

KOL ECHAD

December 2013
Kislev/Tevet 5744



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

This month's cover photo comes courtesy of Wikimedia Commons. Chanukah comes very early this year, starting in November, so it's time to clean up the chanukiah and get those candles ready.

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

November 23	Chanukah Party
December 3	Dinner Meeting- NEW DATE
December 10	Bingo
January 6	Dinner Meeting
March 15	Purim Program
May 4	Goodlife Marathon

**Watch your e-mails and
our website for meeting dates.**

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PRESIDENT'S PEN



Chanukah is the Festival of Lights. It differs from other festivals in one important respect.

Its origin is not hidden, but remains clear in the light of our old history. It is a

festival that commemorates great events in the history of the Jewish people.

It is a tribute to the five sons of Mattathias, who lived and died nobly, leaving their great names to be remembered.

They were:

- Eleazer, whose courage was an example to every soldier in Judea;

- John or Yohanan, who cared little for the glory, but was content to serve his brothers;
- Jonathan, the good high priest;
- Simon, the wise gentle ruler,
- Judah, the fearless, fiery general. It was he who overcame the vast armies of the Syrian king and led the people back to the Holy Temple.

Although not religious in nature, Chanukah remains a very special holiday. For eight days we sing *Hanerot Hallalu* and *Maoz Tzur* (Rock of Ages), as our hymns of thanksgiving and play dreidel games. Of course, let's not forget the latkes, which are always delicious.

How ironic that the American Thanksgiving and Chanukah fall on the same day this year, November 28. This won't happen again for 77,000 years.

We are looking forward to delivering the treats to the EMS, fire and police stations. If you are available, we still have a need for drivers. Call Stewart Indig at (416) 633-1469 or e-mail him at [**indigs@rogers.com**](mailto:indigs@rogers.com).

From Debbi and me, we wish all of you a very healthy and happy Chanukah.

Harvey Silver



EDITOR'S DESK



Lisa and I had just returned from an afternoon at the Royal Alexandra Theatre, where we had seen *I Love Lucy: Live on Stage* and I couldn't help but think how lucky I am to live in this city. If you enjoy live

theatre, I'm sure you will agree.

While we are not in the same league as New York City when it comes to the number of theatres and shows, Toronto has no reason to be embarrassed. This city boasts a large number of theatre companies that offer a wide range of live productions. A few years back we got a season subscription to Teatron Jewish Theatre with Michael and Bonnie Kates. If I were to say every production was a gem, my nose would probably grow longer. Some plays were good, others were...well let's say, I would not recommend them to my worst enemy.

Many years before that we had a season subscription to the Leah Posluns Theatre. There we had Jewish-themed plays in our "own" theatre. It filled one with pride to be able to attend a performance. Unfortunately, the building and the theatrical

company is no more, replaced by a field and parking lot.

Our focus has shifted now to the Mirvish arena. Three years ago, we chose to take out a season subscription as a 25th anniversary present to ourselves. We were not disappointed. This year we decided to renew for our third season and look forward to seeing *Les Miserables*, *Aladdin*, *Once* and other Broadway-quality productions.

So, are all the plays diamonds? I wish they were, but anyone who bets at the track knows you can't pick the winning horse each time out.

Personally, I wish there were more comedies and a few less musicals.

Looking back, some plays will stay on my top 10 list for many years, including *War Horse*, *The Book of Mormon* and *The Railway Children*. Then there are those like *La Cage aux Folles* and *Chess The Musical*, that I have sat through, counting down the minutes until the final curtain.

You are probably asking yourselves, if I detest some productions so much, why don't I simply leave at intermission? The answer is simple. Lisa simply refuses to leave any production until the final curtain comes down.



Continued on next page

We have been going to the theatre since we started dating back in 1985, with one of our first outings to see *Crazy for You*, at what was then called the O'Keefe Centre.

The funny thing is, this play is coming back next year, not to Toronto, but to the Stratford Festival. Of course, when we received the Stratford 2014 line-up, this play immediately went to the top of our wish lists.

While Mirvish productions are our chief source of entertainment during the winter, summertime has meant Stratford for my family for the past seven years.

