

KOL ECHAD

April 2013
Nissan/Iyyar 5773



FORESTDALE HEIGHTS LODGE, B'NAI BRITH CANADA

KOL ECHAD

Kol Echad is the official publication of Forestdale Heights Lodge. It is published 10 times a year.

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

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

Advertising

Harvey Silver

Editing Staff

Marc Kates

Lisa Rosen

Debbi Silver

Printing/Mailing

Aaron Pacter

Michael Pacter

COVER ART

Kol Echad invites members to submit photographs, which will be considered for the cover of Kol Echad. Digital photos should be e-mailed to jelijo@sympatico.ca. This month's cover photo depicts the Israeli flag flying over the Golan Heights, which Israel captured during the Six Day War in 1967. This month, April, we celebrate Yom Ha'atzmaut, Israel's Independence Day.

KOSHER FOOD BANK

Forestdale Heights is a supporter of the Pride of Israel Kosher Food Bank. Members are requested to bring an item of non-perishable kosher food to each Lodge meeting. The food items should bear a kosher certification. Donations of sealed toiletry items are also welcome. Donations collected at each meeting will be delivered the following day.

AT A GLANCE

April 8	Speaker, Elections/Dinner Meeting
May 6	Dinner Meeting
June 3	Dinner Meeting
June 9	Social Outing at Woodbine

Dinner at 6:30; Meeting at 7:15

Dinner Charge: \$10 members/non-members

If you plan to attend, please RSVP

Albert Ohana at salonpiaff@rogers.com

or call (905) 597-1999

YEARLY AD RATES

Full Page	\$200
Half Page	\$100
¼ Page	\$50
Business Card	\$40

If you would like to advertise, call Harvey Silver, (416) 223-0780

**DEADLINE FOR ALL ISSUES IS 10TH OF THE MONTH
UNLESS OTHERWISE CHANGED**

PRESIDENT'S PEN

The Common Bond



My wife and I were invited to a luncheon with a group of 10 people. Seven of them we had never met before. They were from England, South Africa, United States and Canada. Most

were retired, although a few people in their mid-70's were still working in their own businesses.

We especially were interested in hearing about what life was like in England now, and two couples spoke about why they left South Africa, even though they experienced privileged lives there. We listened to the stories of the many changes – both good and bad – that occurred in their respective countries. They all knew very little about Canada (including those from the U.S.) and I think Rosalie and I educated them a little about life in Canada – health care, taxes, education and the political issues of the day. It was all very polite.

However, soon we realized that we all had one thing in common – we were all Jewish. Suddenly, the conversation

heated up and became more down-to-earth. We talked about our love and fears for Israel, our grandchildren, Hebrew schools and synagogues. With new immigration in England, the English couples expressed fears for their safety as Jews. It seems Jews everywhere in the world have that suitcase packed for a quick get-away.

We laughed when we all ate too much food at that luncheon and asked each other, “where are you going for breakfast, dinner?” We realized that too was a Jewish trait – our love of ‘Jewish’ food – herring, salami and corned beef (although the hostess had not served these foods). The men reminisced about the memories of the delicacies their mothers had made, schmaltz, grebbens, and their own brand of chicken soup.

It was a fun, warm feeling we left with that day; you too likely have felt that same feeling of bonding with Jews anywhere in the world. Let's enjoy it and not forget the ties that bind us as Jews which keep us strong.

Ray Moscoe

If anyone would like to purchase Lodge Donation cards, they are three cards for \$10

Contact Michael Kates at (905) 669-2408

EDITOR'S DESK



We've all seen them, sitting on the street, standing at street corners, cup in hand, asking for spare change. I would bet that most of us have ignored their pleas or walked around them, eyes cast

elsewhere, trying to ignore those less fortunate, pretending they don't exist.

Have you ever wondered who these people really are? I wonder, how different are they from you and I? Could a few altered circumstances in life, put them in our shoes and us in theirs?

The problem of homelessness is one not confined to this city, province or country. I have travelled to many cities in the U.S. and have seen how each has people existing on the margins of society. To blame government for not solving the problem is too simplistic. If there was an easy solution, I'm sure many political leaders would embrace it with gusto.

