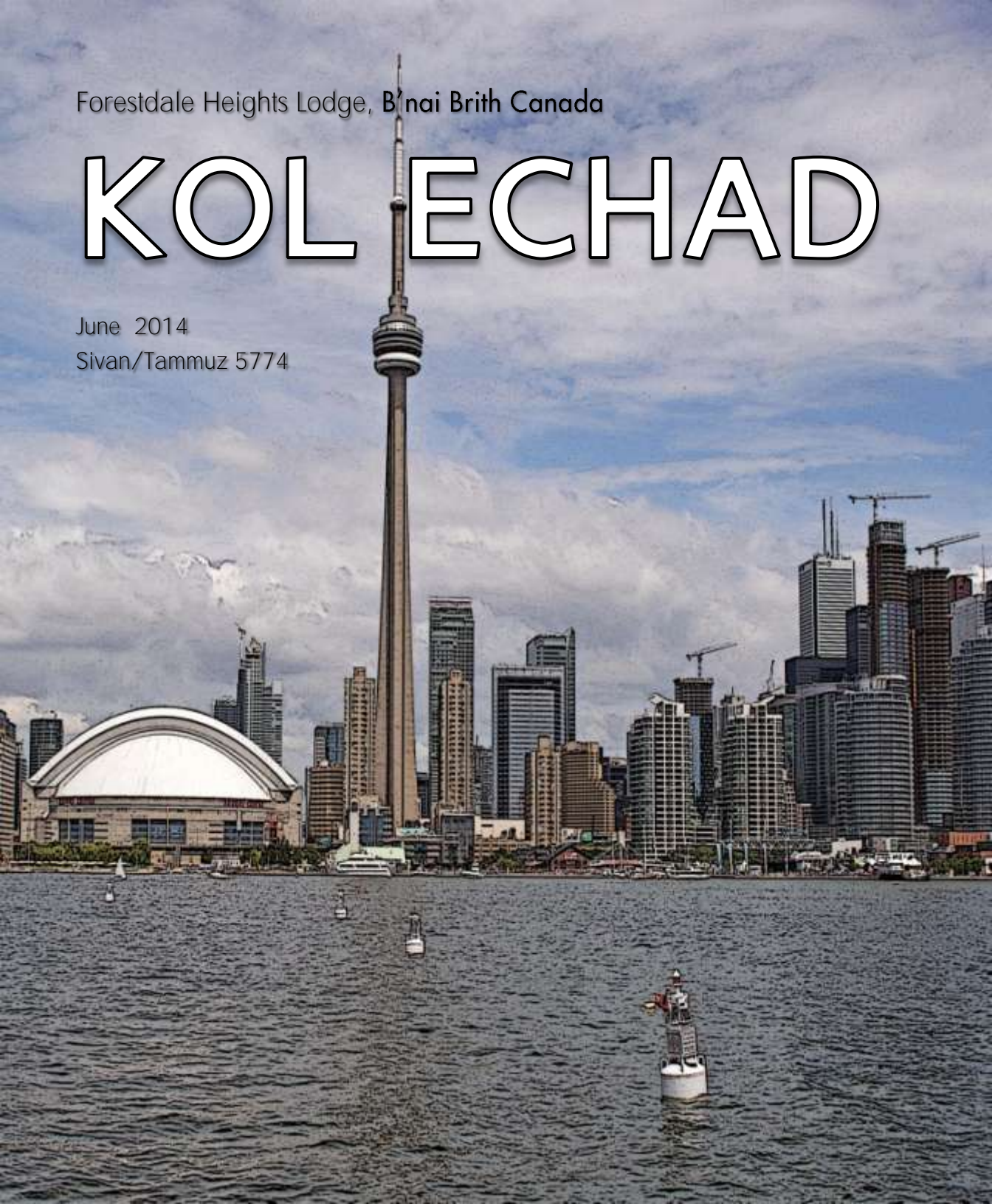


Forestdale Heights Lodge, B'nai Brith Canada

KOL ECHAD

June 2014

Sivan/Tammuz 5774



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

It's almost summer and after a long cold, bitter winter, its time to get out and enjoy the great outdoors (as long as we don't get too much rain). This month's cover photo was taken by Jeff Rosen.