This past summer *Fiddler on the Roof*, *Tommy* and *The Three Musketeers* provided fantastic entertainment. Before that we were privileged to see such great shows as *To Kill a Mockingbird*, *Cabaret*, *West*

Side Story, *Caesar & Cleopatra*, *Jesus Christ Superstar* and *The Grapes of Wrath*.

Right now we are debating what to see next summer. From what I can tell, it will be a hard choice to make, as it looks like another great line-up. I've rarely been disappointed by a Stratford production. Even when I've found a show less than stellar, I still love getting away with Lisa and Jordana for a few days. We take in a few shows, stroll through the parks and enjoy the city. It allows us to enjoy some quality time together as a family.

As I have said so often, nothing is as important as family.

Shalom,

Jeff Rosen

NOTICE

(To Past Presidents of Forestdale Heights Lodge)

The Board of Governors of Forestdale Heights Lodge, comprised of the past presidents of the Lodge who are members in good standing, will hold a Board of Governors meeting on December 3, 2013 at 6:15 p.m. at the B'nai Brith Building at 15 Hove Street, Toronto, Ontario (before the Lodge General Meeting) for the purposes of electing a new chairman of the Board of Governors. Only past presidents in attendance and who are members in "good standing" are permitted to vote.

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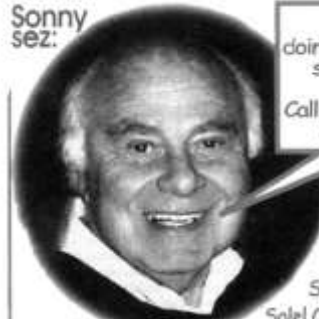
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DECEMBER MEETING

Please note that our December meeting has been rescheduled to **Tuesday, Dec. 3** at 6:30. If you plan on attending, please RSVP to Harvey Silver by Nov. 25 at **debbisilver@rogers.com**

BINGO

Tuesday, December 10
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: Jan. 14, Feb. 11, March 11, April 8, May 13



PURIM 5744

On **Saturday, March 15**
Forestdale Heights will be hosting its annual Megillah reading at 4300 Bathurst Street.

Watch Kol Echad for further updates.

CVS: YELLOW BRICK HOUSE

Yellow Brick House is committed to rebuilding the lives of abused women and children in York Region. With a team of dedicated counselors, educators, administration staff and volunteers, they work hard to ensure women and children have a safe place to turn to if they become victims of domestic abuse.

Yellow Brick House provides four core services for all: emergency shelter, transitional housing, outreach services and public education. The two emergency shelters offer safe places for women and children fleeing their abusive relationships. Reta's Place, our transitional housing facility, provides housing units to women and children transitioning from the emergency shelter to living independently. Outreach services offer an array of programs to women and their children in various stages of their abusive relationship. The Violence Prevention and Public Education Program raises awareness of the prevalence and devastating effects of domestic violence, and reinforces our community presence so that those affected know where to turn.

They require physical help in their warehouse as they unpack and organize the incoming donations. Here are the dates and times.

2013 Holiday Donation Depot, 52 West Beaver Creek Road, Unit 4, Richmond Hill

Saturday, December 7 – 12:00– 4:00 p.m.

Monday, December 9 – 4:00 – 8:00 p.m.

Friday, December 13 – 4:00 – 8:00 p.m.

Saturday, December 14 – 12:00 – 4:00 p.m.

Monday, December 16 – 4:00-8:00 p.m.

Wednesday, December 18 – 4:00 - 8:00 p.m.

Thursday, December 19 – 4:00 – 8:00 p.m.

Friday, December 20 – 4:00 – 8:00 p.m.

Saturday, December 21 – 12:00 – 4:00 p.m.

Sunday, December 22 – 1:00 – 5:00 p.m.

Monday, December 23 – 4:00 - 8:00 p.m.

Tuesday, December 24 – 9:00 a.m. – 12:00 p.m.



2013 Holiday Donation Depot, 25 George Street, Aurora

Thursday, December 19 – 4:00 – 8:00 p.m.

Saturday, December 21 – 12:00 – 4:00 p.m.

Monday, December 23 – 4:00 – 8:00 p.m.

