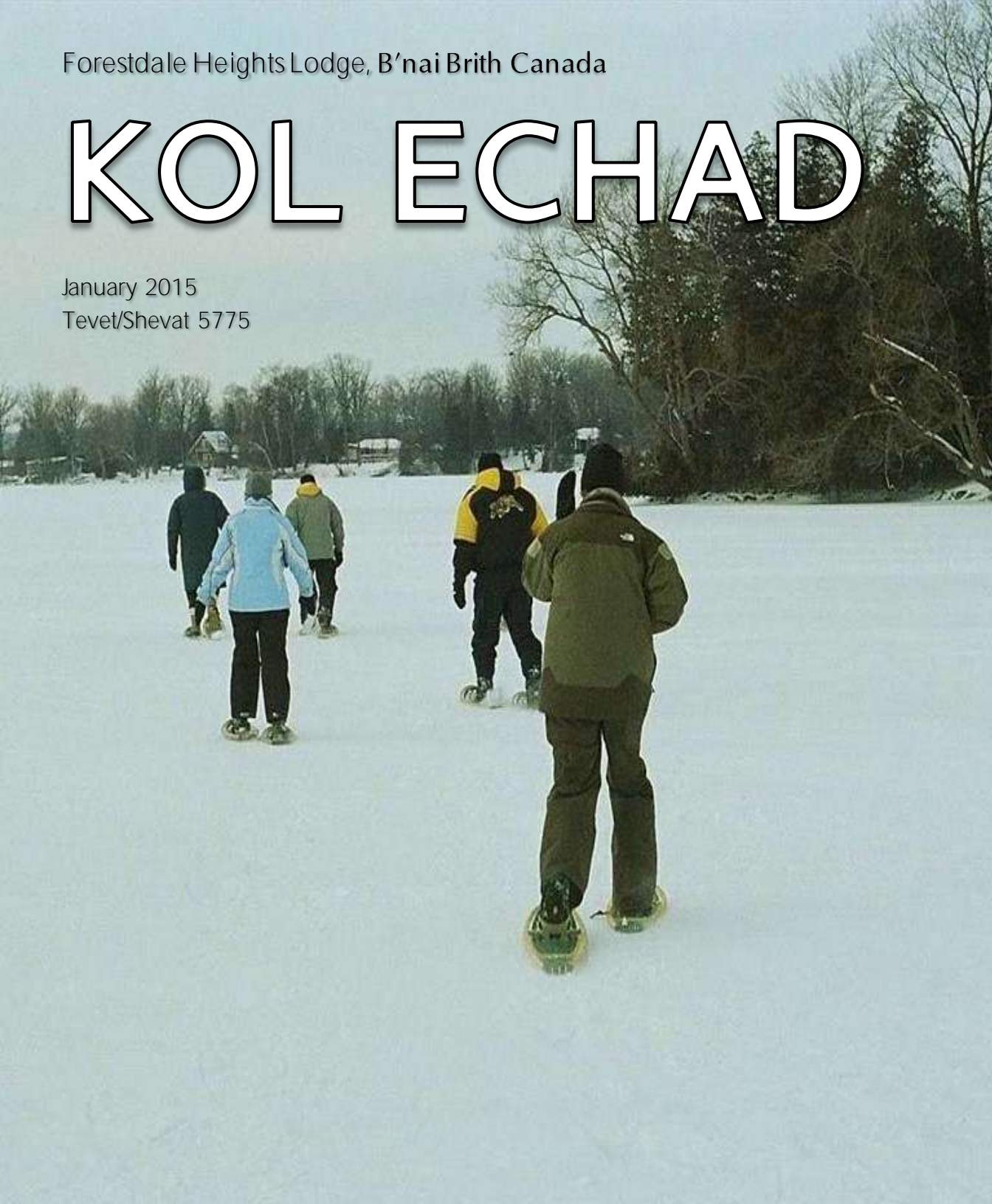


Forestdale Heights Lodge, B'nai Brith Canada

KOL ECHAD

January 2015

Tevet/Shevat 5775



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

A new year means plenty of snow. So what's one to do? Well, for instance, you can strap on a pair of snowshoes and trek across a frozen lake.