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

| | |
|----------|--------------------------------|
| May 25 | Installation |
| June 9 | Dinner Meeting |
| July 13 | FHL@Woodbine (NEW DATE) |
| Aug. 17 | Lodge BBQ |
| Sept. 8 | Dinner Meeting |
| Oct. 6 | Speaker & Dinner Meeting |
| Nov. 3 | Dinner Meeting |
| Dec. 1 | Speaker & Dinner Meeting |
| Dec. 13 | Chanukah party – 7 p.m. |
| Jan. 5 | Dinner Meeting |
| Feb. 2 | Nominations & Dinner Meeting |
| March 2 | Elections & Dinner Meeting |
| March 4 | Purim Programme |
| April 13 | 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, please RSVP Albert Ohana at
salonpiaff@rogers.com or call (905) 597-1999**

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

PRESIDENT'S PEN



Spring brings new changes. For Forestdale Heights Lodge, Spring brings a new president.

Before I go forward, I have to look back. Four years ago when I joined this lodge, I had no intentions of being president. At Ray Moscoe's first installation, while I was putting the centrepieces in my car to take to the food bank, Ray turned to me and said, "You are a worker I can count on." At that time, I wasn't even a member of this Lodge! It didn't take long before I was involved helping with different projects. I was asked to join the executive as a trustee and from there worked my way up the ladder. I am very honoured and humbled to be your president for 2014-2015. I will do my best and

hopefully not let you down.

I believe we all have to do our part to make this coming year a success. I am asking all the members to get involved, even if it is only by attending the monthly meetings. A lodge works better when everyone takes part in all the activities.

As Shavuot approaches, I would like to take this opportunity to wish all the members and their families Chag Sameach.

Have a good summer and see you in September,

George Garten

ROSH HASHANAH 5775

Kol Echad is currently planning our annual Rosh Hashanah Greetings issue.

We will be offering greeting ads in two sizes. Prices are \$10 for business card size ads and \$15 for the double size. Additional sizes are available upon request.

The greetings will appear in the September issue.

Submissions and payments will be accepted at our June 9 meeting, as well as by e-mail and snail mail during the summer.

Final deadline for submissions is July 15.

Once you have decided on your greeting, please send wording to Jeff Rosen at jelijo@sympatico.ca. Payments should be mailed to 150 Harris Way, Thornhill, L3T 5A8.

THIS FUNDRAISER HELPS SUPPORT KOL ECHAD AND FORESTDALE HEIGHTS LODGE.

EDITOR'S DESK



This being our June issue, I thought it would be best devoted to the number 30.

I still find it hard to believe, but it was 30 years ago when I was hired as a reporter at *The Canadian Jewish News*. So much has happened since then, in my personal and professional life and the life of the paper. Yet, despite everything that has transpired, I still consider myself lucky to be employed in what I have always referred to as my “dream job.” I get to do something I love and get paid in the process. You can’t get any better than that in life.

Of course, it was touch and go there for a while, what with the collapse and subsequent rebirth of the paper. Established routines were torn apart and tears were shed as longtime colleagues were forced to part ways. Even after it was announced that the community was not going to let their beloved Jewish paper fade gently into the night, no one knew what survival would entail.

On more than one occasion, I thought that it was 30-time for either myself or the paper. For those unaware of the term, --30-- has been traditionally used by journalists to indicate the end of a story.

Finally though, a new year dawned and with it, a change in leadership, taking the paper in a new direction. The first was a change in focus, the second a major revamp in the paper’s look and design. Accomplishing the second task was no easy feat, coming just before Pesach with our second largest issue of the year. However, everyone pulled together and the baby was successfully delivered.

