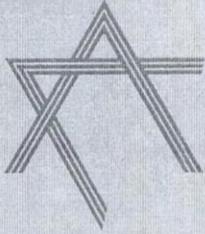
## **Anniversaries**

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
Michael & Carol Pacter	July 2
Albert & Honey Ohana	August 15
Stan & Janet Zeliger	August 16
Stewart & Cathy Indig	August 23



*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](mailto:jelijo@sympatico.ca).*





# Steeles Memorial Chapel

**[www.Steeles.org](http://www.Steeles.org)**

**At Steeles Memorial Chapel, we take pride in providing the Jewish community with a service that is sensitive, caring and helpful in your time of need. Our professional staff takes every detail into careful consideration.**

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

**For information on prearranged funeral services, please call us at**

**(905)881-6003**

**or visit**

**[www.steeles.org](http://www.steeles.org)**

*Serving the Jewish Community since 1927.*



## EDITOR'S DESK

Jeff Rosen

Where has the time gone? Where is it going? I can't believe it's been a year since we finished the final issue of the 21st season. Now we're back here, ready to "close down" for another season. Time is definitely flying by too quickly.

I started thinking about the passage of time after a recent conversation with Lisa's cousin in Washington, D.C. She told us they were busy exploring post-secondary options for their teenage son. Strange, it seems like just yesterday that I was carrying him around the mall while his mom and Lisa ate their lunch. (*Was it really 17 years ago?*)

Anyway, let's focus on the present and the fifth issue of our 22nd season, which is a pretty big accomplishment, especially since we are probably the only remaining lodge publication in B'nai Brith Canada.

I'm proud to have carried this torch for so long. Although the Lodge has decided to take Kol Echad in a new direction by discontinuing its relationship with our advertisers, I will continue to do my part to ensure a bright future for this publication.

Right now, though, I think it's time for a break. When COVID-19 forced our Lodge into virtual mode in 2020, our then-president, Stewart Indig, suggested we continue communicating with members through this publication.

Times have changed, and I don't think a summer digital issue is still required. We'll have to see if there is any crucial information we need to pass on to members. If there is, we can send it out by e-mail or post it to our website. Ultimately, I'll seek the advice of those who contribute to this publication. Speaking of which, I really have to thank these people for their contributions and guidance over the past year. I wonder if I could have done it without the words of wisdom from our co-presidents, Ruth Pupko and Debbi Silver, as well as from Rosalie Moscoe and Marc Kates. I also want to thank our advertisers for their continued support.

In the final analysis, I don't think I could have done it without my wife Lisa at my side. She remains my sounding board and rock, pointing out when a potential cover does not fit or if a word or phrase needs to be changed.

It really has been a fun 22 years. Whatever happens next remains unknown at this point. I promise, though, that it will be different.

Before we close down for the season, I want to share some thoughts that have been weighing on my mind for a while now.

**Continued on next page**



Sometimes, it's hard to remember how different the world looked just four short years ago when COVID-19 forced society into virtual mode. People lined up outside grocery stores as retail establishments limited the number of people entering their premises.



Inside, plexiglass partitions separated the public from employees who were deemed heroes by government and business leaders. For this honour, they received what some would consider “hazard pay.” Unfortunately, the increased wages were abandoned once the pandemic died down.

It's no wonder that so many are cynical about life these days.

Like those working in the retail sector, our daughter, Jordana, was also one of society's heroes, working every day and interacting with adults and society's youngest as an ECE or Early Childhood Educator.

During that time, life in the classroom became even more difficult than usual. Wearing a face shield and plastic scrubs made it harder for her to communicate with her young charges, who often respond to facial cues. I can't imagine what the toddlers felt when they couldn't touch or see their teachers' faces. In my opinion, she and her colleagues were true heroes during the pandemic. However, unlike those working in the retail sector, they never received any recognition for their efforts.

Since she started in her chosen profession 12 years ago, learning about her job has been a real eye-opener. Think about it: before a child reaches kindergarten, these people – mostly women – are an infant's first educators.

Listening to our daughter's tales about what happens in her job always fascinates me. So much planning goes into creating educational and fun programs for young children through play-based learning. At the same time, they must always follow strict government rules and regulations.

While these people are essential workers, society does not seem to value them like their colleagues in the public and private systems. They certainly are not as well paid and receive fewer benefits. After all these years, I cannot understand why this still occurs. \*\*

Despite this, I'm grateful to have a daughter, a true educator, who has helped educate us on her chosen profession. The next generation is in good hands, thanks to people like her.

Thanks, Jordana.

***\*\*The Ontario government tabled the most expensive budget in the province's history in March 2024, with a \$214.5-billion spending package that runs a deeper-than-expected deficit this year. Despite the record deficit, there did not appear to be any specific mention of daycare funding in the document.***

# MARCH MEETING

---

---

Members of Forestdale Heights reunited on Tuesday, March 12, after a lengthy winter break as we held our first meeting of the year on Zoom.

As well as Lodge co-presidents Ruth Pupko and Debbi Silver, the latter who chaired the meeting, those in attendance included Zoom moderator Stewart Indig, Albert Ohana, Ray & Rosalie Moscoe, Carl Zeliger and Jeff & Lisa Rosen. Rosalie confirmed that she had sent a card to Marilyn Arkin, who had been hospitalized for several weeks this winter. Debbi reported that her brother-in-law, Bob Botkin, passed away on March 5.

