

Adar/Nisan/Iyar 5785

March/April 2025

KOL

Forestdale Heights Lodge  
B'nai Brith Canada

ECHAD



**IMPORTANT LODGE  
MOTION  
SEE PAGES 9, 10**

Volume 23, No 4

# KOL ECHAD

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

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

## Contributors

Marc Kates  
Rosalie Moscoe  
Ruth Pupko

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

## COVER ART



It's that time of the year again when we celebrate and enjoy a variety of delicious foods.

First off, we have Purim, which starts on the evening of Thursday, March 13, when FHL members gather for the annual Megillah reading.

A month later, we celebrate Pesach. The festival begins on Saturday, April 12, with the first Seder and concludes on Sunday, April 20.

Yom Hashoah begins on the evening of April 23, Yom Hazikaron on the evening of April 29, and Yom Ha'atzmaut on the evening of April 30.

*Chag Sameach!*

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# FHL EXECUTIVE

## Presidents

Ruth Pupko  
Debbi Silver

## Vice-President

Ray Moscoe

## Treasurer

Debbi Silver

## Financial Secretary

Ruth Pupko

## Recording Secretary

Stewart Indig

## Chaplain

Stewart Indig

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Michael Kates \*  
Jeff Rosen  
Bonnie Kates \*  
Irv Pupko \*  
Ray Moscoe  
Harvey Silver \*  
George Garten  
Stewart Indig

\*Deceased

## AT A GLANCE

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FHL has scheduled one more meeting for the 2024-2025 season. It will be held on

**Tuesday, April 29 at 7:00 p.m.**

Please see page 9 for further information.

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

May/June – Spring/Summer/FINAL Issue

**Deadline: May 4**

### FUN FACTS

1. You can't see your ears without mirror.
2. You can't count your hair.
3. You can't breathe through nose, with your tongue out.
4. You just tried No. 3
6. When you did No. 3 you realized that it is possible, only you look like dog.
7. You are smiling right now, because you were fooled.
8. You skipped No. 5
9. You just checked to see if there's a No. 5.





## PRESIDENT'S PEN

Ruth Pupko

I am sitting here in my bright and sunny solarium, but oh boy, it's freezing outside. I can hear the wind and see the flag flapping outside the gas station. I get phone calls about the ground conditions and traffic, and guess now I am the official reporter for Bathurst and Steeles. Having this great view has enabled me not to feel so isolated when I had my eye surgery.

The surgery went really well, and I'm thankful for having such an excellent and skilled doctor. We are fortunate to have such a good healthcare system and dedicated medical staff who work hard to make us better. This only happens because they are dedicated to their patients, and we need more of them in our community.

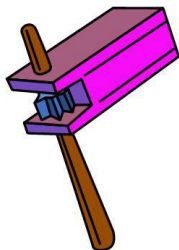
Our membership has dwindled significantly due to various factors related to age and health. Still, we can be proud of our achievements as caring people and compassionate individuals who got together, worked, shared themselves, and made a difference.

I ask everyone to reflect on all the good times we had together in helping our community. We DID good and should be proud of that.

*Ruth*



## PURIM 5785



On Thursday, March 13, Forestdale Heights will be hosting its annual Megillah reading at the B'nai Brith Seniors' Residence at 4300 Bathurst Street.

The program will commence at 7:45 p.m.

Volunteers are requested to be there at 7:15.

Watch for full report in April 2025 issue of Kol Echad.



## EDITOR'S DESK

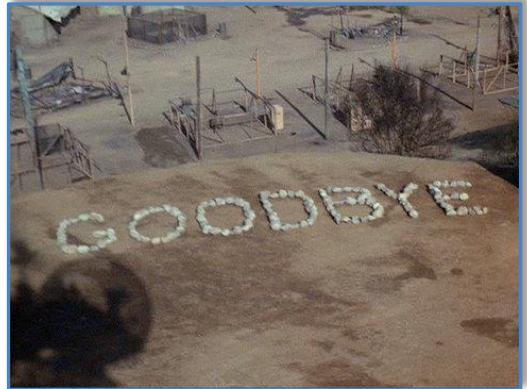
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Jeff Rosen

**W**ho remembers the final episode of M\*A\*S\*H? I'm not talking about the last episode, "Goodbye, Farewell and Amen," which completed production in October 1982 and premiered four months later on February 28,

1983. I mean the final episode filmed, "As Time Goes By," which aired a week earlier on February 21, 1983. This episode completed production on January 14, 1983, months after production wrapped on the series finale. In "As Time Goes By," the medical personnel at the 4077 Mobile Army Surgical Hospital buried a time capsule filled with memories of their time at the MASH unit.



As I began writing this column, I reflected on the final episode of my all-time favourite TV series in connection to this column, which I have always viewed as a dialogue with my fellow Lodge members. You see, my final column, which will appear in the May/June issue, was written months ago. That means that this is my final piece for the loyal and dedicated members of FHL, who have stood with us since the COVID-19 pandemic forced us into virtual mode in 2020. As I pondered on the many topics to discuss here, one kept resurfacing: how insane the world seems right now.

Just a few weeks into 2025, the country appeared to be heading down the wrong track and engulfed in chaos. The ineffective operations of both provincial and federal governments have contributed to this crisis, leaving citizens anxious for stability and direction.

At the provincial level, a basic maintenance issue at the Ontario Science Centre resulted in the destruction of a beloved treasure. For years, the Ontario Science Centre provided children with their first hands-on experience with science and technology. Then, without any consultation or prior notice, it was shut down.

**Continued on next page**





The planned renovation for a smaller facility has now been postponed, and given the Ontario government's track record of completing projects on time, it's unclear when it will reopen. When it does, it will be a mere shadow of the majestic facility that once stood on Don Mills Road. It's difficult to understand the reasoning behind this decision.

Additionally, the province did not need to remove completed bike lanes and propose new traffic lanes to be built under Highway 401. In my view, both were complete madness. Also, on the transit file – for those who may have forgotten – we are still waiting for the long-delayed Eglinton LRT to open. While this government is not solely to blame, after nearly seven years in power, it must take responsibility for the mistakes that have occurred. Unfortunately, they have yet to acknowledge this responsibility.

Ford's folksy approach has become tiresome. His campaign-style attack ads, launched well before the recent provincial election, felt like a repetition of past campaigns. I guess we shouldn't have been surprised when the Conservative leader called a snap election in late January. Given that his party held a substantial majority, there was no need to go to the polls more than a year before the June 2026 election.

While he argued that he needed a stronger mandate to address U.S. tariffs, this argument is flawed – especially since he never sought a renewed mandate when revamping the province's healthcare system or interfered in municipal affairs on multiple occasions. By the way, what happened to his promise to end hallway medicine?

With the provincial vote over and the Conservatives securing their third majority government, let's hope Premier Ford chooses a clear direction and reconsiders his priorities. Does he want to micromanage the City of Toronto, govern Canada's largest province, or serve as an unofficial opposition to the federal government?

Despite his numerous flaws as the province's top politician, I still credit him for his Captain Canada persona. Like previous Ontario leaders, he has demonstrated his ability to see beyond Ontario's borders and work with the federal Liberal government.

**Continued on next page**



Even before the new year began, many within the federal Liberal Party had already concluded that it was time for a change in leadership. Prime Minister Justin Trudeau finally recognized this reality just days into 2025. Unfortunately, his decision probably came too late to alter the inevitable outcome. The new leader will probably join the ranks of Kim Campbell and John Turner, both of whom are remembered for their brief tenures as prime ministers.