With all the changes taking place, I began pondering my role in the revamped organization. I had enjoyed a good run for 29 years, but what was my future there? I have to admit that initially I found it difficult to adapt to the new work environment.

However, watching one of my favourite science fiction TV series last winter opened my eyes to a new reality. In the *Doctor Who* Christmas Special, fans said goodbye to a favourite “Doctor” as he regenerated into a new form. He left with some well chosen words to his companion:

Continued on next page



Times change and so must I.
We all change when you think about it,
we're all different people, all through our lives, and that's okay.
That's good! You gotta keep moving, so long as you remember
all the people that you used to be.

Think about the words, I mean, really think about what he said. The character was talking about a physical change, but we all go through changes in our lives and basically have to go with the flow. Stop living in the past, learn from the experience and go boldly into the future.

So, that is what I eventually did and I have to admit, it's been a game changer. After compressing my work week to four days, I feel more relaxed and look forward to the rest of the week.

I guess that means the 30-year mark at the paper will soon be shattered.

As for the volunteer portion of my journalistic life, it's definitely not time to write my last 30; it now looks like my involvement with Kol Echad will continue into its 23rd year.

However, that's something for the future. Now, its time to put this publication on pause, as we take a well deserved summer break. Thanks to Harvey, Debbi, Stewart, Rosalie, Marc, and of course, my amazing wife, Lisa, for helping make Kol Echad such a great publication for yet another year. I couldn't have done it without you.

Of course, our website will continue to be updated, when necessary (but only when necessary) during the summer months.

So that's it. Time to sign off, enjoy some hopefully hot weather and a well deserved vacation.

Talk to you in the fall.

Shalom,

Jeff Rosen

Keep up with Forestdale Heights Lodge this summer. Watch our website, kolechad.ca, for reports and photos from our annual installation, Day at the Races and much more.

GOOD & WELARE



Ray and Rosalie Moscoe were honoured at the May 5 Lodge meeting on the occasion of their 50th anniversary. Forestdale Heights Lodge wishes the Moscoes many more happy and healthy years together.



FHL chairman of board of governors Michael Kates, recently presented a plaque to thank Mitchell Wein, left, and Leon Wein, both from Marathon Watch, for their generous donation of goods, which the Lodge sold at the recent Vendors Market. The plaque reads, "On behalf of Forestdale Heights Lodge B'nai Brith. We greatly acknowledge the donation made on behalf of the Wein Family."

April 30, 2014



GOOD & WELFARE

Birthdays

| | |
|-------------------|-----------|
| Stewart Indig | June 1 |
| Harvey Silver | June 6 |
| Jeff Rosen | June 12 |
| Lisa Rosen | July 30 |
| Charlene Garten | August 2 |
| Maurice Hinkowitz | August 18 |
| Stan Zelig | August 19 |



Happy Birthday to all the "summer babies" in FHL

Anniversaries

| | |
|--------------------------|-----------|
| George & Charlene Garten | June 2 |
| Carl & Debbie Zelig | June 8 |
| Barry & Sandy Gordon | June 15 |
| Ray & Rosalie Moscoe | June 21 |
| Ivan & Elizabeth Bloom | June 27 |
| Marc & Anna Pollock | June 29 |
| Stan & Carol Udell | June 30 |
| Michael & Carol Pacter | July 2 |
| Albert & Honey Ohana | August 15 |
| Stan & Janet Zelig | August 16 |
| Stewart & Cathy Indig | August 23 |



Happy Anniversary to all those who celebrate summer anniversaries

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

GOODLIFE MARATHON

One would think that winter jackets, gloves, and hats would not be a necessity by the beginning of May. However, if one thought that, they would definitely be wrong.

This proved to be required gear for four Lodge Brothers as we got up extra early on Sunday, May 4 to take part in the GoodLife Toronto Marathon.