Stewart discussed the upcoming Toronto Marathon, set for May 5, and said anyone interested in participating should contact him. I reported on the state of Kol Echad, letting members know we had our most successful Passover greetings campaign.

Members also agreed that we should have a summer BBQ, as it is part of our Lodge tradition.

The Lodge also approved a donation to NCJW for their Pesach Parcel Program.

The key item on the meeting's agenda was to discuss allocations. After much discussion, it was agreed that with everything happening in the Jewish world, we should all look into what charities we feel should receive funds and report back to our co-presidents, who would then compile a list. The final amounts will be discussed and approved at the next meeting.

It was decided that we would meet next on April 9 to finalize allocations, as well as other important Lodge matters.

***Jeff Rosen***



**416-398-6777**  
3915 KEELE Street  
South of Finch

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

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



# APRIL MEETING

Since its inception in 1967, Forestdale Heights Lodge has been faithful to B'nai Brith Canada's commitment to People Helping People. At our monthly Zoom meeting on Tuesday, April 9, this became a crucial part of the agenda as members approved allocations to help 10 charities in Israel and Canada (*see sidebar at right*).

As well as Lodge co-presidents Ruth Pupko and Debbi Silver, those in attendance included Zoom moderator Stewart Indig, Albert Ohana, Ray & Rosalie Moscoe, Carl Zeliger, Elizabeth Bloom and Jeff & Lisa Rosen. Ruth reported that they have tried to inquire about the health of Marilyn Arkin, who had been hospitalized for several weeks this winter, but have been unable to reach her.

Stewart discussed the upcoming Toronto Marathon, set for May 5, and said anyone interested in participating should contact him. He also confirmed that the Lodge would again hold a BBQ at his house this summer on July 14.

I reported on the state of Kol Echad, letting members know we had our most successful Passover greetings campaign. To date, only two political greetings have yet to be paid. (*As of April 28, all ads have been paid.*)

Debbi continued the discussion of Kol Echad, saying she had decided to step down from handling the business end of the publication. After much debate and a vote, it was decided to end all advertising, both regular and holiday greetings in Kol Echad, commencing September 2024 (*see sidebar at left*). The bulletin will continue online, though, with myself/Jeff as the editor.

The next meeting will be held on June 4.

**Jeff Rosen**

## ALLOCATIONS

B'nai Brith Canada  
Hillel  
Beit Halochem  
Magen Dovid Adom  
Meir Panim  
Leked Israel Canada  
Neshama Hospice  
Pride of Israel Kosher Food Bank  
BBYO  
Kayla's Children Centre

## HOLIDAY GREETINGS CAMPAIGNS

During the past season, Kol Echad has brought in the following during its greetings campaigns.

High Holidays 2023	\$920
Chanukah 2023	\$530
Passover 2024	\$875
<b>TOTAL</b>	<b>\$2,325</b>

**ANNUAL ADS – APPROX. \$800**



# TORONTO MARATHON

---

---



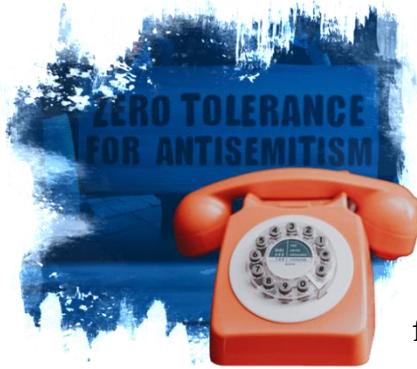
Stewart Indig photos



# B'NAI BRITH CANADA

---

---



## CONFIDENTIAL REPORTING ANTI-HATE HOTLINE

B'nai Brith Canada operates the country's only Anti-Hate Hotline combating antisemitism and racism. If you have been the victim of an antisemitic incident, we encourage you to fill out the form at <https://bit.ly/3irmAAz> or call our toll-free Anti-Hate Hotline at 1-800-892

### **3M DRUG MART**

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

TEL: (905) 882-4774 FAX: (905) 882-1580  
E-mail: [3mbathurst@gmail.com](mailto:3mbathurst@gmail.com)



**SILVERBERG, PEREL & SHELDON LLP**  
CHARTERED PROFESSIONAL ACCOUNTANTS

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

1170 SHEPPARD AVE. WEST, UNIT #10 14845 YONGE STREET, SUITE #210  
TORONTO, ONTARIO M3K 2A3 AURORA, ONTARIO L4G 6H8

e-mail: [hsheldon@spsc.on.ca](mailto:hsheldon@spsc.on.ca)

BUS: (416) 636-6690

FAX: (416) 636-4160

CELL: (416) 727-3409

# B'NAI BRITH CANADA

---

---

## BBC OFFERS HOME CLOTHING PICK-UPS



Donate your used clothing from home!!

We are launching our new home pick-ups for clothing donations!

Simply prepare your clothes for donation in garbage bags and call 416-633-6224 x 120 to arrange for our truck to collect your donations from your home.

Items will be donated to those in need, while excess clothing will be used to fund our foodbank.