While I will never welcome Pierre Pollièvre and his gang of Conservatives, I believe that our leaders should only serve two terms in office. If they cannot achieve their objectives within that timeframe, then it's time for them to move on and find another job. I guess it's time to accept this new reality and prepare for a shift to the right. Who knows, maybe the pollsters will be wrong, and we will end up with another minority government. A writer can

dream, can't he?

At least all our political representatives do not have criminal records. I'm not sure which Canadian leader or political party is best suited to work with the convicted felon now occupying the White House. Even before being sworn back into office, Donald Trump proved himself unfit for office. I don't know how other Canadians feel, but I have no interest in becoming an American or living in an American state. On the other hand, perhaps a few states would be interested in joining our wonderful country. After all, we have maple syrup, poutine, a plentiful supply of oil and lumber and a decent healthcare system, not to mention an endless supply of double-doubles.



This year is shaping up to be one of considerable political change, uncertainty, and turmoil. I certainly hope that by the time we finalize this issue, some stability will have emerged across the continent and that conditions will not worsen. Unfortunately, we recognize that anything is possible.

Be well and be safe.

PS

*I am going to miss doing this!*

Online: [Horizon/Kol Echad covers, 1991-2024](#)



# FEBRUARY MEETING

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The future (or lack) of Forestdale Heights Lodge was front and centre as members gathered online for the first meeting of the year on Tuesday, February 11.

Those in attendance included Lodge co-presidents Ruth Pupko and Debbi Silver, alongside Zoom moderator Jeff Rosen, who was filling in for a vacationing Stewart Indig, Lisa Rosen, Albert Ohana and Ray & Rosalie Moscoe.

Debbi opened the meeting by asking members present if they were interested in running the popular Purim Megillah reading program again. After everyone agreed that it would be a worthwhile endeavour, Carl said he would try to get all the pieces in place for the program to be held on **Thursday, March 13 at 8 p.m.**

Kol Echad was next on the agenda, with members thanking me for maintaining the bulletin over the past three decades. The final issue will be the May/June bulletin.

The remainder of the meeting was devoted to the future of Forestdale Heights Lodge. While a few members admitted they would like to see the Lodge continue, everyone acknowledged that no one was interested in running the operation.

Finally, a motion was put forth to terminate and dissolve Forestdale Heights Lodge and to consider and deal with all ramifications.

The motion will be sent out to all members, and a discussion and vote will be held at an in-person meeting on **Tuesday, April 29, at 7 p.m.** at Ruth Pupko's condo building. Details of the meeting are to be sent out to all members.

*Jeff Rosen*





# FHL BUSINESS

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February 28, 2025

Dear Members,

The Executive of Forestdale Heights Lodge informs you of a very important Meeting of the Lodge that will consider the very future of our Lodge. The Meeting will take place on **April 29, 2025 at 7:00 pm.**

Unfortunately, membership of our Lodge has dwindled over the years and there are only approximately 17 members of the Lodge. And fewer and fewer members have remained active or have participated in its programs. As a result, programming has suffered.

Attendance at Lodge Meetings has become problematic and we have on occasions failed to obtain a quorum necessary to transact the business of the Lodge. It also seems that members of the lodge are not prepared to take on executive leadership duties of the Lodge, and without such leadership, the Lodge cannot function.

This situation has prompted a Motion by members of our Lodge to terminate and dissolve Forestdale Heights Lodge and to consider and deal with all ramifications of such a decision. It is this Motion that will be brought forward on **April 29, 2025**. Please see the formal Motion as provided.


It is accordingly critical for our members to attend as the future of the Lodge could be decided at this Meeting. If the Lodge votes to terminate and dissolve Forestdale Heights the important task of how to wind down the Lodge and what to do with its assets will need to be decided at this Meeting.

**The Meeting will take place In the Main Floor Hobby Room at the Condominium Building at 7 Townsgate Drive, Thornhill, Ontario at 7:00 pm on Tuesday, April 29, 2025.**

If you experience any difficulties gaining entrance into the building please contact Ruth Pupko at 905 709 2675.

As the Lodge will be providing a free dinner for all members in attendance, we ask that you please contact one of our Presidents to rsvp so proper quantities of food can be ordered. Please note that you must be in attendance to vote on this Motion. The Lodge Constitution does not provide for proxy voting.

Yours truly,  
Ruth Pupko and Debbi Silver  
Presidents, Forestdale Heights Lodge



# FHL BUSINESS

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## IMPORTANT NOTICE

### NOTICE OF MOTION

**TO:** All Members of Forestdale Heights Lodge

Whereas, membership in Forestdale Heights Lodge (the ‘Lodge’) has dwindled over the years;

Whereas, there are only approximately 17 members of the Lodge;

Whereas, fewer and fewer members have remained active in the Lodge and/or participate in its programs;

Whereas, fewer and fewer members have been attending meetings of the Lodge;

Whereas, it has become difficult to obtain a quorum at meetings of the Lodge necessary to transact the business of the Lodge;

Whereas, members of the Lodge are not prepared to take on executive leadership duties of the Lodge, and without such leadership, the Lodge cannot function;

Whereas, under such circumstances, it appears necessary to dissolve and terminate the Lodge and to consider and deal with all ramifications thereto;

Whereas, the Constitutional Committee and the Executive of the Lodge recommend that this Motion proceed for the consideration of the members of the Lodge.

**TAKE NOTICE that a MOTION** will be brought returnable at the Lodge’s next meeting on Tuesday, April 29, 2025 at the Condominium Building at 7 Townsgate Drive, Thornhill, Ontario, in the Hobby Room (Main Floor) at 7:00 p.m. to terminate and dissolve the Lodge and to consider and deal with all ramifications thereto, and after an opportunity for submissions by members in attendance for a vote on such MOTION to take place.

**Please Note:** You must be present at this meeting to Vote.

**Dated:** February 28, 2025

Ruth Pupko and Debbi Silver  
Presidents, Forestdale Heights Lodge



# MILESTONES

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## Birthdays

Michael Pacter

March 9

Marc Pollock

March 12

Ray Moscoe

March 22

Elizabeth Bloom

April 4



*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).*

***BEFORE THERE  
WAS AMAZON,  
THERE WAS...***

## CONSUMERS DISTRIBUTING COMPANY LIMITED

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Advertised Name-Brand Products*

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TUESDAY to FRIDAY ... 9 a.m. to 9 p.m.

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# B'NAI BRITH CANADA

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## 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.



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## CONFIDENTIAL REPORTING ANTI-HATE HOTLINE



B'nai Brith Canada operates the 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 1-800-892-6224.

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If you would like to look back on where we came from, go to the  
Wayback Machine at

<https://bit.ly/4glRllo>

OR

<https://bit.ly/3ZJHce6>

*Horizon On-Line*

People Helping People

**July 2001**

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# PERSPECTIVES

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## CELEBRATING PASSOVER AROUND THE GLOBE

The scattering of the Jews around the world over thousands of years to nearly every continent has meant that our traditions have evolved and been adapted to many different cultures and settings. As we join our own families and friends for seders in the Bay Area, we take comfort in knowing that Jews in every corner of the world will be having their own seders.

### In Morocco – Inviting neighbours over to eat sweets

Families of Moroccan and Algerian descent rejoice in the end of Passover with a Mimouna, a celebration that includes a feast of lavish sweets and pastries.