For the sixth consecutive year, Forestdale Heights Lodge was responsible for operating the hydrating station at the annual marathon's first checkpoint on Beecroft Avenue, behind the North York Civic Centre.

This year's crackerjack team included Stewart Indig, Michael Kates, Harvey Silver and myself. As well, this year we were joined by two student volunteers.

While we expected a morning chill, given that we arrived before the required 5:45 a.m. set up time, we were genuinely surprised as a steady wind kept it cold all morning.

Still, this failed to cool our spirits as we went about our duties setting up the tables, preparing Gatorade and filling cups with water and Gatorade for those taking part in one of three runs that day (There was a half marathon, a marathon and a relay). We even managed to find humour in the less than perfect climate conditions. This being our sixth year taking part in the Toronto Marathon, we had our routine down pat. Harvey once again provided much needed coffee to hydrate our group.

We noticed less people passing through our station due to the inclement weather. However, those who did repeatedly lauded us for our efforts. As well, organizers thanked us for taking part.

The pleasure was all ours though. The CVS programme proved once again to be a huge success and the camaraderie in our group was fantastic. As the final race left the starting gate, we cleaned and packed up our site, with Harvey already planning for our participation in next year's marathon.

With the "work" part of the morning over, we gathered for our traditional post-marathon breakfast at the Fry Basket Restaurant.

A good time was had by all.



Jeff Rosen

GOODLIFE MARATHON



For more photos, go to
kolechad.ca/marathon14.htm

[Stewart Indig photos]





FORESTDALE FUNNIES

Summer Job

For her summer job, my 18-year-old daughter arranged interviews at several day-care centers.

At one meeting, she sat down on one of the kiddie seats, no simple task for most people. The interview went well, and at the end, the day-care center director asked the standard question, "Can you give me one good reason we should hire you?"

"Because I fit in the chairs."

She got the job.

Two Year Old

My two-year-old cousin scared us one summer by disappearing during our lakeside vacation. More than a dozen relatives searched the forest and shoreline, and everyone was relieved when we found Alex playing calmly in the woods.

"Listen to me, Alex," his mother said sharply. "From now on when you want to go someplace, you tell Mommy first, okay?"

Alex thought about that for a moment and said, "Okay. Disney World."

Forecast

Vacationing in Vermont, I picked up the local paper to check out the forecast.

It read:

Today: Sunny, 76.

Tonight: Not so sunny, 55.

The Beach

Our first day at a resort my wife and I decided to hit the beach.

When I went back to our room to get something to drink, one of the hotel maids was making our bed. I grabbed my cooler and was on my way out when I paused and asked, "Can we drink beer on the beach?"

"Sure," she said, "but I have to finish the rest of the rooms beforehand."

Canadian Summer

I asked my Canadian friend "Did you have a good Summer?"

He replied "Yes indeed, we had a great picnic that afternoon!"

SANDY'S SCRIPT



Not knowing what I wished to write about, I sat at my computer and just let my fingers do the talking! It was just like I was sitting across from you and having a conversation. I think that's the way I write anyway.

Another year is almost over and a new one will begin on May 25 with the installation of our new officers and with George Garten being installed as president of Forestdale Heights Lodge. George has the best interests of the Lodge at heart and is eager to work so it will succeed over the coming months and years.

Forestdale Heights Lodge was a large, vibrant lodge in the past. We can't live in the past, but we can plan for the future. What was done in the past can still be done today, but perhaps differently. We have to look at where we were, where we are and where we are going. If some kind of change is in the cards for us, maybe we should have a serious brainstorming meeting and throw ideas around. I'm not talking about fundraising; I'm talking about our purpose. Nothing has to be thrown out the window... perhaps there is something we can add to our purpose, our reason for being?

Something to think about...maybe we should go in the direction of developing a steering committee made up of other lodge presidents. Everyone has their own strengths! Why can't we learn and share? We are not in competition, it's all for the same cause.