# PERSPECTIVES

---

---

## YOM HASHOAH

### **Rabbinate-instituted day (1949–1950)**

The first Holocaust Remembrance Day in Israel took place on December 28, 1949, following a decision of the Chief Rabbinate of Israel that an annual memorial should take place on the Tenth of Tevet, a traditional day of mourning and fasting in the Hebrew calendar. The day was marked by the burial in a Jerusalem cemetery of ashes and bones of thousands of Jews brought from the Flossenbürg concentration camp and religious ceremonies held in honour of the victims. A radio program on the Holocaust was broadcast that evening. The following year, in December 1950, the Rabbinate, organizations of former European Jewish communities and the Israel Defense Forces held memorial ceremonies around the country. They mostly involved funerals, in which objects such as desecrated Torah scrolls and the bones and ashes of the dead brought from Europe were interred.

### **Knesset-instituted day (1951–1958)**

In 1951, the Knesset began deliberations to choose a date for Holocaust Remembrance Day. On April 12, 1951, after also considering as possibilities the Tenth of Tevet, the 14th of Nisan, which is the day before Passover and the day on which the Warsaw Ghetto uprising (April 19, 1943) began, and September 1, the date on which the Second World War began, the Knesset passed a resolution establishing the 27 Nisan in the Hebrew calendar, a week after Passover, and eight days before Israel Independence Day as the annual *Holocaust and Ghetto Uprising Remembrance Day*.

On May 3, 1951, the first officially organized Holocaust Remembrance Day event was held at the Chamber of the Holocaust on Mount Zion; the Israel Postal Service issued a special commemorative envelope and a bronze statue of Mordechai Anielewicz, the leader of the Warsaw Ghetto revolt, was unveiled at Yad Mordechai, a kibbutz named for him. From the following year, the lighting of six beacons in memory of the six million Jews murdered by the Nazis became a standard feature of the official commemoration of Holocaust Memorial Day.

**Continued on next page**





## Martyrs' and Heroes' Remembrance Day Law (1959)

On April 8, 1959, the Knesset officially established the day when it passed the *Martyrs' and Heroes' Remembrance Day Law* to institute an annual "commemoration of the disaster which the Nazis and their collaborators brought upon the Jewish people and the acts of heroism and revolt performed." The law was signed by the Prime

Minister of Israel, David Ben-Gurion, and the President of Israel, Yitzhak Ben-Zvi. It established that the day would be observed by a two-minute silence when all work would come to a halt throughout the country, memorial gatherings and commemorative events in public and educational institutions would be held, flags would be flown at half mast, and programs relevant to the day would be presented on the radio and in places of entertainment. An amendment to the law in 1961 mandated that cafes, restaurants and clubs be closed on the day.

- **Wikipedia**

Just heard this Octavia Butler quote for the first time and am now obsessed with it.

Choose your leaders with wisdom and forethought.

To be led by a coward is to be controlled by all that the coward fears.

To be led by a fool is to be led by the opportunists who control the fool.

To be led by a thief is to offer up your most precious treasures to be stolen.

To be led by a liar is to ask to be told lies.

To be led by a tyrant is to sell yourself and those you love into slavery.



### FIVE Deadly Terms Used by a Woman

#### #1 FINE

THIS IS THE WORD WOMEN USE TO END AN ARGUMENT WHEN SHE KNOWS SHE IS RIGHT AND YOU NEED TO SHUT UP.

#### #2 NOTHING

MEANS SOMETHING AND YOU NEED TO BE WORRIED.

#### #3 GO AHEAD

THIS IS A DARE. NOT PERMISSION. DON'T DO IT.

#### #4 WHATEVER

A WOMAN'S WAY OF SAYING "SCREW YOU."

#### #5 That's OK

SHE IS THINKING LONG AND HARD ON HOW AND WHEN YOU WILL PAY FOR YOUR MISTAKE

#### BONUS WORD: WOW!

THIS IS NOT A COMPLIMENT. SHE'S AMAZED THAT ONE PERSON COULD BE SO STUPID.

# TORONTO MARATHON

**GoodLife  
FITNESS  
TORONTO  
MARATHON**



**Sunday, May 5**

Forestdale Heights Lodge has participated in the Goodlife Toronto Marathon for over a decade. Our Lodge is responsible for the first water station. Like last year, our checkpoint will be near Yonge and Harlandale, just north of Sheppard.

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

If you can volunteer your time for this great CVS project, please contact Stewart Indig at (416) 223-0780 or e-mail at [Stewart.indig@gmail.com](mailto:Stewart.indig@gmail.com)

**Northwood  
Mortgage Ltd.**  
L.L.C. 19349

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

• Cell 416-318-3444 • Toll Free 1-877-828-3444  
• Toll Free Fax 1-866-401-2219  
[aaron@aaronskatesfinancial.com](mailto:aaron@aaronskatesfinancial.com)  
[www.aaronskatesfinancial.com](http://www.aaronskatesfinancial.com)  
7676 Woodbine Ave, Suite 300, Markham, ON L3R 2N2

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

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

**Michael Pacter**  
The UPS Store  
5 - 18 Ringwood Dr.  
Stouffville, ON L4A 0N2  
Tel.: 905 642-5700  
Fax: 905 642-6700  
Web: [www.theupsstore.ca/383](http://www.theupsstore.ca/383)  
E-mail: [store383@theupsstore.ca](mailto:store383@theupsstore.ca)

**The UPS Store®**

# HIGH HOLIDAY GREETINGS 5785

Kol Echad will again run a High Holiday Greetings campaign this fall, similar to last year. There will be no charge for repeating your business card-sized or double business card-size greeting in the September/October issue.