A table is heaped with items symbolizing luck or fertility, many repeating the number 5, such as dough with five fingerprint marks or five silver coins. Fig leaves, live fish, stalks of wheat, and honey might also be included. Among some Moroccan Jews, participants enter the ocean and toss pebbles behind their backs to ward off evil spirits.



### In Ethiopia – Destroying earthenware dishes

Ethiopian Jews strongly identify with the story of Passover and, because they lacked Haggadot in Ethiopia, observe a local tradition of reading Exodus directly from the Torah. In some Ethiopian families, the matriarch destroys her earthenware dishes and makes a new set to mark a proper break from the past. During the holiday, Ethiopian Jews refrain from eating fermented dairy, such as yogurt, butter, or cheese. Matzah is homemade, often fashioned from chickpea flour, and on the morning of the Seder, a lamb might be slaughtered.

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### **In Afghanistan – Whipping each other with scallions**

Jews have lived in Afghanistan since at least the Babylonian conquest more than 2,500 years ago, but, very sadly, almost none remain today. One distinct local tradition was using scallions or leeks to stand for the Egyptian slave drivers' whips, using them to lightly "whip" each other's backs. Today, the largest group of Afghan Jews in the world is comprised of 200 families in Queens, New York.

### **In Poland – Re-enacting the crossing of the Red Sea**

Hasidic Jews from the Polish town of Góra Kalwaria re-enact the crossing of the Red Sea on the seventh day of Passover by pouring water on the floor, lifting up their coats, and naming the towns that they would cross in their region of Poland. They raise a glass to each town and thank G-d for helping them reach their destination.

### **In Spain – Tapping guests on the head**

In a custom that began in Spain in the 14<sup>th</sup> century, the seder leader walks around the table three times with the seder plate in hand, tapping it on the head of each guest. Many Moroccan, Turkish, and Tunisian Jews adopted this Sephardic tradition, which is said to bless those whose heads are tapped. This is sometimes connected to the Talmudic custom of "uprooting" the seder plate so guests might ask questions about the Jews in Egypt.

### **In South Africa – Apples are the key ingredient.**

South Africa has a vibrant and thriving Jewish community with a history that reaches back to immigration from Europe in the 19<sup>th</sup> century. Today, around 70,000 Jews remain.

Despite the adherence to tradition, local influences still sneak into the seder meal. They have traditional gefilte fish, but it's more ball-shaped and has a yellow tint from saffron. Most striking is South Africa's positioning in the southern hemisphere, which means North America's familiar autumn produce is in season during South Africa's Spring.

<https://bit.ly/3Sij1hx>



# PASSOVER GREETINGS 5785

Wishing everyone peace, good health and happiness.

*Debbi Silver & Family*

The Kates Family extends to its FHL family its best wishes for a

חג פסח כשר ושמח

*Marc, Rachel, Seth, Eve and Joelle*

Wishing all members and their families a happy, healthy and meaningful Passover holiday.

*Carl and Debby Zeliger & Family*

Sending warm thoughts and blessings as you gather at the Seder to celebrate with those you love.

*Ruth and Aaron*



We would like to wish  
all members of FHL  
a very happy Pesach

***Chag Sameach!***

*Jeff, Lisa  
and Jordana Rosen*



**Ira & Paula Kuchinsky**

Wish a very  
**Happy Passover**  
to our friends  
& fellow  
Lodge members

Happy, healthy & safe Passover.  
May 2024 bring us all a better year.  
*Honey and Albert & family*

**Happy  
Pesach** 

**FHL Executive would like to wish  
everyone a wonderful Pesach.**







*Chag  
Sameach*

Wishing everyone  
a happy and healthy Passover

*The Indig and Levy families*

**To all our Lodge sisters,  
brothers and their families,  
we wish you health,  
peace, prosperity and  
all the joys of Passover**

***Raymond and Rosalie Moscoe  
& Family***



A message to Forestdale  
Heights Lodge members

Wishing you and yours a  
healthy and happy Passover



**Keith Irish**

Councillor Ward 1 — Thornhill  
(905)948-5101

[kirish@markham.ca](mailto:kirish@markham.ca)

[@KeithIrish1](https://twitter.com/KeithIrish1) [Instagram Keith.Irish](https://www.instagram.com/Keith.Irish)



☎ 416-392-1371 ✉ Councillor\_Pasternak@Toronto.ca 🌐 www.JamesPasternak.ca

# CHAG PASSOVER SAMEACH

TO YORK CENTRE AND BEYOND!



Councillor  
**James Pasternak**  
York Centre



# CORRESPONDENCE



## Canadian Friends of Meir Panim

5764 Ilan Ramon Cr.  
Montreal, Quebec H4W 3L4  
Tel: 514.907.2569 | 416.626.9685 | Fax: 514.482.3859  
Email: [canadaoffice@meirpanim.org](mailto:canadaoffice@meirpanim.org) | [www.meirpanim.org](http://www.meirpanim.org)

December 1, 2024

Forestale Heights Lodge  
Thornhill, ON

Dear Friends,

This past year, thanks to your support, we've empowered over 30,000 children with the tools they need to grow into thriving adults. Together, we've provided more than food; we've opened our hearts, showing them and their families that they, too, can dream of a life without hunger-where they go to bed nourished, proudly carry their school supplies, and enjoy the freedom of a fun summer at camp.

Meir Panim has brought communities together through free Rosh Hashana feasts, Passover Seders, Purim celebrations, and much more. We've been able to arrange weddings for couples who couldn't afford a hall and bar mitzvahs for families facing hardship. None of this would be possible without you. YOU are the force driving Meir Panim forward each year.

On behalf of the families, children, couples, and individuals whose lives you've touched, we extend our deepest gratitude. As the month of Kislev-The month of lights comes to a start, we ask once again for your partnership in lighting the way toward a brighter future and a hopeful year for countless children in need.


As we wish each other a sweet and warm season, let's remember our community in Israel. By helping us provide nourishing meals, you're also nurturing minds and spirits, allowing these children and families to reach their fullest potential.

Together, we can create a winter season as sweet as honey. With your support, through our restaurant initiatives, meals-on-wheels, and vocational programs, we can make this Year-and many more to come-filled with happiness and hope.

To all who have supported us, who continue to stand by our side, and who may one day join us in our mission, we thank you endlessly. Your faith in Meir Panim fuels everything we do. Because of you, we can envision a future where every child goes to sleep fed, every family is fulfilled, and the Israeli community grows stronger. Thank you for your partnership, your generosity, and your heart. Together, let's continue building a brighter, kinder world.

From our family at Canadian Friends of Meir Panim to yours, we wish you a blessed Season. May these coming days be even better than the last!

Thank you! Merci! Toda!

  
Avi Kimchi  
E.V. President



# CORRESPONDENCE



## EZER MIZION CANADA

Phone: 647.799.1475  
Toll Free: 1.877.544.3866

[canada@ezermizion.ca](mailto:canada@ezermizion.ca)  
[www.ezermizion.ca](http://www.ezermizion.ca)

701-1110 Finch Avenue West | Toronto, ON | M3J 2T2

November 14, 2024

Mrs. Ruth Pupko  
Forestdale Heights Lodge  
Thornhill ON

Dear Mrs. Pupko,

On behalf of Ezer Mizion Canada, I would like to thank you for your generous donation of **\$100.00**.