I leave this with you and in closing, I wish George Garten a hearty mazel tov and a great summer to all!

Sandy Gordon



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YOUR BUSINESS!

WOODBINE



NEW DATE: On Sunday, July 13, members of Forestdale Heights Lodge will head to Woodbine Racetrack for our annual popular Day at the Races.

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

Doors open at noon.

If you are interested in joining us, RSVP to social chair Sandy Gordon, sandygord@gmail.com by June 20.

Don't miss one of FHL's premiere social outings!



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LOOKING BACK

From the files of Kol Echad

JUNE 2007

FHL @ Fallsview Casino

A group of members from Forestdale Heights Lodge including Barry and Sandy Gordon, Phyllis and Jerry Blustein, Jeff and Lisa Rosen, Carl and Debbie Zeliger, plus a few friends, went to Niagara Fallsview Casino on April 29. The bus was packed, but a few of us still got a chance to sit together.

Everybody had a wonderful day. When we got there we all headed straight to the Casino. Some of us won, but most of us lost a few dollars. Later we went out for lunch followed by a walk to the Falls. Before heading back to Toronto we even had the chance to do some window shopping at the stores in the casino complex. Finally, it was time to say goodbye to Niagara and we headed back to the city.

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ALL STEW

Spinach Dip in Pumpernickel Bread

This is one of Cathy's best dips. A true party favourite.

Ingredients

- 1 large round pumpernickel or Black Bread
- 2 packages chopped frozen spinach, thawed and drained
- 1 cup of sour cream or plain yogurt

2 cups of mayonnaise

1 package of Knorr Swiss Vegetable Soup

Directions

Slice off top of bread.

Cut the inside out of the bread.

Cut into cubes.

Mix all other ingredients together.

Put the mixture inside the hollowed bread.

Surround pieces of bread around the large bread. (Just like the picture)

Refrigerate and then serve.

Enjoy, the dip and your summer.



Stewart Indig

UPCOMING

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

Monday, October 6

Laughter Program

Lisa Scriver, Recreation Therapist and Certified Laughter Leader

Lisa is a mom of three kids. She has lived in four out of the 10 provinces, one state, and the U.K. She graduated from York University with a degree in sociology and a post-graduate diploma from Georgian College in recreation therapy.

She received her laughter leader training in 2007 and has been “ho, ho, ha, ha, ha’ing” ever since.

Laughter programs and workshops provide light-to-moderate exercise for mental & physical flexibility, mood regulation, stress reduction, and an attitude boost. In other words, a therapeutic ally. Our stress-filled world doesn’t laugh much.

It continues to exist amid strife, misunderstanding & turmoil. Certified Laughter Leaders (CLL) have completed the World Laughter Tour prescribed studies and supervised training in the science of laughter and healing-with-laughter strategies.



Monday, December 1

Hearing Solutions

Phyllis Bensoussan, Audiologist



Sonny sez:

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

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AS I SEE IT



Shavuot literally means “weeks.” It is named for the seven weeks we count from Pesach to mark the Jewish people’s receiving of the Torah at Mount Sinai. Shavuot is called “Chag Matan Torah,” the holiday of the giving of the Torah. B’nai Israel left Egypt as free people answering to no one, and only weeks later, Jews submit themselves to the service of G-d. One moment they’re free, and the next they are obeying 613 commandments. Along with these 613 commandments, we also follow many *minhagim*, customs or rituals, which may or may not be based in the written script. When it comes to Shavuot, I consider myself Orthodox as I take the consumption of dairy foods quite seriously, especially cheesecake.