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

Please send all relevant information to [jelijo@sympatico.ca](mailto:jelijo@sympatico.ca)

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



## Sonny Langer's

DAIRY & VEGETARIAN CATERERS

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

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



Josh Abrams  
[josh@sonnylangers.com](mailto:josh@sonnylangers.com)

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

## CENTRE STREET DELI



CATERING FOR ALL OCCASIONS  
PARTY SANDWICHES OUR SPECIALTY  
BEST SMOKED MEAT IN TOWN

**905-731-8037**

1136 CENTRE STREET  
THORNHILL, ONTARIO L4J 3M8  
MON - THURS: 7 AM - 5 PM  
FRI - SUN: 7 AM - 7:45 PM

NEW LOCATION:  
995 BAY STREET  
TORONTO, ONTARIO M5S 3C4  
MON-SUN: 11 AM-8 PM

[WWW.CENTRESTREETDELI.COM](http://WWW.CENTRESTREETDELI.COM)

# CVS/PURIM 5784

---

The day after we got our first real taste of winter – in the spring – and the same day Canada said goodbye to its 18th prime minister, members of Forestdale Heights Lodge reunited for what is now a longstanding CVS tradition.

On Saturday, March 24, Lodge members reunited at the B'nai Brith Seniors' Residence at 4300 Bathurst Street to host the Purim Megillah reading led by Rabbi Jay Kelman and his family.



Rabbi Uri Gelman, the spiritual leader of the 4300 Bathurst Street Synagogue since 1997, concluded the program with a few inspirational words.

After the traditional reading, Lodge members served delicious treats, including hamentashen, clementines, chips and drinks.

This year's program included FHL co-president Debbi Silver, Debbie & Carl Zeliger, Albert Ohana and his Uncle Paul.

The evening was coordinated by Carl Zeliger, who deserves special thanks for his efforts. Lodge members are also grateful to Rabbi Jay Kelman and his family for supporting this endeavour year after year.

**Jeff Rosen**



# CVS/PURIM 5784

---



# 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.



## 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.



## Burgers

Preheat 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.

Rare: 5 minutes;

Medium Rare: 7 minutes; Medium: 8 minutes;

Well Done: 10 minutes.

**Continued on next page**



## Fish

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

---

---

National Council of Jewish Women of Canada,  
Toronto Section  
1-890 Sheppard Avenue West,  
Toronto, ON  
M3H 6B9  
(416) 633-5100  
[www.ncjwctoronto.org](http://www.ncjwctoronto.org) | [info@ncjwctoronto.org](mailto:info@ncjwctoronto.org)

March 20, 2024

Forestdale Heights Lodge  
Thornhill, ON  
L4J 8G4

To Forestdale Heights Lodge,

Your gift made it happen!

Thank you for your supporting the 41st annual NCJWC Toronto Passover Food Drive. Your generosity ensures that the most vulnerable in our community receive a Passover Food box and can celebrate the holiday with dignity.

Thank you for your generous contribution.

Sincerely,



Sheila Neuburger  
President



# CORRESPONDENCE

---

---

**imagine** a cure for leukemia

392 Douglas Ave., Toronto, Ontario M5M 1H4  
www.imagineacureforleukemia.com

Forestdale Heights Lodge

**Date:**

**Dec. 30, 2023**

Dear Donor

Thank you for your generous contribution to *Imagine a Cure for Leukemia*.

Every dollar invested to expand the scope and intensity of leukemia research moves us closer to our goal. Encouragingly, recent advances in treatment have been nothing short of amazing. The results are longer survival rates, better quality of life and many small steps that together bring us closer to a cure!

Our organization funds projects where medical breakthroughs have already been achieved. Our money is used to help complete research studies that will *more quickly* turn them into better treatments for people.

Sincerely

*Nara Abrams*

Director, *Imagine a Cure for Leukemia*

011-01-124 12/30/23



# CORRESPONDENCE



36 Lombard Street, Suite 300, Toronto ON M5C 2X3  
tel 416-364-8228 fax 416-364-4728

March 21, 2024

Ruth Pupko, Co-President  
Debbi Silver, Co-President  
Forestdale Heights Lodge

Dear Ruth and Debbi,

Thank you for your kind donation to Fred Victor. Your \$100.00 gift will help save a life.

Thanks to you we will help those in deepest need. But there's more. Your gift also allows us to fight for change, for more investments in deeply affordable housing and for pro-housing policy. And while we fight, you're helping our front-line staff offer a warm welcome and make sure people get the help they need today. People like Brenda.

In the prime of her life at 46 years old, Brenda had a successful professional career, until a severe mental illness struck, turning her world upside down. Unable to work, she slowly depleted her savings, eventually finding herself homeless. Brenda resorted to living in her car with her two dogs. But when her car broke down and her savings ran out, she didn't know where to turn. With her options dwindling and hope slipping away, Brenda, convinced that there was no way out, found herself contemplating a tragic end to her life.

Just when all seemed lost, she met Alison, a Fred Victor case manager. Alison became her beacon of hope. She worked with Brenda on a housing plan, ensuring her journey back to stability. Your support allowed Brenda to rebuild her life. Brenda got the vital healthcare she desperately needed. Her mental health stabilized, thanks to you.