[Jeff Rosen photo]

AT A GLANCE

Jan. 5	Dinner Meeting
Jan. 12	Slate Meeting
Feb. 2	Speaker, Nominations & Dinner Meeting
March 1	Elections & Breakfast Meeting
March 4	Purim Programme
April 13	Speaker & Dinner Meeting
May 11	Dinner Meeting

**Watch your e-mails and
our website for dates of upcoming programmes.**

Dinner at 6:30; Meeting at 7:15

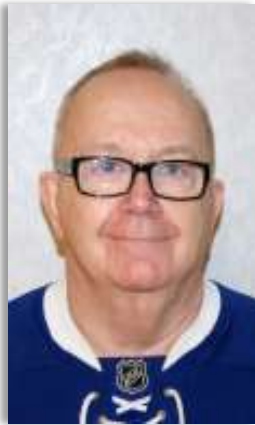
Dinner Charge: \$10 members/\$15 non-members & guests

**If you plan to attend, you must RSVP Albert Ohana
at salonpiaff@rogers.com or call (905) 597-1999**

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

Congratulations to FHL past president Ray Moscoe, who once again, took part in the 2014 Toronto Santa Claus Parade in November. He was part of the "Celebrity Clown" programme, which requires each clown to donate to the Hospital for Sick Children. He is seen here, with his wife, Rosalie.





PRESIDENT'S PEN

George Garten

As president, my first six months have been a learning experience. I like to think I am not the George you used to know – the one that ranted and raved if things did not go his way. I have learned patience and respect for others. I have accepted other opinions, even if they did not agree with mine.

A president is only a figurehead, but he must lead with conviction. Respect is earned, not given. I believe one who treats others well, will be treated well in return. We all have different opinions

and ideas, and that is what makes a lodge. From the very first president of Forestdale Heights to the present one, we have listened. We may not have necessarily agreed with what was suggested, but we listened and respected the opinions of the members.



I have learned a lot in six months.

I can honestly say I am glad to be your president. With the New Year upon us, I hope I am guided with wisdom and the patience to listen to others.

Charlene and I wish you all the best for 2015.

FHL@50

Beginning this month, we begin a countdown to our 50th anniversary celebration in June 2017. Each month we will look back in time, outlining key events in Canadian and Jewish history. Where to start? Why, we start at the very beginning, Canada's Centennial in 1967. This feature will run occasionally in print. However, it will be updated monthly on our website. Go to kolechad.ca/fhl@50.



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EDITOR'S DESK

Jeff Rosen

Do you ever find yourself feeling blue? I know there is a bit of blue in me, but for the most part, it's all gold and green.

So you're asking yourself, what is this guy rattling on about? It's about personality, my dear Lodge members.

Back in November, I had the opportunity to take part in a programme offered by JVS, called Career Exploration Opportunities. It was an intensive five-day programme designed to examine personalities, values, and goals, as well as to assist participants in their journey to secure a new career/job.

We were a diverse group of seven, and I was the oldest in the pack. We started out as strangers and by week's end, we were sharing our life stories with each other.

So, were the results what I expected? Some of the tests reinforced character traits that I knew I possessed (both positive and negative). Still, there were some surprises.

The most interesting result showed that I could be suited for the world of business and/or management. Having spent the past 32 years as a journalist, I never harboured any ambition to work in management. Still, it's been a couple decades since I was a reporter. For the most part, I was what most consider middle management.

Getting back to the blue part though. One of the tests we took the first day was called Personality Dimensions. According to the test, people fall into four personality categories: Inquiring Green, Organized Gold, Authentic Blue and Resourceful Orange. Rather than go into a detailed explanation of what each group represents (and given space constraints), those interested can go to the site, found at <http://bit.ly/1sVZfE0>. If you would like to take a modified form of the test, you can go to <http://bit.ly/1vfYmwE>.

How did I do, you may ask? My dominant colours were gold and green, with blue coming second, and orange a distant third.

After a week, I learned a little more about myself and thoroughly enjoyed the socialization.



Continued on next page

Another positive outcome came at the end of the week, when I sat down with the programme organizer to do a final assessment. Discussing my volunteer activities, I mentioned my involvement in this Lodge and the fact that I edit the monthly bulletin. She was interested, so I showed her a copy of Kol Echad.

Glancing through it, she said that even without reading it, she was impressed and liked what she saw, citing the bulletin's clean design and easy-to-read layout.