If you are interested in helping out, please contact Stewart Indig, indigs@rogers.com

CVS: TRILLIUM GIFT OF LIFE



On Oct. 22, a group of FHL volunteers met with Joanne Shenker from the Gift of Life. We met at the home of Ruth Pupko. Ruth, thank you for hosting the inspiring evening. As well as Ruth and me, our group consisted of Cyril Gerson, Manny and Carol Steyn, Michael Kates and Paul Joseph.

Trillium Gift of Life Network is a not-for-profit agency of the Government of Ontario. Its mission is to **save and**

enhance lives through the gift of **organ and tissue donation and transplantation** in Ontario. The challenges are:

- Everyone is a potential donor;
- One individual organ donor can save up to eight lives and enhances the lives of 75 others through tissue donation;
- Every three days someone in Ontario dies while waiting for a life-saving transplant;
- Organ donor cards are no longer in circulation, even if you have signed a card you need to register your consent with the Ministry of health and Long-Term Care;
 - 1,500+ people in Ontario waiting for a life-saving organ transplant;
 - One million new registrations in the GTA over the next three years;

Our aim in manning a booth for them is to get people to register, or at least to think about it. Registration is important because last year 250 deceased donors saved 775 lives. Unfortunately, 200 families declined to donate because their loved ones were not registered. Had they been registered, 370 more lives would have been saved.

The value of saving of a life is paramount regardless of denominational affiliation. It truly is a mitzvah to donate. It will be a challenge, but I feel that Forestdale Heights Lodge is up for the challenge. If you can think of or know a venue where we can set up a booth please let me know. I can be emailed at [**indigs@rogers.com**](mailto:indigs@rogers.com).

Stewart Indig

CHANUKAH TREATS

Sweet Potato Pancakes

Ingredients

2 large cooked sweet potatoes,
mashed
2 eggs, beaten
2 carrots, grated and lightly steamed

1 large zucchini, grated
6 tbsp. flour
3/4 tsp. salt
1/4 cup olive oil

Directions

1. Mix all ingredients except oil.
2. In non-stick large skillet, heat olive oil over low heat for 2 minutes.
3. Drop 2- tablespoons of the sweet potato mixture into hot oil. Use spatula to flatten pancakes slightly.
4. Cook each pancake for 3-4 minutes until golden brown. Flip and cook for another 1-2 minutes. Test for doneness.
5. Serve immediately or keep warm and crunchy in a 250 degree oven.

Sweet Potato Tzimmi

Ingredients

5 large sweet potatoes, peeled, cut in
chunks, and cooked
4 large carrots, peeled, cut in chunks,
and cooked
1 c. pitted prunes, chopped
1/2 tsp. ground cinnamon

1/3 cup honey
2 tbsp. melted margarine
1/8 tsp. ground pepper
Salt, to taste
Orange juice, optional
2 or 3 apples, peeled and sliced

Directions

Mash sweet potatoes and carrots.

Mix in the prunes.

Add cinnamon, salt, and pepper.

Combine honey and margarine.

Grease a 2-quart casserole dish.

Alternate layers of mashed seasoned vegetables and apples, dribbling honey (and juice) mixture over each layer. End with vegetable layer. Bake at 350 degrees for about 45 minutes.

CHANUKAH BASKETS

B'nai Brith Canada's annual Chanukah CVS Program is well underway.

On Thursday, November 21, baskets will be packed at 367 Rimrock Road, Unit 2, from 6:00-9:00 p.m. (A light dinner will be served).

Delivery of the baskets will take place on Sunday, Nov. 24, from 15 Hove. Breakfast and delivery begins at 9:00 a.m. Please e-mail confirmation of your participation to [**aleifer@bnaibrith.ca**](mailto:aleifer@bnaibrith.ca)

CHANUKAH BASH

We're going to spin those dreidels on
Saturday, November 23
7:00 p.m.



Join us for an evening of food, and great music.

Menu: (Strictly Kosher) latkes, latkes and more latkes (and of course, lots of other great food)

PLACE: Party Room, 10 Tangreen Court in Yonge-Steeles area

*We look forward to seeing you all!
Tell your friends and bring them along for an
evening of fun!*



TORONTO MARATHON

Sunday, May 4

Forestdale Heights Lodge has participated in the Toronto Marathon for over eight 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 email at debbisilver@rogers.com.