Does the problem lie with the people themselves? I'm sure many believe so, thinking that if they would only try to help themselves, then their lives would be better. However, as anyone who has

ever faced adversity knows, it's hard to see the light at the end of the tunnel, when you're looking at it from a great distance.

I started thinking more about this problem after a recent encounter with a homeless soul. It started early one morning on the way to work, when I stopped at my bank to withdraw money from the ATM. The bank was still closed and my visit was part of my weekly routine, but what I encountered was anything but.

Lying just inside the entrance of the bank was a man, sleeping on the floor.

I knew that based on his appearance, he was not simply waiting for the bank to open. I have to admit that at first I was apprehensive about withdrawing cash while this individual was there, but I proceeded anyways.

While doing so, the irony of the situation struck me. Here I was, in a centre of commerce and walking out with a full wallet and this person was forced to sleep here, as he no doubt had nothing.

At first, I wasn't going to give it a second thought and simply leave the bank. I'm certain that this would be a common response.



Continued on next page

Instead, I reached into my wallet and tried to give him some money. The gentleman stirred and protested, saying he didn't want anything. However, at that moment, I chose to be as stubborn as him. I bent down, left some cash and continued on my way to work.

I have no idea if the money was used to provide food or was wasted on other things. That would be that person's decision.

My simple act did not make me feel like I had done my part or even that I

had done tzedakah. It did make me think though: how in such a prosperous society, can someone have to sleep in a bank lobby to avoid freezing to death.

On behalf of my family, I would like to wish everyone, *chag Pesach kasher ve'sameach*

Jeff Rosen

Let all who are hungry come and eat
- The Haggadah

CALLING ALL MEMBERS!

We may be missing you! If you are not receiving regular e-mail updates or never see a birthday or anniversary listed in Good & Welfare, it means we do not have your correct e-mail address and/or significant dates in your life. Be sure to send all information to [**jelijo@sympatico.ca**](mailto:jelijo@sympatico.ca).



While you're at it, let us know how we are doing. Kol Echad, both print and our website, are works in progress. The only way we can improve is through your feedback.

If there is something you would like to see added, or something you dislike, please let us know. All suggestions will be seriously considered.

The Editor

Rosalie Moscoe

RHN, RNCP



*** Nutritional Consulting:**
Evaluation and recommendations to build health and wellness; individualized food plans and supplements.

*** Speaker on Stress Relief and Boosted Nutrition** for the workplace or conferences.

* **Author** of print, e-book, CD and DVD video on Stress Relief

* **Author** of CD, *Food & Mood: A Love/Hate Relationship*

* **Special Discount** for all B'nai B'rith and Forestdale Lodge members – **25% off** all products and services.

Email: Rosalie@healthinharmony.com
Visit: www.healthinharmony.com
Blog: www.formerlyfrazzled.com
Ph: (416) 653- 0077

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
E-mail: store383@theupsstore.ca



The UPS Store®

CENTRE STREET DELI



CATERING FOR ALL OCCASIONS
"PARTY SANDWICHES OUR SPECIALTY"

905-731-8037

7 AM - 8 PM

1136 CENTRE STREET
THORNHILL, ONTARIO L4J 3M8

WWW.CENTRESTREETDELL.COM

When Your FEET Hurt
Nothing Else Matters!

Family Footcare & Sports Injuries



THE FOOT CLINIC

JOBST®
Compression
Stockings

Orthopedic
Footwear

- Custom Made Foot Orthotics (Plaster Casting)
- Corns & Calluses • Warts • Arch Pain
- Heel Pain • Plantar Fasciitis
- Athlete's Foot (fungus) • Foot Pain
- Ingrown, Thick or Problem Toenails
- Difficulty Cutting Toenails • Knee Pain
- Evening/Weekend Appointments



Since 1987

THE FOOT CLINIC
David Baker, D.Ch.
& Associates
Chiropodists / Foot Specialists
No Referral Required

4915 Bathurst Street Suite 224 (at Finch)



(416) 638-FEET (3338)

www.WeTreatSoreFEET.com

FHL NOMINATIONS

The following individuals have been nominated to serve on the executive of Forestdale Heights Lodge for 2013-2014:

President: Harvey Silver

Senior Vice-President: George Garten

Vice-Presidents: Richard Kotzen, Ruth Pupko, Jeff Rosen

Treasurer: Charlene Garten

Financial Secretary: Stuart Indig

Recording Secretary: Michael Kates

Trustees: Elizabeth Bloom, Ivan Bloom, Rhona Leviston, Barry Gordon, Sandy Gordon

As immediate past president, Ray Moscoe, will serve as chaplain
Nate Salter is chairman of the Board of Governors

Elections will be held at our April 8 meeting

BINGO

Bingo – Tuesday, April 16

4300 Bathurst Street.

Please arrive by 7:15 p.m.

For more information, contact Richard Kotzen,

(416) 783-2737 or **richkotzen@rogers.com**

Future Bingo Dates: May 14, June 11





Sean Eisen
Director, Sales & Operations

tel: 905-479-7222 Ext. 23
cell: 416-414-7305
toll free: 866-671-6664
fax: 905-479-7385
e-mail: seisen@sensitechcanada.com

www.sensitech.com

25 Valleywood Drive, Unit 27 • Markham, Ontario, Canada L3R 5L9

SALTER Enterprises

Special Interest Automotive Appraisals
Ontario Independent Appraiser MF002291

N.H. (Nate) Salter
President

3 Tamarack Drive
Thornhill, Ontario,
Canada L3T 4W2

Tel: (905) 881-6700
Fax: (905) 881-7772
Salterenterprises@sympatico.ca



Jordan L. Soll, B.Sc., D.D.S.

Professional Offices at Minto Midtown
South Tower, 2179 Yonge Street, Suite 201
Toronto, Ontario M4S 2A9
Tel: (416) 789-1372
Fax: (416) 789-2450
Toll free: 1-877-789-1372
Email: info@aestheticsindentistry.com
www.aestheticsindentistry.com

General • Cosmetic • Implant



Bel Air Travel

Lee (Lisa) Silver, CTC
Senior Travel Consultant,
Cruise Specialist

5954 Highway 7, Unit B102,
Markham, ON L3P 1A2

Telephone: 905.471.0056
Ext: 3209
Toll Free: 1.866.575.1115
Fax: 905.471.0615
lee.silver@thomascook.ca



LLOYD LINDSAY CA CMC
Chartered Accountant

Address: 1166 Carlo Court
Mississauga, Ontario
L4W 3N6

Tel: (905) 629-8498

E-mail: lloyd@lloydlindsay.com

Web: www.lloydlindsay.com

Contact: VITO



MAPLE AUTO BODY
1393569 Ontario Limited
Collision - Spray Painting

Repairs to All Makes - First Class Workmanship

49 Costa Rd. & Hwy. #7
Concord, Ontario L4K 1M9

Tel: 905-669-2066
Fax: 905-669-2055



Epicure Selections

SANDY GORDON
Independent Consultant

To order or book a party
416 605-0868
sandygordon.epicure@gmail.com
www.epicureselections.com

CARL S. ZELIGER, B.A., LL.B.

BARRISTER, SOLICITOR AND NOTARY

SUITE 510
245 FAIRVIEW MALL DRIVE
TORONTO, ONTARIO
CANADA M2J 4T1

TELEPHONE: (416) 496-2600
FAX: (416) 496-1708



WOODBINE 2013

SUNDAY, JUNE 9

Cost \$40/person, which includes buffet lunch, programme and reserved seating

Doors open at 11:00 a.m.

Don't miss one of FHL's premiere social outings. Bring your friends and relatives and enjoy a great day at the track.

Please RSVP to George Garten
candgarten@hotmail.com or (416) 221-2407

NOTES FROM NATE



Nu, boychicks and meydlekh, once again your Rotund Reporter has escaped the clutches of the Mackenzie Health Centre Richmond Hill (otherwise known as York Central) not as good

as we used to be, but a whole bunch better than when we went in. When I sat down to write this column at the end of February, some words in the song “Big Yellow Taxi” came to mind. Those very pertinent words are “You don’t know what you got till it’s gone.”

My fellow members, having been on the hospital’s frequent flyer list for over six years, I now know exactly what they mean.