Needless to say, I walked away feeling great with a smile on my face.

To paraphrase Sally Field, "they like us, they really like us."

The journey continues...

VENDOR'S MARKET

The successful Vendor's Market will return to 15 Hove St. on Sunday, March 8. Once again, Forestdale Heights Lodge will be operating a table. If you have items, you wish to contribute for sale or would like to help volunteer with this fundraising programme, please contact Michael Kates at katesfamily@sympatico.ca

CVS



Ten years ago it was called Transitional and Supportive Housing Services of York Region. Today its name is Blue Door Shelters. The mission of this agency remains the same though: to provide safe, supportive, emergency shelter and services for people who are homeless or at risk. Late last year, Forestdale Height launched a CVS initiative with Blue Door Shelters doing what B'nai Brith Canada and Forestdale Heights Lodge does best: People Helping People.

* * *

Forestdale Heights Lodge extends its appreciation to the following businesses and individuals for their generous donations to our Blue Door Shelters CVS programme.

- **Lonny Kates**
- **Mona Pasternak, Kosher Trends, 363 Canarctic Drive, Toronto**

CORRESPONDENCE



Opening Doors for People
November 25, 2014

Charlene Garten Treasurer
Forestdale Heights Lodge
B'nai Brith Canada
c/o 1707 - 10 Tangreen Court
Toronto ON Canada M2M 4B9

Dear Ms. Garten:

On behalf of the volunteers, staff and especially the clients of Blue Door Shelters, I am pleased to acknowledge your generous donation.

Blue Door Shelters plays a pivotal role by providing a safety net for the men, women and children in York Region who face the abyss of homelessness. We provide not only shelter, but the support that people who are homeless need to find and maintain permanent housing. Please know that this donation will aid us in assisting the many individuals and families who need our services.

We truly appreciate your heartfelt support.

Yours truly,

Anne Stublely
Executive Director

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UPCOMING

Please join us for the 2014-2015 season when the Lodge plays host to a number of interesting speakers.

Monday, February 2

Rabbi Irit Printz

Rabbi Printz serves as senior administrator at A World Without Bullying and executive assistant at Motek Cultural Initiative.

She was ordained in 2005 and is an expert in bullying in the workplace. She has over 15 years' experience teaching in both formal and informal settings. She has worked in a number of environments including schools, synagogues, non-profit organizations, and the corporate world. Wherever she worked, Printz found bullying to be depressingly prevalent. She realized that bullying was not limited to just the schoolyard. Every organization she worked for had some people who bullied their co-workers, their underlings, and sometimes even their supervisors. She realized that if bullying was to be eradicated, it had to be dealt with in a top-down way. Just as teachers and administrators are the driving force behind eradicating bullying in our schools, it is executives and HR personnel who need to be the driving force behind eradicating workplace bullying.



Monday, April 13

Michael Mostyn

Come out to what promises to be an interesting meeting, when Michael Mostyn, the new CEO of B'nai Brith Canada addresses our Lodge. Mostyn brings an established commitment to the Jewish community and to his new leadership position.

Mostyn has deep roots in the Jewish community, having attended both Associated Hebrew Day Schools and the Community Hebrew Academy of Toronto. A graduate of the University of Western Ontario, Mostyn is a lawyer in good standing with the Law Society of Upper Canada and was a senior law firm partner for several years, practicing in the areas of criminal law, family law, business law, and civil litigation. He went on to develop an exceptional reputation in government relations and human rights advocacy while serving as the National Director of Public Affairs for B'nai Brith Canada, directing its Ottawa office from 2006-2010. Most recently, Mostyn focused his knowledge and talents within the private sector.

SLATE COMMITTEE MEETING

A meeting of Forestdale Heights Lodge's Slate Committee will be held on Wednesday, January 14 at 7:00 p.m. at 54 Millbank Court, the home of Michael Kates, chairman of the board of governors. The purpose of the meeting will be to choose a slate for FHL's executive for the 2015-2016 year. The meeting is open to all Lodge past presidents. If you are able to attend, please RSVP to Michael Kates at (905) 669-2408 or e-mail katesfamily@sympatico.ca.