Your generous contribution plays a vital role in supporting Ezer Mizion's crucial war efforts. Your support directly aids essential services, such as ambulance operations, food distribution to frontline soldiers, assistance to homebound patients and the elderly, and our 24-hour mental health hotline, among other critical initiatives.

We deeply appreciate your commitment to making a positive impact on the lives of those who need. Your generosity is making a meaningful difference.

With heartfelt gratitude,

Dan Rand  
Executive Director, Ezer Mizion Canada



# CORRESPONDENCE



## AID TO **DISABLED VETERANS OF ISRAEL** (CANADA)

January 9, 2025

Ms. Ruth Pupko  
President  
Forestdale Heights Lodge  
Thornhill, ON

Dear Ms. Pupko:

On behalf of Beit Halochem Canada, Aid to Disabled Veterans of Israel, we thank you for your most generous contribution of \$1,000.00.

The October 7<sup>th</sup> terror attacks made clear that, while we long for peace, the need to defend Israel is always present. We are steadfast in our solidarity with Israel and her citizens and share in the unspeakable grief of the thousands who have lost loved ones.

As the only organization legally responsible for the well-being of all Israel's injured veterans, Beit Halochem's role is more vital than ever. Since October 7, thousands of Israel's defenders have been wounded and the unprecedented numbers continue to climb each day of the ongoing war. Young men and women already designated as disabled veterans by Israel's Ministry of Defense have started, or will soon start, their rehabilitation with Beit Halochem.

We thank you, once again, for your commitment to assisting Israel's disabled veterans. Your support of Beit Halochem Canada is more significant than ever. Together, we will *Help our Heroes Heal*.

Sincerely,

Lisa Levy  
National Executive Director

219-1600 Steeles Avenue West, Concord, ON L4K 4M2  
Phone: 905.695.0611 • 1.800.355.1648 • Fax: 905.695.0612  
info@beithalochem.ca • www.beithalochem.ca  
charitable registration no. 11877 9081 RR0001



# OBITUARY

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**Lila Sarick**  
**The Canadian Jewish News**

The CEO of B'nai Brith Canada, who took over a debt-riddled non-profit and revitalized it into one of the country's leading Jewish advocacy groups, died February 4 of brain cancer. He was 50 years old.

Soon after he took on the top job, Michael Mostyn began to turn the 150-year-old organization around. The organization's heavily mortgaged office building in Toronto was sold, as was an Alzheimer's care facility.

B'nai Brith's free weekly newspaper, founded in 1964 as The Covenant and later renamed the Jewish Tribune, was also closed as part of the overhaul in how the organization handled communications.

"We're great at affordable housing. We're fantastic at standing up for human rights and fighting antisemitism, fighting bigotry, putting on programs to help the least fortunate in our community," Mostyn told The CJN in 2016.

"So, it's a matter of prioritizing, which we did, and [we're] really going through a process of reinvention for the next generation."

Mostyn was awarded the Queen Elizabeth II Diamond Jubilee Medal and the King Charles III Coronation Medal, for his advocacy on behalf of the Jewish community and marginalized groups.

At an overflowing funeral on February 5 at Benjamin's Park Memorial Chapel in Toronto, politicians and colleagues testified to the impact he had.

"He was front and centre in leading the efforts to have Iran's IRGC (Islamic Revolutionary Guard Corps) listed as a terrorist organization, and for provinces and cities to adopt the IHRA definition of antisemitism," said Toronto city councillor James Pasternak in his eulogy.

Continued on next page



“Michael was a regular at city hall deputing on important issues at the various committees, joining us at times of celebration of Israel, Jewish holidays and remembrance and reaching out to elected representatives of all three levels of government to spread the vital message of watching for the dangers of hate and the scourge of antisemitism.

“He was not afraid to call out those in society who would incite and give speeches of hate. He praised police when the job was well done, but pointed out when there was work to be done.”

Mostyn ran for the federal Conservatives in 2004 and 2006 and for the Ontario PCs in 2011 in the riding of York Centre, but was not elected. It was through campaigning that he met Michael Levitt, the former Liberal MP for the riding who is now the head of the Jewish advocacy organization, Friends of Simon Wiesenthal Center.

“Even though Michael and I were playing on different teams in the political arena, we hit it off right away,” Levitt said in his remarks at the funeral. “We both shared a strong commitment to the Jewish community and to Israel.

“I remember him coming to Parliament to brief MPs each year on the B’nai Brith’s annual audit of antisemitism in Canada. Everybody in Ottawa on both sides of the aisle knew how strong and driven he was. He commanded great respect on Parliament Hill.”

Born and raised in Toronto to parents Sheila and Alan, Mostyn studied law and joined his father and brother in the family law firm.

“And then B’nai Brith called for him, and he left me, but it was a good move, I couldn’t afford him. He was a great lawyer,” his father said.

He served as B’nai Brith’s national director of public affairs in Ottawa from 2006 to 2010. He then joined a high-tech firm as chief strategic officer in 2012—but he soon returned to B’nai Brith.

As the CEO, he turned the organization’s efforts to confront antisemitism.

Michael Mostyn is survived by his wife Ella, his children, Benjy and Bella, his parents, Alan and Sheila; his sister, Sari Rudick and brother, Matthew; and nieces and nephews.

Reprinted in part from <https://thecjn.ca/news/michael-mostyn-obit/>





# COMMUNITY

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## COMMUNITY RESOURCES TO FIGHT ANTISEMITISM

New link: [www.outsmartingantisemitism.com](http://www.outsmartingantisemitism.com)

UJA UPDATES: [www.jewishtoronto.com/activist-updates](http://www.jewishtoronto.com/activist-updates)

To report issues and discrimination, [info@jewishtoronto.com](mailto:info@jewishtoronto.com)

UJA Legal Task Force with Centre for Israel and Jewish Affairs (CIJA):  
[ltf-war@cija.ca](mailto:ltf-war@cija.ca)

To report hate crimes and threats:

Call Toronto Police at 416-808-2222

York Region Police at 866-876-5423

Peel Region Police at 905-453-3311

Halton Region Police at 905-825-4777

and UJA Community Security at 416-635-5600

DOWNLOAD THE BNAI BRITH ANTI-HATE APP AT [www.bnaibrith.ca](http://www.bnaibrith.ca)

Canadian Jewish Political Affairs Committee  
training sessions on getting involved  
with the political process: <https://cjpac.ca/>

REPORT GRAFITTI TO THE POLICE:

<https://www.tps.ca/services/online-reporting/graffiti/>



# FOOD SENSATIONS

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## Easy Ground Chicken Meatballs (Sweet and Sour)

### INGREDIENTS

#### Meatball ingredients

1 egg  
2 tablespoons matzo meal  
1 clove garlic, minced (or 1/4 teaspoon  
garlic powder)  
1 teaspoon salt (or a bit more if using  
kosher salt)  
1/4 teaspoon black pepper  
1 1/2 pounds ground chicken,  
white or dark meat

#### Sauce ingredients

1 1/2 cups ketchup  
2 cups ginger ale

### PREPARATION

#### PREPARE GROUND CHICKEN MIXTURE:

In a large bowl, mix the egg, matzo meal, garlic, salt and pepper. Add ground chicken and combine evenly but lightly. Don't over-mix, or meatballs will be tough.

#### BOIL SAUCE:

Add ketchup and ginger ale to a medium to large pot. Bring to a boil over medium-high heat.