There was a time I could jump in the car to go to Canadian Tire, zip down to see the kids and grandkids, take the wife out to grab a bite at a local eatery, or yes, hop over to a Lodge meeting. This was all done with no pre-planning, other than putting on the *gutkes* in the cold weather and making sure the shoes and socks matched.

However, once a major illness intrudes on your life, all this goes in the toilet. When you get past the point where you find that you will be walking out of the hospital instead of leaving feet first in a plain pine box, you then have to look at your recovery process.

In my case, my head was *farshimelt*, I was weak as a kitten and my road to recovery – detoured by my dialysis – was a long one, since I had one shot after the other, picking up viral pneumonia, while getting over the heart attack and stroke.

Just when things were at their bleakest, with G-d’s help and the love and support of my family, I made the decision that I wasn’t quite ready to say a final goodbye. I wasn’t ready to give up the Golden Years, regardless of the twists and turns they bring, because I worked too damn hard and for too many years not to enjoy the fruits of my labour.

G-d has blessed me with amazing children and wonderful grandchildren and at this point in my life, I treasure the miracle of watching them growing up.

My poor father never had that pleasure, dying before my kids were born, so in spite of my illnesses, I still consider myself one lucky SOB. Even though I currently depend on my wife to go anywhere, I get to hug my kids. Let me tell you that when you enter your kid’s home and you hear an excited two-year-old scream “Zaidy” followed by a hug and kisses, then my friends you know what *naches* really means. At that point, all my pain and problems disappear.

Continued on next page

My only regret is that I will only get to spend a few more precious years with them.

You know something though, for as many years as I still have, my single biggest job is making them laugh and giggle and have them know that their Zaidy loves them with all his heart. The love of a grandchild for a Zaidy is priceless and the love of a Zaidy for a grandchild is forever.

Oy, Pincus is nudging me, I should tell you a story.

Pincus and Gittle were at Yorkdale shopping for Chanukah gifts for their kleinike. Gittle turns around and shoyn, no Pincus. Since they had lots more shopping to do, she calls his cell

phone. He answers and she says to him, "Nu, Pincus, where are you?"

"Oy tsatzkaleh, you remember last year we were in that fancy shmancy jewelery store where you saw that tennis bracelet you loved, but we couldn't afford? You remember I promised you that someday I would buy it for you?" "Oh yes," she says excitedly. "Well," replies Pincus, "I am in the bar next door to it having schnapps and watching the hockey game." Last time I saw him in the emergency room when I was there, he couldn't see me through the black eyes.

Nate Salter

A NOTE TO MY FORESTDALE FAMILY

I am going in for a mitral valve repair via open-heart surgery. While I am fortunate enough to have the leading specialist in the field operating on me, the final outcome is in Hashem's hands. If all goes according to plan, this column will return in a few months. If Hashem's plans call for a loving Zaidy, with a little writing talent, to become a member of his team, then I hope I made you laugh and think about the messages. In that case, these will be my final words in Kol Echad.

I have enjoyed bringing all my *bubbameises* to you over the years and hope my scribblings have not only brought you a laugh, but given you reason to stop and think. See you in the funny papers.

Nate

GOOD & WELFARE

Birthdays

Elizabeth Bloom

April 4

Avery Matlow

April 7

If you have any special moments in your life that you wish to share with the Lodge, please send announcements to jelijo@sympatico.ca.

PURIM 5773



The Lodge's annual Purim programme at 4300 Bathurst Street came earlier this year on Saturday, February 23. Despite the declining participation by residents, the mitzvah of reading the Megillah to those who are unable to travel to do so has not diminished since Forestdale Heights launched this CVS programme over two decades ago.

Rabbi Jay Kelman again read the Megillah for the approximately 25 residents of the B'nai Brith building. This year he came with not only his own family, but also his sister and brother attended

with their families.

After the Megillah reading concluded, residents enjoyed hamentashen, and *nosherei*.

Residents were also treated to the sight of not just one cowboy as in past years, but two Lone Rangers as both Carl Zelig and George Garten donned their Stetsons. In the end, there were no showdowns at High Noon (especially since it was evening already) and both men agreed that the room was indeed big enough for the both of them.