Brenda's story is just one of many that often go unheard. It shows what's possible when people like you give.

With gratitude,

Judy White  
Director of Philanthropy and Partnerships

# CORRESPONDENCE

PO Box 8047, RPO Cedarcroft | Toronto, ON | M2R 0A1 • 416.663.3339 • www.UnitedChesed.com • ClientServices@UnitedChesed.com

## UNITED CHESED of TORONTO

*Fast | Effective | Compassionate*



February 13, 2024

Mrs. Debbi Silver, Forestdale Heights Lodge

Dear Mrs. Silver,

Thank you for generously supporting United Chesed. You're receiving this letter because you believe in what we do. You believe in bettering the lives of those in our community who are navigating their way through unforeseen emergencies and struggling to put food on their table.

Did you know that 69% of United Chesed families say that the most crucial support they require is food assistance? Inflation, worldwide struggles, and skyrocketing grocery costs have made more and more people food-insecure. *United Chesed has not sat idly by.* The numbers speak for themselves.



### ✓ FOOD SECURITY PROVIDED

2021

\$43,472

2022

**\$53,430**

### ✓ FAMILIES HELPED

Seniors: 62%

Reliant on Disability: 23%

*85% of those relying on us are unable to improve their financial situation.*

### ✓ JEWISH HOLIDAY SUPPORT

2021

\$12,380

2022

**\$26,775**

Even this significant boost in support has not been enough to quell the increasing calls for food assistance, however. *We are struggling to keep up with the demand and we will be unable to do so without your help.*

#### BOARD OF DIRECTORS

Dr. Brian Price, PRESIDENT • Mrs. Theodora Price, VICE-PRESIDENT  
Mr. Nathan Choran, TREASURER • Mr. David Diamond, SECRETARY • Mr. Marc Saltzman

# COMMUNITY

---

---

Sun, Jun 9, 2024

## 2024 Walk With Israel

In support of United Jewish Appeal of Greater Toronto



2024 Walk With Israel

In support of United Jewish Appeal of Greater Toronto

**REGISTER.  
FUNDRAISE.  
WALK!**



### Walking the Walk

**Join thousands of Jews and allies and feel the strength of our entire united community.**

[Click here](#) to learn more about the 2024 Walk with Israel and its impact.

**CLICK IMAGE FOR MORE INFORMATION**



# COMMUNITY

## Beit Rayim Book Club



Roberta Rich  
**THE JAZZ CLUB SPY**

Wednesday  
May 1st



My Name Is  
**Barbra**  
Barbra Streisand

Wednesday  
July 3

[www.beitrayim.org](http://www.beitrayim.org)

**CLICK IMAGES  
FOR MORE INFORMATION**

**"TO SEE BROZA IN CONCERT IS TO BE MESMERIZED!"**  
*The New York Times*

**PRE-SALE NOW**

**JUNE 6TH | LOS ANGELES**  
**JUNE 8TH | SAN FRANCISCO**  
**JUNE 15TH | NEW YORK CITY**  
**JUNE 16TH | BOSTON**  
**JUNE 20TH | TORONTO**



**DAVID BROZA**

ISRAELI LEGENDARY DAVID BROZA IS CONSIDERED ONE OF THE WORLD'S MOST DYNAMIC AND VIBRANT PERFORMERS. FROM HIS WHIRLWIND FINGER PICKING TO FLAMENCO PERCUSSION AND RHYTHMS TO A SIGNATURE ROCK AND ROLL SOUND, HIS PERFORMANCES UNITE THE 3 MUSICAL LANDSCAPES IN WHICH HE WAS RAISED; ISRAEL, SPAIN AND ENGLAND. DAVID BROZA'S CHARISMATIC AND ENERGETIC PERFORMANCES HAVE DELIGHTED AUDIENCES THROUGHOUT THE WORLD.





# HARMONY

Rosalie Moscoe

It's been a great ride since I brought my recorded children's music back to the digital world in October 2022 when I released two albums. One is called Journey to My World – a compilation of my own original songs recorded in 1981 and 1982 (twice JUNO nominated). The second album I released was a solo album I recorded in 1993, now called Imagination Station.

I have also learned the craft of creating animated music videos arising out of my songs. I'm thrilled to say that I've had great success with those music videos on my YouTube Channel,

[www.YouTube.com/@rosaliekidsmusic](http://www.YouTube.com/@rosaliekidsmusic) (over 35 music videos), and I garnered half a million views since October 2022. I'm having so much fun creating the videos!

What was so exciting is that my animated music videos were nominated by Funky Kids Radio Global Entertainment Awards in 2022 and 2023 for Best Children's Album, Best Artist, Best Song, and Best Animated Music Video! It doesn't pay the bills, but it was sure a good boost as now I've been asked by a Canadian music company to put up for sale online my animated music videos as themes: Story Songs, Adventure Songs, Activity Songs, Quiet Time Songs, Sing-Along Songs, Feeling Songs and Imagination Songs.

Also, I delved into Instagram, Facebook and Threads and my videos and pictures are now shown on those sites! I've met some interesting people in all those interactions. In addition, a new website was created in 2022 for me, but now it's updated (with the help of a talented assistant) to a jazzier version: [www.RosalieMoscoe.com](http://www.RosalieMoscoe.com). Within the year, I plan to offer workshops for parents and teachers through my website for "Sparking Creativity in Children Through Music and the Arts."