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ALL STEW

OK food lovers, this next recipe is fun to make.

BEER CAN CHICKEN

Start off with your favourite can of beer. Drink one third of the can. (I told you it would be fun).

Ingredients

1/4 cup paprika
1 tbsp. firmly packed brown sugar

1 tbsp. granulated sugar
2 tsp. salt
1 tsp. celery salt
1 tsp. pepper
1 tsp. cayenne pepper (and more if you like things spicy)
1 tsp. dry mustard
1 tsp. garlic powder
1 tsp. onion powder
1 unit whole chicken
3/4 of a can of beer

Directions

Mix all dry rub ingredients together.

Place chicken on stand.

Use can opener to make opening of beer can slightly larger and place can below chicken so that the chicken sits over top of it.

Rub ingredients over chicken.

Bake at 350 for 2 hrs.

NOTE: You might want to use a tray underneath to catch drippings!

Great for a Friday night dinner, or any night.

Enjoy,

Stewart Indig





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SANDY'S SCRIPT



I apologize for not writing my column for the last while, but I'm back now. Therefore, I thought I would take this opportunity to write about my business.

Not too many people are aware of the beginnings of Epicure Selections.

Sylvie Rochette, president and founder, set out to help families make quick, healthful meals. What began as a small business grew to be the large company it is today based in Vancouver, British Columbia. Their spice blends caught on, and we've been first to market with global blends and cookware ever since. Today, Epicure Selections supports a growing community of entrepreneurs across Canada.

I was first introduced to Epicure Selections about 10 years ago when I visited my daughter in Edmonton. Up until that time, I had not heard about it. I tried the products she had in her pantry and found them not only tasty, but also learned they were very healthy too! I had the opportunity to meet the consultant my daughter

ordered from and learned more about the company. I was impressed! It's not really the actual food they sell, but the spice blends to put in the food you have at home. For example – a jar of salsa spice is mixed with canned tomato, ground, crushed, tidbits – whatever texture you prefer. It's economical, but most of all healthy and delicious. Epicure Selections also creates new and innovative ways for meal planning and supplies hundreds of recipes for all of their products.

I just recently received a very interesting e-mail from Epicure. It was one that compared a number of the Epicure Selection products to their counterparts you find on supermarket shelves. It showed how Epicure Selection products are healthier, measuring the differences between lower salt, sugar, fat, etc. contents of their products to those in retail stores. What could be better!

To sum up, Epicure Selections is certified Kosher Pareve by BC Kosher, gluten-free, includes lots of low or no sodium products and has no preservatives.

Until the next time,

Sandy Gordon

FORESTDALE FUNNIES

Last December, a grandmother was giving directions to her grown grandson who was coming to visit with his wife. “You come to the front door of the apartment complex. I am in apartment 14T.”

She continued, “There is a big panel at the door. With your elbow, push button 14T. I will buzz you in. Come inside, the elevator is on the right. Get in, and with your elbow hit 14. When you get out, I am on the left. With your elbow, hit my doorbell.”

“Grandma, that sounds easy,” replied the grandson, “but why am I hitting all these buttons with my elbow?”

To which she answered, “You’re coming empty handed?”

My mother once gave me two sweaters for Chanukah. The next time we visited, I made sure to wear one. As we entered her home, instead of the expected smile, she said, “What’s the matter? You didn’t like the other one?”

A woman goes to the post office to buy stamps for her Chanukah cards.

She says to the clerk, “May I have 50 Chanukah stamps?”

The clerk says, “What denomination?”

The woman says, “Oh my G-d. Has it come to this? Give me 6 Orthodox, 12 Conservative, and 32 Reform.”