On hand to help serve up delicacies were Carl along with his wife, Debbie, and their children Rachel and Josh, as well as Ruth Pupko, Michael Kates, Harvey Silver, George and Charlene Garten, Albert and Honey Ohana, Barry Gordon, Lisa Rosen and me.

After the Megillah reading was complete, Carl presented Rabbi Kelman with a donation made to Torah in Motion, where the rabbi is a founding member.

Special thanks for this annual programme go to Carl Zelig who makes sure it successfully comes together. The Lodge would also like to thank Sobey's for providing a discount for the delicious hamentashen.

Jeff Rosen

PURIM 2013



[Jeff Rosen photos]



MARCH MEETING



In a break from our usual Monday dinner meetings, members enjoyed a delicious breakfast at 4300 Bathurst Street. Thanks to senior vp Harvey Silver for running the meeting and Albert Ohana for arranging the breakfast.



[Jeff Rosen photos]

SANDY'S SCRIPT



During the planning of the Vendors' Market in the Manor that took place on March 3, I often wondered if this was really worth the effort. So many hours of planning, attention to detail, writing e-mails, letters, soliciting for vendors, answering a million questions, distributing flyers, sending PSA's, and asking everyone I came into contact with for silent auction gifts, plus, plus, plus!!

It was worth every minute, every hour and every day of the three months, it took to get the show on the road.

The committee of four and a few key volunteers met at the B'nai Brith Building the Saturday evening before the event to do the physical layout plan. We had been through this once before and had a template to work from, so it went like a charm! By this time, we were old hands at this. We left the building as soon as we could so security could lock up and went for a cup of coffee – a couple of hours later. By 1:00 a.m., we were confident that we had all the bases covered!

With little sleep and our batteries running on overdrive, we arrived at 15 Hove to face the exciting day of the event. Vendors were starting to arrive

at around 8:30 a.m. and after a million questions, over 50 vendors were set-up and ready to greet the customers at 11:00 a.m.

The fruits of our labour began to shine through and, yes, a few vendors did not have a successful day while others were very happy! It's a difficult thing to measure – if you do not engage the people walking by your table, you are going to lose them. Everybody believes in their product/service, so they should sell it accordingly. After all, it's not going to get done by itself.

All in all, the feedback received was very positive in terms of organization, attention to detail, communication, and more.

Like anything, we learn from each event and put changes in place to reflect this. That's how we can strive to make it bigger and better in the future. There is no such thing as, "if it's not broken, don't fix it!"

We would like to thank the members of Forestdale Heights Lodge who participated and/or attended the Vendors Market.

So watch for the Vendors' Market next year. Don't worry, we'll let you know when it's coming.

Until the next time,

Sandy Gordon

Shalom & Linda
Magazzinich



COR
121

Glatt Kosher Restaurant - Dine in & take out
We cater business luncheons, meetings & parties

3038 Bathurst Street
(South of Lawrence)
North York, ON
M6B 4K2

Tel: 416-787-NEST
(6378)
www.chickennest.ca
E-mail: info@chickennest.ca



Kiva's Bagels
Catering • Restaurant • Bakery

Ben Rafael
President
1027 Steeles Avenue West
Toronto ON M2R 2S9
tel: 416-663-9933
tf: 888-663-9972
ben@kivasbagels.ca www.kivasbagels.ca



3M DRUG MART

"Pharmacists are not created Equal"

MIKE HANNA
Tel: 416-939-3676

105 - 7117 Bathurst Street
Thornhill, Ont. L4J 2J6
Tel: 905-882-4774



Dr. Darrin T. Milne B.Sc., D.C.
www.injury-management.ca
dr.milne@sympatico.ca

10800 Yonge St., Suite 103,
Richmond Hill, ON L4C 3E4
905-918-0233

197 Finch Ave. W.
North York, ON M2R 1M2
416-221-1655



416-398-6777

3915 KEELE Street
South of Finch

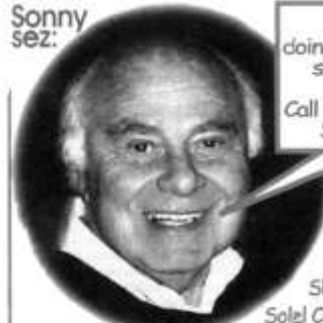
416-292-6400

8 PROGRESS AVE.
KENNEDY South of 401
Beside Pita Pit

905-436-3730

1280 SIMCOE STREET
OSHAWA, ONTARIO
Across from Millwork
Simcoe & Taunton

Sonny sez:



I'm here
doing what I do best,
serving you and
loving it!
Call Sonny, that's me,
Sonny Langer.