TORONTO MARATHON



Sunday, May 3

Forestdale Heights Lodge has participated in the Goodlife Toronto Marathon for close to a decade. Our Lodge is responsible for the first water station at Mel Lastman Square.

Arrival time at the water station is 6:00 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.

BINGO



Tuesday, January 13

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: February 10, March 10, April 14, May 12, and June 9.

PURIM 5774

On **Wednesday, March 4**

Forestdale Heights will be hosting its annual Megillah reading at 4300 Bathurst Street.

If you are coming, please RSVP to Carl Zeliger at (905) 669-2732 or e-mail czeliger@wza.ca.



GOOD & WELFARE



Birthdays

George Garten
Stan Udell



January 1
January 30

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

ON THE WEB

Our website has a new addition, a calendar module. This addition to the site will enable everyone to view all Lodge activities taking place during the month. Go to kolechad.ca and click on Calendar in the left-hand menu.

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.

DECEMBER MEETING



If this were an audio report, the first pun would be “Can you hear me?” However, hearing loss is no laughing matter. On Monday, December 1, audiologist Phyllis Bensoussan, from Hearing Solutions, addressed 24 members and guests of Forestdale Heights Lodge. Guests included prospective members Liz and Jack Zwicker, Marla Matlow and the speaker’s spouse, Cantor Aaron Bensoussan.

Bensoussan stressed that most people over 50 should have their hearing tested, pointing out that the problem can get worse as a person ages if not properly treated. She explained how the various

parts of the ear work and how hearing loss can occur. Bensoussan said a number of factors affect hearing loss including family history, nutrition and diabetes.

Responding to a multitude of questions posed by Lodge members who appeared quite interested in the topic, Bensoussan said she has noticed hearing loss starting at an earlier age than in the past.

Bensoussan urged people to take advantage of having a hearing test, which is free. She also talked about hearing aids, explaining their cost and the different types available.

At the end of the meeting, many Lodge members decided to sign up for a hearing test at Hearing Solutions.

Special thanks go to Barry and Sandy Gordon, at right, for arranging this month’s speaker.

Jeff Rosen

For more photos, go to kolechad.ca



CHANUKAH PARTY



In the world of Hollywood, movie sequels and remakes are quite common. Even prequels have gained acceptance among film lovers. I guess it should have come as no surprise when Forestdale Heights Lodge staged their own prequel in December: Chanukah Bash 2014, Just Three More Days.

On Saturday, December 13, 21 Lodge members and spouses gathered in the party room at 10 Tangreen Circle for this annual social programme.

To no one's surprise, latkes were on the menu. Even if the holiday had yet to start, what would a Chanukah party be without this fried delicacy? Of course, members had to make a hard choice, how to eat it, with sour cream or applesauce. Personally, I prefer them with a little applesauce.

Along with the latkes, we enjoyed some delicious salmon, salad and cole slaw, all from Sobey's. While the food was delicious, what really made the evening special were the people. Everyone seemed to enjoy themselves, mixing, mingling and chatting throughout the evening.

We eventually took a break from all the socializing, but just long enough to sample the dessert table. Then it was back to the socializing. Avery Matlow added to the festivities with his mini-quiz.

Special thanks to as Sandy and Barry Gordon for organizing party and to George and Charlene Garten for once again hosting the programme in their building's party room.

It was a great end to our 2014 social programmes and everyone left looking forward to our next social, already being planned for February 21.

Jeff Rosen



CHANUKAH PARTY



For more photos, go to kolechad.ca/chanukah14.htm

WOODBINE 2014



The big winner at this year's outing to Woodbine Racetrack proved to be all the members of Forestdale Heights Lodge who came out to have some fun, enjoy great food, and take in the races (even if they did not put a wager on the outcome).

On Sunday, November 16, seven Lodge members, including George and Charlene Garten, Sandy and Barry Gordon, Michael Kates, Lisa and myself headed to the racetrack for an enjoyable afternoon. We were joined by family and friends, as well as a small

contingent from LMOL Don Mills Lodge.

Most of those who put money down on the ponies were lucky enough to win some of it back. Even the overcast skies failed to dampen our spirits, as the track surface gradually became muddier.

This year's outing was far superior to last year's visit. This time out we were back at Favourite's Restaurant. However, unlike the past few years, this year we managed to get tables by the windows, which gave us a superior view of the races. As well, this year's buffet was an improvement over our last visit.