Top 10 Reasons to Like Chanukah:

10. No roof damage from reindeer
9. Never a silent night when you're among your Jewish loved ones
8. If someone screws up on their gift, there are seven more days to correct it
7. Betting Chanukah gelt (the chocolate coins) on candle races
6. You can use your fireplace
5. Naked spin-the-dreidel games
4. Fun waxy buildup on the menorah
3. No awkward explanations of virgin birth
2. Cheer optional
1. No Irving Berlin songs



FORESTDALE FUNNIES

While flying on the Royal Canadian Air Force CC-150 Polaris, the Prime Minister's plane, Stephen Harper looked at Mike Duffy and said, "You know, I could throw a \$1,000 bill out the window right now and make somebody very happy".

Mike Duffy shrugged his shoulders and replied, "I could throw ten \$100 bills out the window and make 10 people happy."



Pamela Wallin, who was sitting back, sipping on champagne and dining on caviar, then added, "That being the case, I could throw one hundred \$10 bills out the window and make a hundred people very happy."

Hearing their exchange, the pilot rolled his eyes and said to his co-pilot, "Such big shots back there, I could throw all three of them out of the window and make 35 million people very happy!"

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HEALTH IN HARMONY



I see so many seniors walking, jogging or even biking in the spring or summer months.

However, when the air starts to turn cool signaling the approach of the winter months,

people often hibernate like bears! After dinner, many watch TV and get into a slump, thinking – “when’s this winter going to end?”

Recently, while at a shopping mall early in the morning, I noticed the senior ‘mall walkers.’ It made me laugh to see them hard at work walking nowhere.

However, as each new birthday approaches, it doesn’t seem as funny anymore. These determined-looking seniors walk before the stores open, or when they’ve just closed. Benefits of walking indoors include no heavy coats, no wind or cold blasts, no getting soaked as cars speed through slush or snow.

Many malls have walking clubs, especially on Saturday mornings. So why is there a surge in the 55+ age group of walkers?

Some reasons why seniors need to move their bodies:

- to build muscle and burn off calories;
- to reduce stress
- to engage ‘feel-good’ endorphins;
- to keep bones strong;
- to improve balance;
- to lift depression;
- to reduce blood sugar levels;
- to reduce the risk of colon cancer and breast cancer;
- to look and feel a whole lot better.

(Walking from the couch to the fridge doesn’t count.) Many people I see in my nutrition practice in this age group are too heavy, especially around the middle. This telltale sign is dangerous – more risk of high blood pressure, heart attacks and diabetes. Swollen bellies are usually caused by eating too many high calorie carbohydrates – soda pop, chocolate bars, pastas, and breads, croissants, cake, cookies, too many fruit juices, which in excess can raise cholesterol and blood sugar levels.

So what does this have to do with walking? Well, if you burn off some of those extra calories by walking, your blood sugar, cholesterol, blood pressure levels (and weight) will come down.



Continued on next page

In addition, by walking, you may cut down your cravings for these types of foods. Yes, it's difficult to give up comfort foods – foods that often remind us of earlier times in our lives. We can actually become addicted to those high calorie carbohydrates, which also score high on the glycemic index scale.

So, are you ready to walk three or four times a week for about 30 minutes at a time?

It would be the best decision you could make for yourself. Walk your dog or ask a friend to join you and make it an enjoyable social event.

Alternatively, you can get adventurous and walk at a shopping mall.