There are many reasons for the consumption of dairy foods on Shavuot, but there are two, in particular, that speak to me. The first is the fact that until the Torah was given, B’nai Israel did not know the rules of kashruth and the ritual slaughtering of animals. Therefore, they partook of dairy foods. The second is that Torah is likened to milk, as it states that “Like honey and milk [the Torah] lies under your tongue” (Song of Songs 4:11). Just as milk is a nourishing substance to a baby, so too is the Torah that provides nourishment to the Jewish soul.

I take the *minhag* of eating cheesecake rather earnestly. During my childhood, my family was accustomed to my dear Auntie Aileen’s cheesecake. I consider it the “traditional” of all cheesecakes with a graham cracker and cinnamon crust, followed by a thick layer of the actual cheesecake filling, and then topped with a sour cream baked layer. The only variation or deviation I would tolerate would be the colour of the final layer. In this regard, I did give my aunt creative control, although the final colour was either a pastel pink or green.

Since those days, I have expanded my cheesecake repertoire. I find it my obligation, nay, duty, to sample other cheesecakes and compare. I look forward to visiting the Mecca of cheesekedom, New York City, in June to satisfy my desire to spread the *minhag* of Shavuot throughout the rest of the year.

May the eating of cheesecake bring sweetness to your lips and Torah to your mind.

Marc Kates

HEALTH IN HARMONY



It was with great sadness I read in *The CJN* in April, 2014 about a 15-year-old student who committed suicide. It came on the heels of my return from Vancouver for the Orthomolecular Medicine Today conference for international professionals sponsored by the ISF, www.isfmentalhealth.org. The conference highlighted many sessions by doctors and other health professionals on orthomolecular (therapeutic medical treatments) for many forms of mental illnesses, including depression, that are safe to use with medication.

The suicide of this teenager was heartbreaking for the family and I too felt broken-hearted, as I've been working for 24 years for the ISF to promote this adjunct, effective and safe treatment that's assisting thousands of people who suffer from depression, ADHD, behavioural problems, autism and schizophrenia world-wide to lead healthy, independent lives. While stigma and fear of vitamins are the greatest challenge for this safe and effective treatment, thankfully, my son is one of the youths who has been helped.

In 1989, he left on a Middle East youth tour with his buddies, his guitar firmly tucked under his arm. Three weeks later, we received a shocking phone call – our son had fainted on the top of a mountain and had gone paranoid. My husband left on the next plane and returned with a young man who not only looked physically ill and emaciated, but also was psychotic.

Our outgoing, friendly, affectionate boy and talented musician now spent hours in his room sleeping. Awakened, he suffered Parkinson-like tremors and tardive dyskinesia, a side-effect of his medication. His progress was negligible and a year later was hospitalized again. Frantically, I searched for answers. Traditional texts left me hopeless. By destiny, or sheer luck, I came across one of the books by Abram Hoffer, M.D., PhD, researcher and psychiatrist and scholar of bio-chemistry.

The book, (now renamed, *Healing Schizophrenia*), discussed healthy diets, free of allergens that could help his condition and other mental health conditions such as depression. Also emphasized were specific supplements such as Vitamins B3 (niacin) and Vitamin C – both natural and essential to the human body for restoring health. Hoffer had conducted research in Saskatchewan in the early 1950s with a team of 30 researchers and emerged with eight double blind studies that doubled the recovery rate of schizophrenia in the first two years.

Continued on next page

After calling Dr. Hoffer for help, I learned that a charitable foundation, now called the ISF had been chartered in Canada in 1968 to promote orthomolecular medicine for all forms of mental illness. I soon returned to school to study nutrition and have since consulted with many patients of a medical doctor who uses these treatments in her practice for better outcomes.

Orthomolecular medicine optimizes health and treats disease by providing correct amounts of vitamins, minerals, amino acids and other substances that are natural to the body's environment. In other words, find out what's missing in the body and give it what it needs and wants.

Protocols of nutrients exist to improve symptoms of depression, ADHD, obsessive-compulsive disorder, dementia and eating disorders. (Check www.mindfulcharity.ca – a better future for children's mental health, for resources for parents and professionals. A practitioners list is also available.)