Catering at:
Darchei Noam
Temple Kol-Ami
Temple Emanu-El
Shaarei-Beth El (Cobville)
Solel Congregation (Mississauga)
Knesset Israel (Junction)
Beach Hebrew Institute

905-881-4356

Sonny Langer's Caterers

OUR ADVERTISERS SUPPORT
KOL ECHAD
PLEASE SUPPORT
OUR ADVERTISERS

JEWISH HUMOUR

Don't miss our April 8 meeting, when **Alf Kwinter** will speak on:



THE HISTORY OF JEWISH HUMOUR

Alf Kwinter was born in Vienna in 1945. Although he took great pride in his Austrian heritage, he found that the cultured life of the city did not meld with his other interests and he eventually made the decision to come to Canada, bringing his parents with him. He began telling jokes on the boat from Europe to help pay for the family's passage.

Alf grew up in a Yiddish speaking home in downtown Toronto and attended King Edward Public School and Harbord Collegiate. His parents were broken-hearted when he decided to forsake a career in comedy and go to law school, graduating from U of T Law in 1970.

He is a founding partner in the firm of Singer, Kwinter and is certified as a Specialist in Civil Litigation by the Law Society of Upper Canada and a past director of The Advocates Society.

His first love however, is comedy and he has appeared in synagogues throughout Toronto and across Canada.

Be sure to RSVP to Albert Ohana at salonpiaff@rogers.com or call (905) 597-1999.

TORONTO MARATHON

Sunday, May 5

Forestdale Heights Lodge has participated in the Toronto Marathon for over seven years. Our Lodge is responsible for the first water station at Mel Lastman Square.

Arrival time at the water station is 6 a.m. and we are usually done by 9:00 a.m. The fun continues afterwards when we often go out for breakfast.

If you can volunteer your time for this great CVS project, please call Harvey Silver at (416) 223-0780 or e-mail at debbisilver@rogers.com.

AS I SEE IT



April 19, 2013 marks the 70th anniversary of the famous uprising of the Warsaw Ghetto. The uprising in the Warsaw Ghetto became the symbol of resistance of Jews in ghettos and concentration camps to

their Nazi tormentors. When the fledgling State of Israel first opened the doors of Yad Vashem, the Warsaw Ghetto uprising was the symbol of the new, proud, military Jews who would not be lead like lambs to the slaughter. In fact, the Yad Vashem of 1953 saw much of the Holocaust as just that: a shameful part of Jewish history in the diaspora. For many years, this was the underlying theme of the art and architecture of Yad Vashem; however, Israel got it wrong.

Jews fought back not only in the Warsaw Ghetto, but also in many other ghettos and even in the Valley of Death, which was Auschwitz. Those not lucky enough to have weapons fought the Nazis in other ways. The spirit of the ghetto Jews was destroyed only when their bodies were lifeless. During their most difficult moments, ghetto Jews sang songs, wrote poems and stories, and were their brothers' keepers.



The names of the concentration and death camps, in Hebrew and English, are arrayed around the Eternal Flame at Yad Vashem.

[*Wikimedia Commons photo*]

Sheer survival and maintaining human dignity in the ghetto was a form of resistance. The organization of underground schools, cultural activities, mutual aid and religious observance were acts of spiritual and moral resistance. These forms of resistance were based on faith in the essential humanity of people, and the Jews of the ghetto were slow to give up this faith.

As each year passes, and as the numbers of survivors decrease, we are left with the formidable task of passing down the lessons of the Holocaust to future generations.

Continued on next page

Not long ago, I had the opportunity to hear George Brady, the brother of Hana, about whom the book Hana's Suitcase was written, speak about his wartime experiences. While the story is in fact incredible, and especially how a museum curator in Japan helped put the pieces together, I couldn't help but be saddened by the fact that Mr. Brady has little affiliation, if at all, to his Yiddishkeit.