**Continued on next page**



For many years, I had many of my unpublished songs sitting in my filing cabinet, and I was burning to record them! So, last November, I applied for an Ontario Arts Council (OAC) grant to record another album. It took many weeks to get the grant just right, and then I waited patiently – almost five months to hear results. And lo and behold, I just received notice that I have been awarded a grant from the Ontario Arts Council and the Government of Ontario.

Soon, I'll be in the studio to record, and I'm practising vocal scales to get my singing voice in shape again! My new songs on the upcoming album will be *Veggie*



*Power, Junk Food Blues, The Recycling Rap, I am Mother Earth, My Imaginary Friend, and Be Proud of Who You Are.* To add to the fun, four other songs will be included that I wrote and recorded years ago that are derived from the Jim and Rosalie albums: *Feel So Good, Let's Pretend, Crazy Beat, and I Wish My Brother Liked Me.*



I have my work cut out for me, but I'm excited to get the album done, mastered and up online! I found a skilled recording engineer who has a home studio in Toronto, and he'll bring in musicians to make the music sweet – a guitarist, pianist, flautist, and drummer to be on the scene. In the OAC grant, a promoter was permitted, who will be working to get my music and brand

to TV, newspapers, radio, SiriusXM, digital marketing and more! Wish me luck; I'll keep you posted!



Rosalie

Thank you to the Ontario Arts Council (OAC) and the Government of Ontario for funding to record an album of 10 children's songs.

More fun is on the way!

-Rosalie Moscoe



rosaliemoscoe.com



## AS I SEE IT

---

---

Marc Kates

It was a cathartic release. Finally, I was given the platform to really tell my colleagues how I had been feeling, and what they needed to know. Back in February, I was given the opportunity to attend a professional development workshop hosted by the new Toronto Holocaust Museum about the teaching of this most important subject. Holocaust education is now mandatory in both the Grade 6 and Grade 10 curricula, and I applaud the Government of Ontario for instituting this policy. How little did I realize at the beginning of September how much more importance and value would be placed on the transmission of this knowledge in the wake of the October 7 Hamas attack.

To be blunt, the new curricula tells teachers what to teach, but not how to teach it. Every student in Grades 6 and 10 needs to cover the course material, but the way in which the expectations are laid out, the material alone is comparable to a graduate studies course. Despite the challenges, I knew that I was engaged in “avodat kodesh” (holy work), and the urgency with which I had to get this done became even more pressured. As mentioned in the last edition of Kol Echad, I am raising “an army of thinkers who truly believe in standing up for those less fortunate and for those fleeing persecution.” My students “get it,” but I was unsure my colleagues did.

I worked for hours on my slide show presentation. I needed to set the right tone. I shared with them about the PD I had received, how I had implemented Holocaust education in my classroom, and the collaborative efforts I had with my colleague in the other class. I then launched into the heart of my presentation. I shared with my colleagues the new reality in which we find ourselves.

**Continued on next page**



I started with the facts of what happened on October 7 during Hamas' brutal and barbaric attack. I then switched to an article from the Toronto Star about Toronto's police chief, Myron Demkiw, who reported about a 93% increase in antisemitic incidents compared to the previous year. I shared pictures I had taken of the Police mobile command units up and down Bathurst Street taken from my car dashboard.

The pictures I took of the vandalism at the Starbucks a block away on Eglinton were next. I read the e-mail notification I received from TanenbaumCHAT's head of school about the evacuation following the receipt of information that explosive devices were allegedly planted at the school. Images from across Toronto – the ones that are seared now into our psyche – the demonstration over the 401 at Avenue Road, and the scaling of the outside of Mount Sinai Hospital were some of the numerous examples I provided. Next came images from antisemitic incidents from across Canada. Finally, to bring the matter closer to home, I shared news reports about antisemitism in the TDSB.

I ended the presentation with the International Holocaust Remembrance Alliance's definition of antisemitism, you know, the one that people wish to change to suit their own heinous beliefs. I spoke about our history, and that **we are** the Indigenous inhabitants of the Biblical Land of Israel. To conclude, I spoke about the treatment of our staff and students, those triggering and misunderstood slogans used to provoke and incite fear and intimidation. And if that wasn't enough, I told them that if they still wished to boycott the State of Israel, they better stop using Waze, their USB key, computer firewalls, and never consume a cherry tomato – all of which were invented in Israel.

To be honest, I don't know what they took away from my presentation, but it felt good to finally stand up after being "shtum" (silent) for these many months. Two of my Jewish colleagues shared their own personal stories as well. They finally had a forum in which it was acceptable to unburden themselves.

As for my colleague who said something inappropriate to a Jewish student of mine – she wasn't present at the meeting, and I was disappointed. Nonetheless, perhaps some of my colleagues began to understand what we've been living with, and the bizarre topsy-turvy world we are battling daily.

One can only hope.



# FORESTDALE FUNNIES

---

---

Putin is held hostage by a terrorist. A Russian truck driver stops at the back of a long queue on the motorway. He sees a police officer walking down the line of stopped cars to briefly talk to the drivers. As the police officer approaches the truck, the driver rolls down his window and asks, "What's going on?"

Police officer: "A terrorist is holding Putin hostage in a car. He's demanding 10 million rubles, or he'll douse Putin in petrol and set him on fire. So we're asking drivers for donations."