While the number of Lodge members taking part in this social outing has declined over the years, one thing remains constant: Those who do participate have a great time.

Special thanks to Sandy Gordon for all her work in making this programme a success.

Jeff Rosen



[Jeff & Jordana Rosen photos]

For more photos, go to kolechad.ca



SANDY'S SCRIPT

Sandy Gordon

By the time you read this column, Chanukah will have come and gone! But not for long, as we are assured that it will arrive every year on the same date on the Jewish calendar as do all our other Jewish Holidays.

Even though the children love Chanukah, playing dreidel, eating potato latkes and yes, also receiving Chanukah gelt, we remember the miracle of Chanukah and the fight to save the Jewish people. Nothing has changed, we still celebrate Chanukah, light the chanukiah and yes, we still fight for our right to be free.

In our celebrations, we are demonstrating that we are a strong people and that we identify with everything Jewish. As long as we identify and belong, we will always be the Jewish people.

I will be celebrating at four Chanukah parties and am looking forward to enjoying the holiday with family and friends.

I hope everyone enjoyed a great time with your families and had a *freilichn* Chanukah! Until the next time.



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Sonny Langer's Caterers

AS I SEE IT

Marc Kates



Back in the day, literacy simply meant the ability to read and write. Today, the definition of literacy means something completely different. According to UNESCO, The United Nations Educational, Scientific, and Cultural Organization, literacy is defined as the “ability to identify, understand, interpret, create, communicate and compute, using printed and written materials associated with varying contexts. Literacy involves a continuum of learning in enabling individuals to achieve their goals, to develop their knowledge and potential, and to participate fully in their community and wider society.” To this extent, literacy also encompasses media literacy and being savvy about the messages that are inundating us on a daily basis.

My students are currently exploring ‘media’ as part of their Language and Literature class. I can’t honestly say that I was as astute as they are when I was a grade 8 student. They are growing up in the digital age where information and messages abound. I don’t think I ever perceived billboards, movie trailers or radio as various types of media, but I did know that I was being sold something. For my students, the Internet, apps, and Facebook are very shrewd in the ways they target their audience. Commercialism and the global market creatively construct an audience’s perceived needs based on content and style. It is wading through all of this ‘stuff’ that is challenging, and trying to enable my students to think critically about the messages with which they are being bombarded. Discerning messages, both overt and implied, knowing what is real or constructed, is the test.

My class has learned about “logos,” “ethos,” and “pathos” and the way in which these rhetorical devices are used in advertising. Analyzing and deconstructing messages requires a sagacious ability to filter and wisely interpret. This becomes an arduous task when media play such a predominant role in our modern society.

UNESCO further states that “Literacy is about more than reading or writing – it is about how we communicate in society. It is about social practices and relationships, about knowledge, language and culture.” No longer can we simply rely on reading and writing to understand the world around us, it’s how we USE reading, writing and messages in order to interact with the world.



Reserve the Date

Sunday, June 4, 2017

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ALL STEW

Stewart Indig

O boy! It is getting cold outside. The best thing to warm your body is some nice hot soup. By now, you should have figured out that Cathy and I enjoy food with flavour. This month's recipe is a very tasty squash soup. You can season it to taste, so therefore it is up to you to decide if the tablespoons are going to be rounded, or heaping. Please note, this recipe is not only flavourful, but has no added sugars or fat.

CURRIED SQUASH SOUP

INGREDIENTS

1 large butternut or buttercup squash
1 large onion
2 zucchini
1/4 lb. mushrooms
2 tbsp. curry powder
8 cups chicken stock (water with 8 tsp. instant chicken stock powder)
1/2 tsp. salt

DIRECTIONS

Cut squash in half, place cut down in bowl with a little water and microwave for about 8-10 minutes on high.

Scoop out flesh and discard skin. Chop onion. Slice zucchini and mushrooms. Place all the vegetables in a large pot (squash included) and chicken stock, curry and salt.

Cooked until vegetables are tender. Puree and adjust seasonings to taste.

I hope you enjoy the soup and stay warm.