Continued on next page



## **FORM MEATBALLS AND ADD TO SAUCE:**

Have a bowl of water nearby to wet your hands, as the mixture is sticky. Grab a little blob of chicken mixture and flop it back and forth between your two hands to lightly form a ball – about 1 1/2 inches/3.8 cm. It doesn't have to be perfectly round. Try not to handle too much. Gently drop the meatball in the boiling sauce. Repeat using the entire mixture. You will get about 25-30 meatballs. Alternatively, form all meatballs and then drop them in one at a time.

Gently swirl the pot on the stovetop to 'stir' the meatballs and sauce. Stirring with a spoon can break them apart. After 5 minutes, they will be solid enough to stir.

## **COOK MEATBALLS:**

Lower heat to medium-low heat and simmer for 1 hour, covered. Partially uncover the pot and cook for another 30 minutes. Stir, then uncover the pot and cook another 30 minutes. The sauce will thicken (it will coat the back of a spoon) and even thicken more with standing or in the fridge. The total cooking time is two hours. If you're in a rush, 90 minutes will be fine, with the cover off for the last 45 minutes. Taste and adjust seasonings if needed, e.g. a squeeze of lemon juice if too sweet or a bit more salt.

## **RECIPE NOTES**

Chicken options for meatballs: I use ground chicken (preferably dark meat, which is more flavorful). White meat chicken, ground beef, ground veal, ground pork, ground turkey or a mixture are all good options.

*Add-ins for more flavorful meatballs:*

1 tablespoon of finely grated onion or 1/2 teaspoon onion powder.

1/3 cup/20 grams chopped fresh parsley.

Too sweet? Add a squeeze of lemon juice.

Is the sauce too thin? Add one tablespoon of cornstarch and one tablespoon of water to the simmering sauce or uncover the pot and cook the meatballs longer.

Want it spicy? Add a good pinch of red pepper flakes to the sauce.

<http://bit.ly/4gCQ222>



# FOOD SENSATIONS

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## The Best Gefilte Fish Ever

### FISH INGREDIENTS

2–3 medium carrots, peeled  
2 medium onions, peeled  
5 whole eggs  
2¼ lbs. (1 kilo) ground fish, i.e.  
carp or cassif (silver carp),  
or a half-half mix; or a mix of  
whitefish and pike  
½ cup sugar  
3 tsp. salt  
1 tsp. pepper

### BROTH INGREDIENTS

½ tsp. salt  
¾ cup sugar  
1 onion, peeled and halved  
1 carrot, peeled  
2–3 fish bones or fish heads, optional



### INSTRUCTIONS

Grind the carrots and onions in a food processor together with two of the eggs until it is smooth. Put the remaining ingredients into a large mixer bowl and add the blended vegetable mixture. Beat this together for 15 minutes on medium speed until it is well mixed and has a thick consistency. Cover the bowl and place it in the refrigerator for at least an hour, or overnight if necessary, before shaping. The mixture can be shaped into balls and cooked right away, or frozen into logs for later use.

Continued on next page



Fill a large pot halfway with water. The pot should have room for the fish to expand. Add the ingredients for the broth. When the broth is boiling rapidly, add the fish. Cover the pot halfway, turn the flame low, and simmer for about 1½ hours. If you are using frozen fish logs, follow the same directions for the broth, and after the water boils, remove the paper or plastic covering while it is still frozen and place the log in the water. After the fish is cooked, put it in a large plastic container with some broth and vegetables. To keep the fish balls from getting squashed while storing them, lay them out in a single layer. Serve with homemade chrein and mayo for fantastic results!  
**Yields:** 3 medium loaves or 30 balls

**Tamar Ansh**

[bit.ly/40UA4KE](http://bit.ly/40UA4KE)



# FOOD SENSATIONS

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## Easy Crunchy Baked Chicken

### INGREDIENTS

- 1 chicken cut up 4 (6 oz.) boneless, skinless chicken breasts
- 1 ½ cups salad dressing
- 1 ½ cups Matzo Meal or Pesach “breadcrumbs”
- 1 teaspoon kosher salt
- ½ teaspoon black pepper

### INSTRUCTIONS

Marinate the chicken in Italian dressing for at least 30 minutes and up to 24 hours.

To reduce calories, remove as much of the skin as possible. This also allows the crumbs to stick to the chicken.

Preheat the oven to 350.

Place “breadcrumbs” in a shallow bowl and season with salt and pepper.

Remove chicken from the marinade (discard the marinade). Coat both

sides of the chicken in Panko breadcrumbs, pressing to help it adhere.

Place chicken pieces on a baking pan covered in aluminum foil - easy clean-up! Spray the tops of the chicken breasts with cooking spray. This helps it get browned and crisp.

Bake at 350 for 60 minutes, until golden brown and chicken is cooked through. Serve hot and enjoy!



You can use homemade Italian dressing or store-bought.

Recipe adapted from this website:

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





# HARMONY

Rosalie Moscoe

His hands shook, and his face was flushed with excitement.

## ENDINGS AND BEGINNINGS

Sam leaned forward in the chair, as he had been taught, held firmly to the walker, and, in a split second, was standing up. With a look of determination on his weathered face, my father took one step after another.

“Nothing’s going to keep me down,” he said as he wheeled

his walker down the long hallway of the nursing home where he lived. A tall man, he took long strides but had an unsteady gait, much like a young colt learning to walk. To look at him, wearing his sturdy shoes, one would never guess he had only one good leg – and even that one had no toes. Nine months earlier, his other leg had been amputated below the knee. This was his first day back at his nursing home after being at a rehabilitation hospital for three months. People marvelled at his persistence.

A diabetic, he still ate chocolate bars, often hiding them in his pocket along with his numerous lottery tickets. Dad couldn’t really manage to cross the road to the corner store, so with a smile or even an offering of a cash tip, he lured visitors or fellow residents to fetch him his forbidden chocolate treats or a prized lottery ticket – his ticket to freedom. Before his amputation surgery, Dad had said he would rather die than lose his leg. Nevertheless, Dad lived on, fondly nicknamed by his family “the Energizer battery.” For most of his life, Dad had been a men’s wear salesman. He had been used to standing on his feet and loved taking long walks. To lose his leg was a bitter pill to swallow, and he was despondent for weeks after.



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Eventually, he grew to like the nursing home or at least make peace with it. His former cheerful yet salty personality returned, and he liked and cajoled with most of the staff, often pinching the nurses or therapists as they walked by. But then, sometimes, he got into heated arguments if they didn't answer his calls fast enough.

Most of the time, he raved about the "delicious" food. However, some days when I arrived to visit, he complained bitterly about his last meal and threatened to leave if the food didn't improve. Dad had made a few new male friends (a definite minority at the home), and they often hung out in the front lobby where all the action seemed to happen. Dad was the unofficial greeter at the home, yelling, "Hello" to all that entered. To my surprise, Dad enjoyed going to the religious services conducted in the basement synagogue of the home every Saturday morning. That was a side of him I seldom saw growing up. After a bit of persuading, he often attended the activities at the home: current events, arts and crafts sessions and residents' birthday parties, especially if the refreshments were cake and cookies.

His wheelchair, seldom used, now sat empty in the corner of his room that he shared with three other men. At 86 years old, few thought he would succeed at the onerous task of wearing a prosthesis. The doctor who had performed the amputation and his team of therapists had said he wasn't a candidate for prosthesis – it was for "mental reasons" they had refused him. "He would never remember what to do," his doctor had said. Often, my Dad forgot my name, but now it appeared that he hadn't forgotten how to walk. Dad persisted, badgering me each time I walked through the door of his nursing home to find another doctor who could fit him with a prosthesis. His persistence paid off, and finally, I found another doctor and hospital to rehabilitate him.