Driver: "Oh, ok. How much do people donate on average?"

Police officer: "About a gallon."

A taxi passenger tapped the driver on the shoulder to ask him a question. The driver screamed, lost control of the car, nearly hit a bus, went up on the footpath, and stopped inches from a shop window.

For a second, everything was quiet in the cab. Then the driver said, "Look, mate, don't ever do that again. You scared the living daylights out of me!"

The passenger apologized and said, "I didn't realize that a little tap would scare you so much."

The driver replied, "Sorry, it's not really your fault. Today is my first day as a cab driver — I've been driving a funeral van for the last 25 years."

Steve Jobs would've been a better president than Trump...

But I guess comparing apples to oranges is unfair.

In my neighbourhood, there was a couple who had given their twin sons very weird names. One was named Trouble, while the other boy's name was Mind Your Own Business. So, one day, they were playing hide and seek. Mind Your Own Business counted to a hundred and then started looking for his brother. But, somehow, he couldn't find him anywhere. He saw a police car passing the neighbourhood, so he stopped it to ask for help. When the police officer asked him for his name, he replied, "Mind Your Own Business!" Feeling insulted, the police officer still asked politely who he was looking for. Mind Your Own Business replied, "I am looking for Trouble!"

**Continued on next page**



Four men are in the hospital waiting room because their wives are having babies. A nurse goes up to the first guy and says, "Congratulations! You're the father of twins."

"That's odd," answers the man. "I work for the Minnesota Twins!"

A nurse says to the second guy, "Congratulations! You're the father of triplets!"

"That's weird," answers the second man. "I work for the 3M Company!"

A nurse tells the third man, "Congratulations! You're the father of quadruplets!"

"That's strange," he answers. "I work for the Four Seasons hotel!"

The last man is groaning and banging his head against the wall. "What's wrong?" the others ask.

"I work for 7 Up!"

A tough old cowboy from Texas counselled his granddaughter that if she wanted to live a long life, the secret was to sprinkle a pinch of gunpowder on her oatmeal every morning.

The granddaughter did this religiously until the age of 103, when she died. She left behind 14 children, 30 grandchildren, 45 great-grandchildren, 25 great-great-grandchildren, and a 40-foot hole where the crematorium used to be.

A man was driving down the road when a policeman stopped him. The officer looked in the back of the man's truck and said, "Why are these penguins in your truck?"

The man replied, "These are my penguins. They belong to me."

"You need to take them to the zoo," the policeman said.

The next day, the officer saw the same guy driving down the road. He pulled him over again. He saw the penguins were still in the truck, but they were wearing sunglasses this time. "I thought I told you to take these penguins to the zoo!" the officer said.

"I did," the man replied. "And today, I'm taking them to the beach."

Donald Trump was walking through Manhattan and saw a long queue. Wondering what it was for, he joined it. People would look over their shoulder, see that it was Donald Trump behind them, and leave the queue, so he would proceed closer and closer to the front. As he was getting closer to the head of the queue, he asked one guy, who also looked and was about to walk away, "Wait a second, what is this queue for, and why are you now leaving it?"

The man said, "This is the queue for Canadian Immigration Visas, but if you are getting one, I don't need one now."



# KOL ECHAD'S PAST

---

---

As we prepare to close another season, I thought these crucial words were worth remembering. They are just as important today as when our past president, Nate Salter, wrote them.

***Jeff Rosen***

Remember, in our Lodge, there are three kinds of members; those who make things happen, those who watch things happen, and then there are those who don't have a clue what has happened.

***Excerpt from Kol Echad, Notes from Nate, September 2010***

So there we were, sitting in Harvey's living room, the so-called seniors of the Lodge, the past presidents trying to make like a slate committee.

My friends, this is a ritual that, in the case of Forestdale, has gone on for 46 years, and this year, it was even more critical that we get it done right. Nu, so, what is a slate committee other than Stephen, Bob, Barack, Dalton, Tim and Rob (real identities have been shielded to protect the guilty) sitting around a table schmoozing.

Well, boychicks and meydlekh, it is a time for the so-called "elders" of the Lodge to look not only at the past, but, in some way, attempt to look into the direction the Lodge is heading in the future. We look at who is currently serving, who is no longer serving and who is ready to move up the executive ladder and lead the Lodge in years to come.

Each and every member has his/her own life to live, and we all suffer from a shortage of time to give the Lodge.

But, after only a few hours of deliberation, we selected a group of individuals who accepted the challenge to be slated for office.

This coming year should prove to be interesting as both old and new ideas are brought forward.

Let me leave you with a paraphrased thought from the late John F. Kennedy:

Ask not what your lodge can do for you; Ask what you can do for your lodge. That, my brothers and sisters, is the answer.

***Excerpt from Kol Echad, Notes from Nate, February 2012***



# KOL ECHAD'S FUTURE

---

---

The following was sent to all advertisers in this issue's print version.

***Jeff Rosen***

---

To Our Valued Advertisers,

In February 1999, Forestdale Heights Lodge Publications made a significant decision that has shaped the Lodge's communications for the past 25 years. In that issue, we opened up the monthly bulletin – then called Horizon – to advertisers. Since then, the bulletin has grown in size and scope, becoming Kol Echad, adding colour ads and greetings from politicians from different political parties at various levels of government.