Rosalie Moscoe

GOOD & WELFARE

Birthdays

Albert Ohana

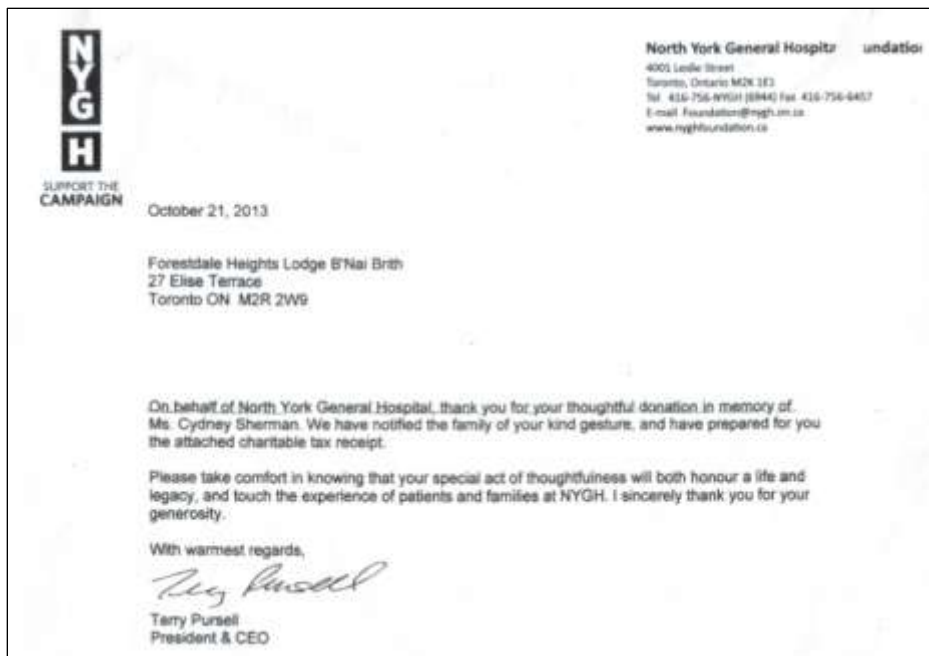
December 9

Allan Brown

December 24

Forestdale Heights Lodge wishes a speedy recovery to Debbi Silver, wife of our president, Harvey Silver.

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



AS I SEE IT

Dear Readers,

This month's *As I See It* was written by my wife, Rachel Spitzer in response to the revelations made by Toronto Mayor, Rob Ford.

Marc Kates



**A Mother's
Open Letter to
Rob Ford:**

Dear Rob,

Please, please resign. Get out of the limelight, get the help you need and stop making our city an international embarrassment.

I have more time than usual to watch and hear the news as I am mostly around my home while on maternity leave tending to my 2-month-old daughter. As such, I find myself reflecting in a maternal way to your current crisis. You see, Rob, I also have a 2-year-old daughter and a 4-year-old son who is in junior kindergarten this year. As our parents taught us, my husband and I try to impart certain crucial values to our children, values which we hold dear and which impart integrity to our lives and our family.

This year we have taught my 4-year-old the words "role model" and we have talked about how his sisters will copy his behaviours and thus he should demonstrate

good behaviours and choices to them.

We have further had to address the issue of telling lies as my toddler son has occasionally tried to hide negative behaviours from us by lying about them. My son knows about negative consequences for negative behaviours and has to suffer a time out in the corner for four minutes (one minute for each year of his age) for a "bad behaviour" such as lying.

Rob, it seems that my 4-year-old knows more about how to conduct himself and what the consequences of misbehaviour are than you do. You could spend many days on end in the corner (at one minute per year of your age) for the lies you have repetitively told the public, let alone for the offenses you lied about. Why shouldn't I expect my elected officials to behave at least as well as the average 4-year-old?

Continued on next page



Now, let me be honest with you, Rob. I didn't vote for you three years ago and I never will. I was sufficiently turned off by your record of racist comments, DUI arrest, lying about the DUI, domestic violence concerns and your status as a college dropout (seeing as my parents also taught me the values of perseverance and good education).

Now you know that my current disgust at your behaviour isn't losing you any votes. However, I can't get past what your recent selfish, dogged need to stay in power, despite committing federal offenses and lying about them in a cover-up, is supposed to teach our public and our children.

Rob, you claim to be an "average guy" and have made a career of that. Trust me, I consider myself pretty average too, but you won't

find any pictures of me drunk in public on city streets. I have never used cocaine and I conduct myself in ways that I hope will make my children proud. Further, my professional life brings me into contact with many of Toronto's population. Believe me, your conduct does not represent that of the average hardworking citizen of our city. It is instead the behaviour of an overindulged, petulant criminal who becomes apologetic and contrite only because he was caught. Please do not offend our populace by suggesting that you are in any way like the rest of us.

My only consolation as I watch your story play itself out in the headlines and across TV screens is that my children are still too young to be watching alongside me. This way I don't have to explain to them why they experience consequences for their behaviours, while you keep your job at the helm of our great city without so much as even a "time out."

So, in conclusion, Rob, as a father yourself, please teach your own children and mine that actions have consequences. Resign and take care of yourself and your family.