Molly, his wife of nine years, now in her late seventies, had been devastated when he was placed in a nursing home after the amputation - not that she could look after him anymore. Besides, their tiny apartment filled with two households of furniture left little room for my Dad to manoeuvre his wheelchair. Molly would not allow a stick of furniture to be discarded.

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Just weeks after he was admitted to the nursing home, Molly started feeling ill; she thought it was indigestion. Even so, she continued visiting Sam at the home, taking three buses to get there. While Sam and Molly often scrapped, they seemed to have a genuine affection for each other as well. Besides, they had enjoyed a pleasant social life, going to seniors' dances and parties and even once to Florida. A short, buxom woman with a blonde, bouffant hairstyle, Molly and my Dad made an odd-looking couple, as my Dad was slender and at least a foot taller. She had been a saviour to my Dad (and me) after my mother had died. Dad kept assuring Molly he'd be up on his feet once again and come home to her. He still had dreams of pursuing his former life.

But now Molly was in hospital dying, having been admitted six weeks earlier and failing fast. Dad visited Molly every week, arranging the Wheel-Trans bus to pick him up and return him to the home. "Maybe she'll come out of it," my Dad had said, seeing her wither away week after week. After the last visit before she died, he finally broke down and cried. He had told her about being fitted for his new leg, but she had vaguely nodded and attempted a weak smile.

At 86, alone once more, Dad was starting over – again. He lived another year and a half and, near the end, battled more illness, pain and surgery. However, his humour and bad temper remained intact until his death. While torn-up lottery tickets may be my only inheritance, – courage, humour, strength, and tenacity will definitely be my rich legacy.





## AS I SEE IT

Marc Kates

**P**assover marks our redemption from Egypt and how the descendants of a family turned into a nation. It was through the crucible of Egypt and 210 years of slavery that moulded us. Every day, we are reminded in our prayers, “zecher l’tziyat mitzrayim.” That event, the



Exodus from Egypt, was miraculous. That was the first step towards Mount Sinai and the receiving of the Torah. The fact that we are still here, speaking in the same language, following the same rituals, and living in our ancestral homeland is also nothing short of a miracle.

I can’t imagine the feelings of our ancestors, watching with their own eyes the affliction of the ten plagues on the Egyptians, knowing that their redemption was around the corner. What were the conversations about the night they consumed the pascal lamb? Could an enslaved people even comprehend the notion of freedom?

It is said that the Israelites had descended to the 49<sup>th</sup> level of impurity, and had they been on the 50<sup>th</sup> level, they would not have been redeemed. There was no life beyond servitude. Nonetheless, B’nei Israel were freed from the bondage of slavery, and our nation was born.

I find myself also anticipating a redemption. I have many emotions flowing through me. I feel wronged. I’m angry. I feel sucker punched repeatedly, each blow coming from a different angle? I feel on edge. I know that I am going to be attacked – I feel it coming, but I’m not sure from where. Is it going to be from the media, encampments at universities, my own government, or a colleague with whom I exchange pleasantries each morning at the photocopier? Is this what the Israelites felt in the wilderness of Sinai when Amalek, bent on the destruction of the Jewish people, attacked them?

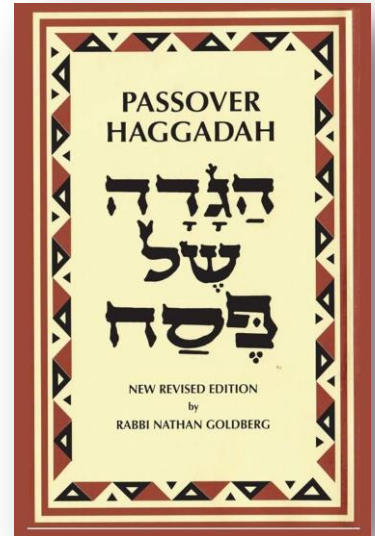
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Our tradition teaches us that it is always darkest before the dawn. Our Jewish tomorrows don't start in the morning, but at the sun's setting the night before. The new moon appears in the sky, signalling a new Jewish month only after we have seen its complete disappearance. Our moon, like us, waxes and wanes. The moon goes through a cycle, but ultimately emerges. Even in these dark days, we will emerge even brighter than before.

As we sit down at the Seder table this year, and we are once again joined by some of our returned brethren, our thoughts are with those who in captivity, still long to be redeemed. We pray that redemption of all forms comes speedily in our days.

As it says in the Haggadah, "And it is this (the Torah) that has stood by our ancestors and for us. For not only one (enemy) has risen up against us to destroy us, but in every generation they rise up to destroy us. But the Holy One, Blessed be He, delivers us from their hands."



## CONFIDENTIAL REPORTING ANTI-HATE HOTLINE

B'nai Brith Canada operates the 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 1-800-892-6224.

# FORESTDALE FUNNIES

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Two Jewish men are walking through a game park & they come across a lion that has not eaten for days. The lion starts chasing the two men. They run as fast as they can, and one guy starts getting tired and decides to say a prayer, "Please turn this lion into an observant Jew, Lord." He looks to see if the lion is still chasing, and he sees the lion on its knees. Happy to see his prayer answered, he turns around and heads towards the lion. As he approaches the lion, he hears it saying a prayer: "Hamotzi lechem mein haaretz. Thank you, Lord, for the food I am about to receive."



## THIS JUST IN:

U.S. President Donald Trump has criticized the Great Lakes, declaring that they are not so great and promising to make them even greater, probably the best in the world. Under his plan, Lake Ontario will be renamed Lake New York, Lake Superior will become Barron Lake, and Lake Huron will be renamed Lake Ivanka. The other

lakes will retain their original names since they are connected to what he calls "failed lakes." Additionally, the St. Lawrence River will henceforth be known as the Melania River. When asked about naming opportunities for his other children, the newly elected president mentioned that he is reserving their names for recently annexed territories.

Trump is out for dinner at a French restaurant with Putin.

The waiter asks Putin what he would like to order.

"I will have the chicken," says Putin.

The waiter replies, "And for your vegetable?"