As a result, Kol Echad became the most prestigious Lodge publication within B'nai Brith Canada.

However, time moves on, and things change. The past four years have been challenging for everyone, including members of Forestdale Heights and advertisers.

Therefore, members of FHL agreed to a motion at their April 2024 meeting to take Kol Echad in a new direction.

Starting September 2024, the publication, now an online bulletin published five times a year, will discontinue all advertising.

We are grateful to all advertisers who have stood with us and supported us over the years. You have helped make this the best lodge publication in B'nai Brith Canada. You will definitely be missed.

Kol Echad will continue to change, but it will still be published, and I will remain as the editor.

I wish you all continued success in all future endeavours. It's been a pleasure working with you.

Be well,

Jeff Rosen

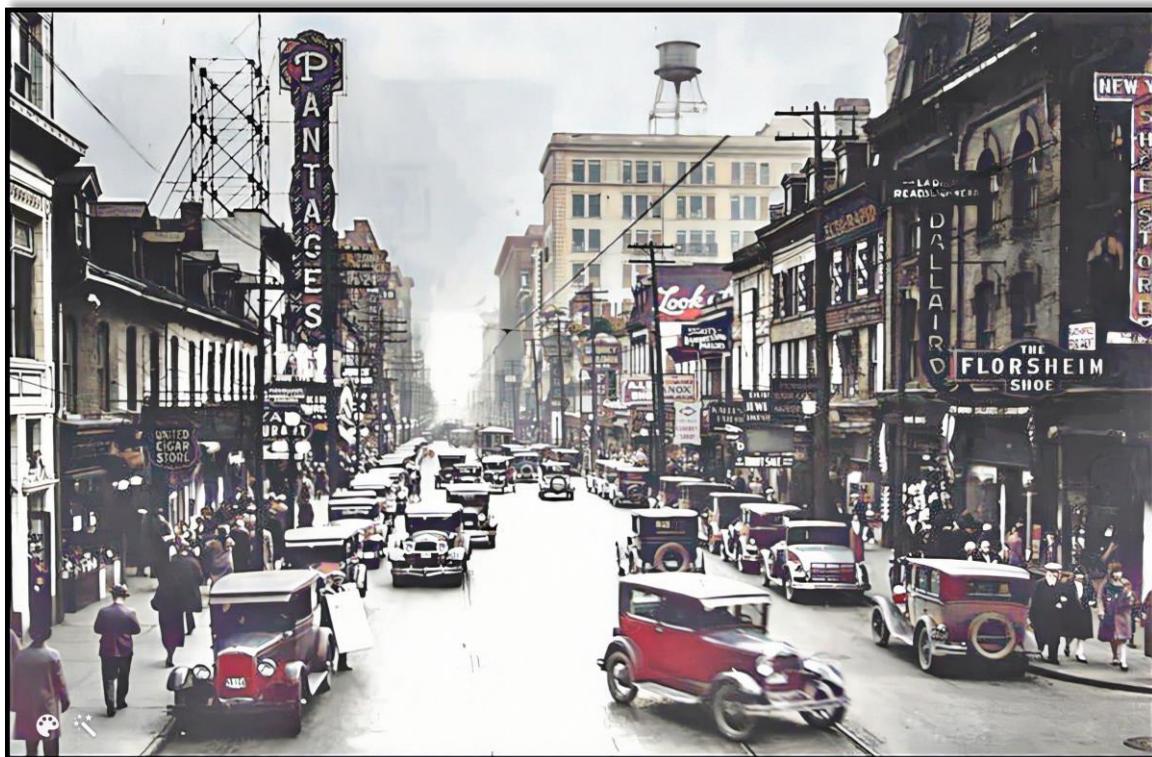
Editor, Kol Echad



# LOOKING BACK

---

---



**Yonge St. South of Dundas, 1930.**



# LOOKING BACK

---

---

## 1960 and 2020 Queen and Bay



# FINAL THOUGHTS

---

---

A son took his father to a restaurant to enjoy a delicious dinner. His father is quite old and, therefore, a little weak too.

While eating, food occasionally fell on his shirt and pants. The other guests watched the older man with their faces contorted in disgust, but his son remained calm. After they both finished eating, the son quietly helped his father and took him to the toilet. Cleaned food scraps from his crumpled face and attempted to wash food stains on his clothes, graciously combed his gray hair and finally put on his glasses.

As they left the restroom, a deep silence reigned in the restaurant. The son paid their bill, but just before they left, a man, also old, got up and asked the old man's son, "Don't you think you left something here?"

The young man replied, "I did not leave anything."

Then the stranger said to him, "You left a lesson here for every son and a hope for every father."

The whole restaurant was so quiet, you could hear a pin drop!

*One of the greatest honours that exist is being able to take care of those who have taken care of us. Our parents and all those elders who sacrificed their lives with all their time, money and effort for us deserve our utmost respect.*



# DIGITAL TREASURES.CA

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

**to DIGITAL**

**Computer / USB**

**SmartTV**

**AppleTV**

**the Cloud**

**DVD**



(416) 479 0903

[www.DigitalTreasures.ca](http://www.DigitalTreasures.ca)

Etobicoke • North York



*L'chaim!*



T. 905.761.9022  
F. 905.761.9023  
[info@simchawine.com](mailto:info@simchawine.com)

Exclusive Agents Representing Wines From 9 Countries

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