HEALTH IN HARMONY

Rosalie Moscoe

2014. Another year behind us and we're here to talk about it! How did you fare this past year? Was it a difficult one? Did you have fun? Was it vitalizing or restorative? Did you discover time for learning and growing? Or was this past year one of disappointment? Was 2014 etched in your memory as a time for love and sharing? Or was it the season for closing doors? Perhaps last year encompassed all of those factors. Now we pick ourselves up, dust ourselves off and prepare to encounter a New Year – no matter what it generates.

For me, 2014 was a period of slowing down from a heavy workload. It was the time to heal some aches and pains, of “floating” with no colossal purpose other than to be with my family, friends, Lodge brothers and sisters. It was a time of looking to appreciate moments and delight in the antics of my granddaughter. While it was time well spent with my volunteer work and writing articles, it was also a time of strengthening bonds with my children and husband. Perhaps that *was* my colossal purpose after all. I'm so grateful that I took the time to savour those moments. Each year brings a new challenge and I'm gearing up for my New Year with renewed purpose and excitement, yet will not abandon what I have already fostered.



No matter what our age, there's always something we can do to enrich our lives – even if that means reading a new book on a subject we know nothing about. It can also mean taking up a new activity, such as joining the JCC with its vast amount of programming. You may decide to join a folk dancing or square dancing group, revisit playing mah jong; or become a volunteer. You can investigate Yids on Wheels. Take a course – either online or in person.

However, there are times that we need a “fallow” period to spur us on to new directions. For those considering that next step, just allow yourself the freedom to ponder, to research new possibilities – to dream. However, keep that tingling feeling of excitement and eagerness in your bones for what's to come. As the man on the flying trapeze flings himself through the air anticipating the next bar to hang on to as it charges towards him, he also relishes that time in space, the in-between time, and the excitement and hope that it generates.

Continued on next page

So here's to 2015! May you go forward with anticipation and enthusiasm. Pay attention to your health and well-being in all respects, – emotional, intellectual, financial, social/family and keep hope in your heart.

Ray and I wish for you and your families a happy, healthy and invigorating New Year!

PESACH GREETINGS

To all members of Forestdale Heights Lodge:

This year we will be running Pesach Greetings in the April issue of Kol Echad. Greetings will be \$5 each (just one size). Deadline to put a greeting in is February 28. Please send wording for your greeting to jelijo@sympatico.ca.

All payments must be made no later than the Lodge's March 1 meeting. Cheques (made out to Forestdale Heights Lodge) or cash can be handed in at the meeting or mailed to Jeff Rosen, 150 Harris Way, Thornhill, Ont. L3T 5A8.



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FORESTDALE FUNNIES

New Year's Day Prayer for One and All

Dear L-rd,

So far this year I've done well.

I haven't gossiped I haven't lost my temper; I haven't been greedy, grumpy, nasty, selfish, or overindulgent. I'm very thankful for that. But in a few minutes, L-rd, I'm going to get out of bed, and from then on, I'm probably going to need a lot more help.

Amen.



A New Year's Wish

On New Year's Eve, Marilyn stood up in the local pub and said that it was time to get ready. At the stroke of midnight, she wanted every husband to be standing next to the one person who made his life worth living.

Well, it was kind of embarrassing. As the clock struck - the bartender was almost crushed to death.

Lecture Tour with a Difference

On New Year's Eve, Daniel was in no shape to drive, so he sensibly left his van in the car park and walked home. As he was wobbling along, he was stopped by a policeman. "What are you doing out here at four o'clock in the morning?" asked the police officer.

"I'm on my way to a lecture," answered Roger.

"And who on earth, in their right mind, is going to give a lecture at this time on New Year's Eve?" enquired the constable sarcastically.

"My wife," slurred Daniel grimly.

New Year's Day Party - That Never Was?

As in many homes on New Year's Day, Janet and Nigel, a happily married couple, faced the annual conflict of which was more important: the football match on television, or the lunch itself.

Hoping to keep the peace Nigel ate lunch with the rest of the family, and even lingered for some pleasant after-lunch chat before retiring to the lounge to turn on the television.

Some minutes later, Janet looked in to see how he was and graciously even bought a cold beer for Nigel. She smiled, kissed him on the cheek and asked what the score was. Nigel told her it was half time and that the score was still 0-0.

"See," Janet said happily, "You didn't miss a thing."

Rosalie Moscoe

RHN, RNCP



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