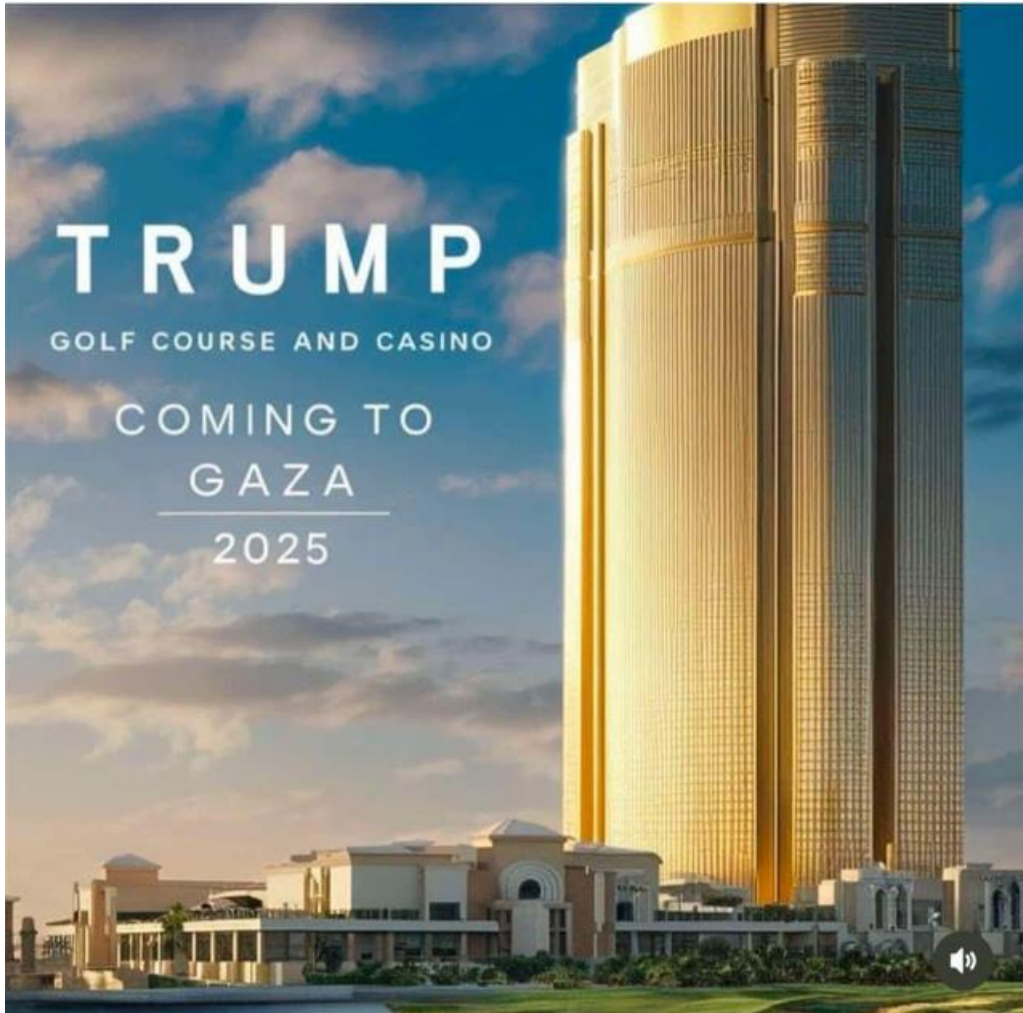
"He will also have the chicken."



# FORESTDALE FUNNIES

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Now being run by General Manager Ben Netanyahu



# FORESTDALE FUNNIES

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UPS tracking: "Your package is in X City, USA on a truck driven by Bob and will be at your door at 2:37pm"

FedEx: "Your package is coming, you'll get it when we give it to you."

USPS: "You ordered something?"

7/27/18, 11:48 AM

Amazon: "We're inside your apartment."

Facebook: "We know you were just thinking about getting a toaster oven. Here are 15 ads for toaster ovens."

**You mean this phone doesn't take photos?**



A Cantor is in the waiting room at his Doctor's office and finally, the Doc arrives. "Hello Cantor, what seems to be the problem today?"

The Cantor replies "Doc, you've gotta help me. I can't stop singing 'She's a Lady' in front of my congregation instead of Sh'ma Yisroel.

The Doc says "Oh yes you are suffering from 'Tom Jones Syndrome'"

"Is it common?" the Cantor asks

"Well it's not unusual"



The Trump family is flying from New York to DC when Donald looks down on the cities below and says "I think I'll throw a \$1000 bill out the window and make some American happy," Melania says "Oh honey, why not throw ten \$100 bills out the window and make ten Americans happy?" So then Ivanka says, "Even better daddy, throw 100 ten dollar bills out of the window and make 100 people happy? To which the pilot says "Why don't you all jump out the window and make the whole country happy?"

# LOOKING BACK

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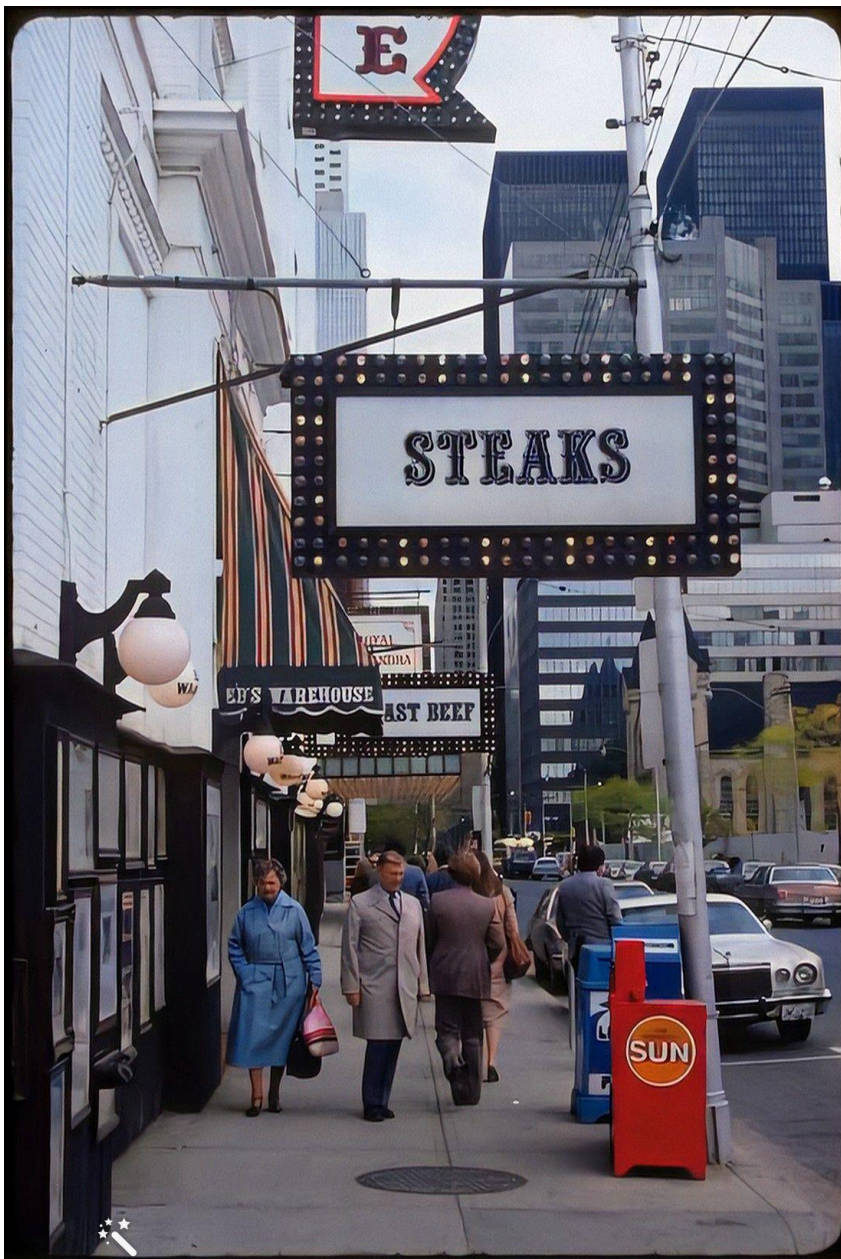
Above: The North East corner of Yonge and Eglinton in 1900. [City of Toronto Archives] Below: Same area in 1981.