It's a lesson the average 4-year-old could explain to you.

Sincerely,

Dr. Rachel F. Spitzer

LOOKING BACK

Starting this issue, Kol Echad looks back on the Lodge's illustrious history through the bulletin's archives.

December 2004



A Chanukah Gathering

We came, we played, we ate, and we enjoyed. Don Mills and Forestdale Heights Lodges held their annual Chanukah party on Saturday, December 6. Twenty-six individuals came out to enjoy an evening of schmoozing and eating. Barry Gordon of Forestdale Heights Lodge worked extremely hard to put together a fun-filled evening.

When we arrived at the door, we paid our entrance fee and received a chance at a prize. The first competition involved tossing a golf ball. With each successful catch, each contestant stepped back until he/she was near his/her respective wall. It was fun, but it became a little precarious. When I was a finalist, I was “beamed” by the ball. Now I know why those balls go so far. They do pack a punch!

We lit the traditional candles. Barry began to call out the numbers for the prizes, which ranged from small to large. There were Chanukah candles, Dempster coupons for bread products, and a dinner for two at a Lodge meeting, videos, and shirts. The top prizes were a putter plus a golf video (won by Stan Zeliger), a half-hour massage (won by Bev Rosenberg) and foot therapy (won by Margaret Reich). Congratulations to all the winners.

This was a great way to start the New Year. The guests dined on latkes, delicious fresh fruit, and donuts. Thank you, Barry, and everyone who helped, for all your hard work in making the evening the success it was.

*Watch this page monthly for a peek into our Lodge's past.
PLUS, starting next month, change is coming to Kol Echad
DON'T MISS IT!*

Rosalie Moscoe

RHN, RNCP



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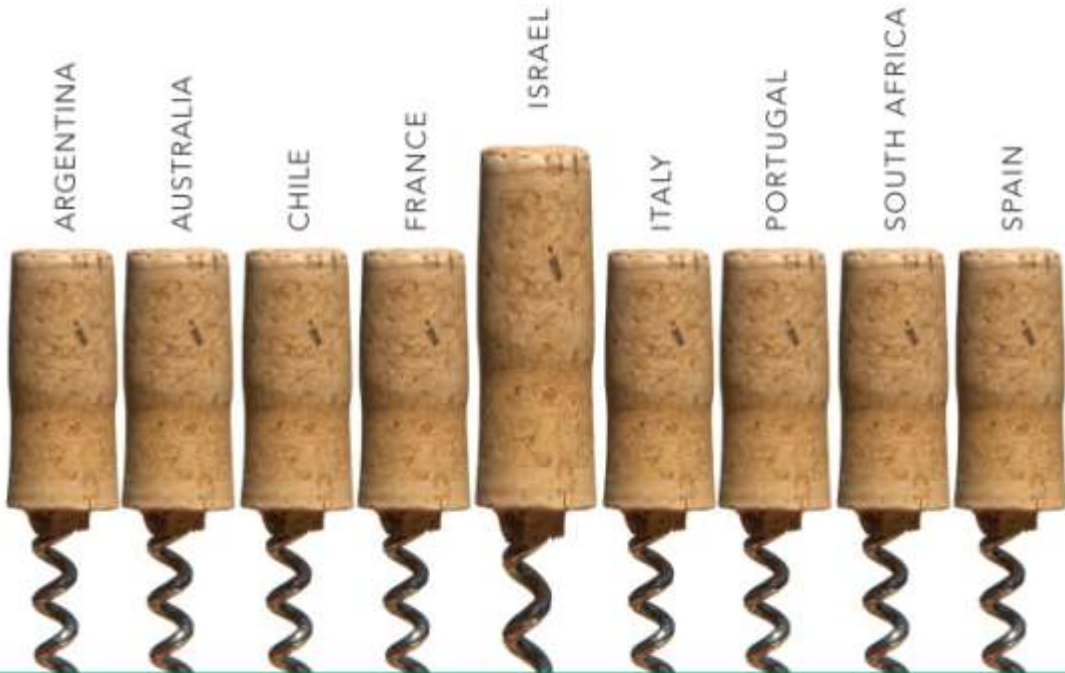
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