He married a non-Jew and his children do not consider themselves Jewish.

Like the State of Israel in 1953 and Mr. Brady, commemorating the Holocaust is delicate subject matter.

Israel decided to re-examine its relationship with the Holocaust and the result was a rebuilt Yad Vashem Holocaust museum. Holocaust commemoration isn't just about tolerance, but stamping out injustice in whatever form it takes. As Holocaust Remembrance Day approaches, this April 8, 2013, consider your relationship to our past and what you can do to honour the memories of those who fought in the Warsaw Ghetto. Do this for the continuity of our people.

Marc Kates

CONSTITUTION COMMITTEE

Request for Membership Input into New Constitution

The Constitution Committee invites Lodge members to provide their ideas, comments, concerns and recommendations concerning amending our Lodge Constitution. Without in any way limiting possible areas of reply, you can include suggestions as to frequency of meetings, length of terms of office of the executive, reduction of executive positions, slating of officers, installation, eligibility of members to stand as officers and trustees, quorums, Lodge committees, financial matters, and any other areas.

Please provide your reply by email to Carl Zeliger at czeliger@wza.ca or present your replies in writing to one of the members of the Constitution Committee at our next Lodge meeting.

Constitution Committee
Carl Zeliger, George Garten, Harvey Silver

HEALTH IN HARMONY

Seven Steps to Enhanced Digestion!



Do you eat on the run and gulp down quick meals on a regular basis? An hour or two later, an upset stomach, heartburn, bloating or gas become your unwanted companions. Popping ant-

acids as a regular habit only makes matters worse by removing important stomach acids that are meant to help digest foods. Digestion problems result. You can improve digestion naturally with a few simple changes.

Change Poor Eating Habits

1. Make time to eat lunch. Instead of gulping a pizza while driving, stop and eat a proper meal and calm down to help digestion. Either bring a brown bag lunch with a sandwich and some veggies and a piece of fruit from home or choose a healthy choice at a restaurant. Avoid food covered in creamy sauces or deep fried fare. Grilled chicken and vegetables and rice, a tuna salad and fruit, or even a plain burger with a salad and soup is a better alternative. Don't stuff yourself.

2. Make an oil change (for you, not your car!) Use healthy oils such as cold

processed olive or coconut oil, ground flax seeds in yogurt, or high quality fish oil capsules – taken with meals. Poor quality oils and trans-fats can cause nausea.

3. Notice if you have a private stash of food (like cookies, chocolate bars, bags of chips, soft drinks, candy or other junk food). Work on eliminating those foods to improve digestion.



Consider Digestive Aids

4. Friendly bacteria to help digestion includes lactobacillus acidophilus found in yogurt. Yogurt can be eaten for breakfast or at snacks. You can also try taking a probiotic capsule (consisting of many strains of friendly bacteria) once or twice a day to help the digestion process. These capsules can be found in most pharmacies or health food stores.

Food Allergies Can be Culprits

5. Notice if certain foods cause you digestion problems. If you suspect that a certain food is problematic, try eliminating that food for a few weeks to see if you notice fewer symptoms.

Continued on next page

You can get tested for food allergies, either through scratch tests (which identify foods that cause immediate reactions), or blood tests to determine those foods that cause delayed reactions – symptoms that occur a day or two after eating them. Common foods such as milk, wheat, gluten, corn or eggs can be culprits.

Reduce Stress

6. There is a brain/gut connection and the gut sends messages to the brain constantly. If you're upset or stressed a lot of the time, digestion becomes affected leading to diarrhea or

constipation. Helpful stress relievers include exercise along with yoga or deep breathing techniques.

Drink Water for Better Digestion

7. Drinking water helps relieve heartburn and promotes easy and healthy waste removal. It also helps flush toxins, transports nutrients through your body and controls body temperature. Six to eight glasses a day maintains body functioning.

Rosalie Moscoe

CVS

The “Gift of Life” Foundation is looking for volunteers do set-up awareness booths at malls or community centers to raise awareness for the cause and to promote donor registration.