According to a September, 2010 Whitehall-Robins Report, (a pharmaceutical company's Journal), entitled Micronutrients and Mental Disorders, "several micronutrient deficiencies adversely affect the brain and hence could aggravate mental disorders like schizophrenia, depression and anorexia nervosa."

Today, my 43-year-old son is on a small dosage of medication. He is in excellent health and he lives independently. A proficient cook, he has no visible symptoms of schizophrenia, tardive dyskinesia or tremours. He also maintains a regimen of supplements that has changed over the years.

If you know of a family needing help in this area, contact either the ISF office, 16 Florence Ave. Toronto at (416) 733-2117 or contact me.

Rosalie Moscoe

Subject: GoodLife Fitness Toronto Marathon

Hi Harvey,

I want to say a BIG THANKS to everyone at your lodge who helped out at the water station on Sunday May 4, 2014. The event was a great success and your continued support of our event is greatly appreciated.

If you could pass on our thanks to everyone in your crew it will be appreciated.

Take care and stay in touch.

Please mark down in your calendar next year's date of May 3, 2015.

Mike Collins

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BINGO

Tuesday, June 10

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Please arrive by 7:15 p.m.

For more information,

contact Richard Kotzen, (416) 783-2737

or richkotzen@rogers.com

LODGE BBQ

Please join us on Sunday, August 17, for our annual Lodge BBQ at the home of Stewart and Cathy Indig.

Place: 43 Bryant Street, North York

Time: 5:30 p.m.

Price: \$15/person members;

\$20/person non-members

For more information or to RSVP, please contact social chair Sandy Gordon, sandygord@gmail.com



Would you like to join Team Kol Echad? We would love to have you join us to help make this publication even better. Send us your ideas. Remember, Kol Echad is YOUR publication and it improves through the active participation of Lodge members.

The Editor, jelijo@sympatico.ca

TRIVIA

Lawrence Peter Berra played Major League Baseball for 19 years for the New York Yankees. He played on 10 World Series Championship teams, remains a MLB Hall of Famer, and has some awe-inspiring stats. His name is consistently brought up as one of the best catchers in baseball history, and he was voted to the Team of the Century in 1999.

Amazing accomplishments aside, they probably aren't how you know Lawrence.

You know him as Yogi, a nickname given to him by a friend who likened his cross-legged sitting to a yogi. Yogi is famous for his fractured English, malapropisms and sometimes nonsensical quotes.

Here are 20 Yogi Berra quotes that will make you shake your head and smile.

1. "It's like deja vu all over again."
2. "We made too many wrong mistakes."
3. "You can observe a lot just by watching."
4. "He hits from both sides of the plate. He's amphibious. "
5. "If the world was perfect, it wouldn't be."
6. "If you don't know where you're going, you might end up some place else."
7. "The future ain't what it used to be."
8. On why he no longer went to Ruggeri's, a St. Louis restaurant: "Nobody goes there anymore because it's too crowded."
9. "I always thought that record would stand until it was broken."
10. "We have deep depth."
11. "All pitchers are liars or crybabies."
12. When giving directions to Joe Garagiola to his New Jersey home, which is accessible by two routes: "When you come to a fork in the road, take it."
13. "Always go to other people's funerals, otherwise they won't come to yours."
14. "Never answer anonymous letters."
15. "Half the lies they tell about me aren't true."
16. As a general comment on baseball: "90 percent of the game is half mental."
17. "I don't know if they were men or women running naked across the field. They had bags over their heads. "
18. "It gets late early out there."
19. Carmen Berra, Yogi's wife asked: "Yogi, you are from St. Louis, we live in New Jersey, and you played ball in New York. If you go before I do, where would you like me to have you buried? " Yogi's answer was "Surprise me."
20. "It ain't over till it's over."



Rosalie Moscoe

RHN, RNCP



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