# LOOKING BACK

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**Ed's Warehouse  
restaurant on King  
Street in 1981.**

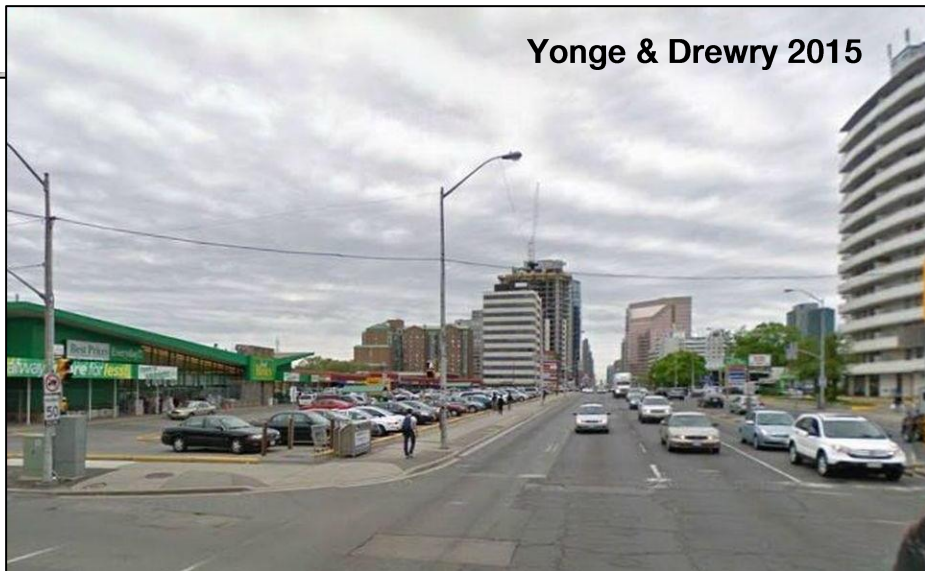
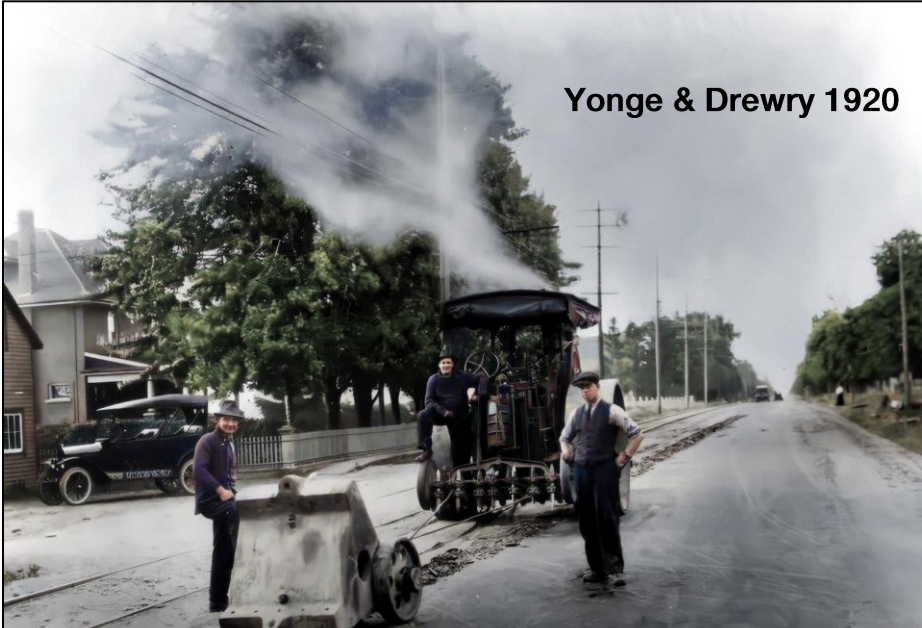
**City of Toronto  
Archives**



# LOOKING BACK

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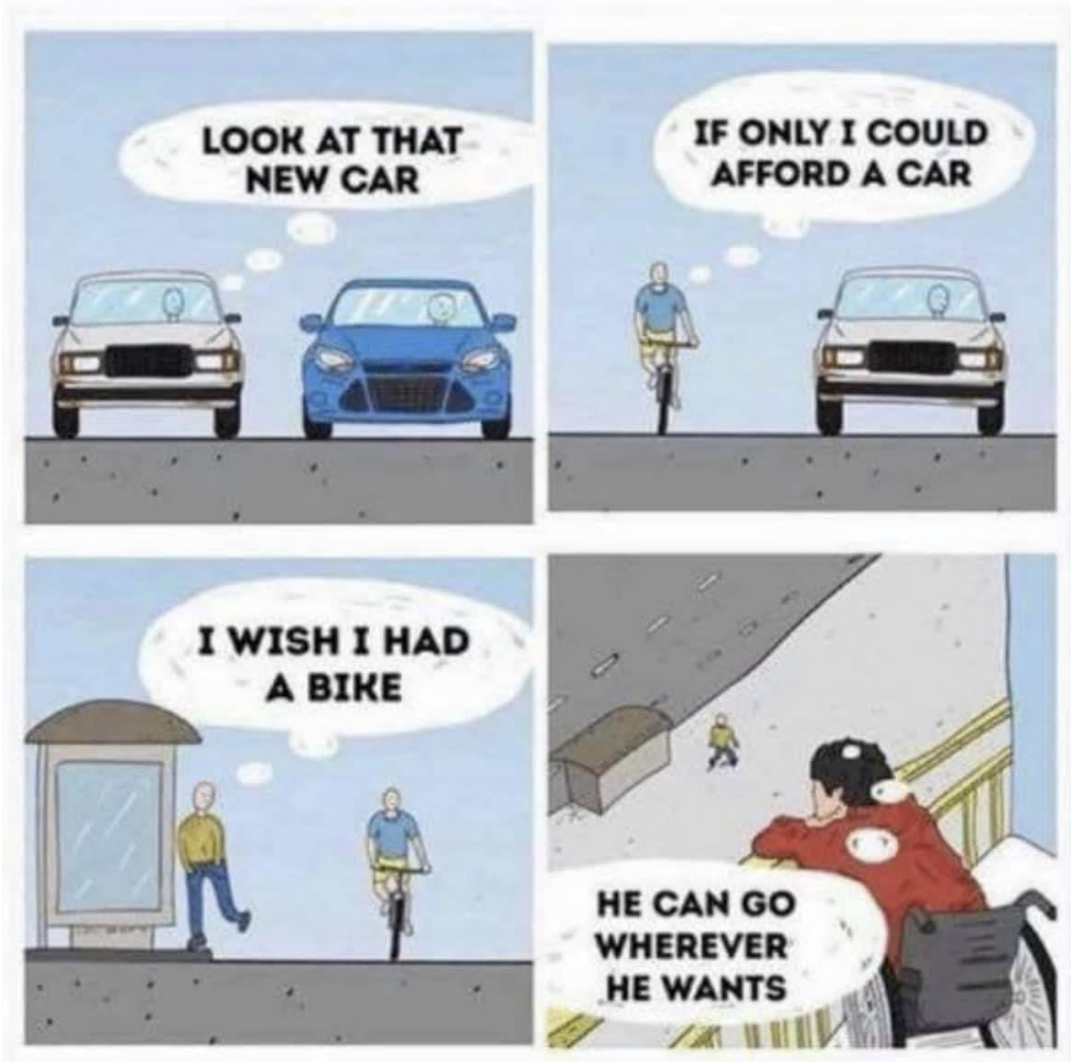
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# FINAL THOUGHTS

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Perspective is everything





**FORESTDALE  
HEIGHTS  
LODGE**

*Proudly serving the community since 1967*