Please e-mail Stewart Indig at indigs@rogers.com. If you would like to donate some of your time to tend to these booths, it would truly be a mitzvah to help them out. G-d willing hopefully none of you will ever be in need of their services.

FHL ALLOCATIONS

If you are interested in the Lodge allocating funds for a particular charity, please draft a proposal, including the charity's name and the amount requested, and forward it to:

Carl Zeliger, (905) 669-2732 or e-mail czeliger@wza.ca.

All proposals will be voted on at our June meeting.

FORESTDALE FUNNIES

The Rabbi & the Pope



Every time a new Pope is elected, there are many rituals in accordance with tradition, but there is one tradition that very few people know about.

Shortly after a new Pope is enthroned, the Chief Rabbi of Rome seeks an audience. He is shown into the Pope's presence, whereupon he presents the Pope with a silver tray bearing a velvet cushion. On top of the cushion is an ancient, shriveled envelope. The Pope symbolically stretches out his arm in a gesture of rejection. The Chief Rabbi then retires, taking the envelope with him and does not return until the next Pope is elected.

A new Pope's reign was shortly followed by a new Chief Rabbi. He was intrigued by this ritual and that its origins were unknown to him. He instructed the best scholars of the Vatican to research it, but they came up with nothing.

When the time came and the Chief Rabbi was shown into his presence, they faithfully enacted the ritual rejection, but as the Chief Rabbi turned to leave, the Pope called him back.

"My brother," the Pope whispered, "I must confess that we Catholics are ignorant of the meaning of this ritual enacted for centuries between us and you, the representative of the Jewish people. I have to ask you, what is it all about?"

The Chief Rabbi shrugged and replied, "We have no more idea than you do. The origin of the ceremony is lost in the traditions of ancient history."

The Pope said, "Let us retire to my private chambers and enjoy a glass of kosher wine together; then with your agreement, we shall open the envelope and discover the secret at last." The Chief Rabbi agreed.

Fortified in their resolve by the wine, they gingerly pried open the curling parchment envelope and with trembling fingers, the Chief Rabbi reached inside and extracted a folded sheet of similarly ancient paper.

As the Pope peered over his shoulder, he slowly opened it. They both gasped with shock — it was a bill for the Last Supper — from "Moishe the Caterer."



T. 905.761.9022 | F. 905.761.9023 | info@simchawine.com

Exclusive Agents Representing Wines From 9 Countries

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



www.tes.net

INFORMATION TECHNOLOGY

Programmer Analysts
Project Management
DBA
Software Engineers
Systems Administration
ERP Consultants

ENGINEERING

Engineers
Designers
Drafters
CAD Operators
Technical Writers
Technicians

OFFICE SERVICES

Administration
Human Resources
Finance
Customer Service
Management
Marketing

CONTRACT • TEMPORARY • PERMANENT • EXECUTIVE SEARCH



The
Employment
Solution®

HEAD OFFICE: TORONTO, ON
40 Holly Street,
Suite 500

Tel: 416.482.2420
Toll Free: 1.800.818.4744
Fax: 416.482.9292

MISSISSAUGA, ON
1 City Centre Dr.
Suite 705

Tel: 905.272.4290
Fax: 905.272.1088

BURLINGTON, ON
3430 South Service Rd.
Suite 102

Tel: 905.639.2600
Fax: 905.639.6998

OTTAWA, ON
301 Meadell Dr.
Suite 304

Tel: 613.828.7887
Fax: 613.828.2729

MONTRÉAL, QC
1155 boul. René Lévesque O
Bureau 2500

Tel: 514.866.2493
Fax: 514.875.8967

POINTE-CLAIRE, QC
8690 Trans-Canada Hwy
Suite 900

Tel: 514.426.3121
Fax: 514.426.1790

VANCOUVER, BC
1200 West 73rd Avenue
Suite 1100

Tel: 604.707.9318
Fax: 604.707.9321

CALGARY, AB
396 - 11th Ave SW
Suite 950

Tel: 403.538.4788
Fax: 403.538.4789

RALEIGH, NC
4020 WestChase Blvd.
Suite 140

Tel: 919.832.8900
Fax: 919.832.8905