

Forestdale Heights Lodge, B'nai Brith Canada

# KOL ECHAD

June 2015

Sivan/Tammuz 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.

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Jeff Rosen

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Harvey Silver

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Aaron Pacter

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# COVER ART

It's almost summertime and you know what that means? It's time to getaway, find some secluded spot and relax. Perhaps a remote island? Ontario boasts many islands, found east of Toronto in the Kingston area. While they are called the 1,000 Islands, in reality, there are 1,864. [Jeff Rosen photo]

## AT A GLANCE

June 8	Dinner Meeting
June 28	Day at Fallsview Casino
July 12	FHL Summer BBQ
August 31	Opening Dinner Meeting
October 11	Breakfast Meeting @ 10 a.m.
November 9	Dinner Meeting
December 5	Chanukah Party @ 7 p.m.
December 14	Dinner Meeting
January 11	Dinner Meeting
February 8	Nominations & Dinner Meeting
March 13	Elections & Breazkfast Meeting
April 11	Dinner Meeting
May	Installation
June 13	Dinner Meeting

**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 [salompiaff@rogers.com](mailto:salompiaff@rogers.com) or call (905) 597-1999**

DEADLINE FOR ALL ISSUES IS 10<sup>TH</sup> OF THE MONTH  
UNLESS OTHERWISE CHANGED



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# PRESIDENT'S PEN

George Garten

Since this is my last column until September, I would like to reflect back on the year that has passed. It is hard to believe that my first year in office is over and I have been honoured with a second term as your president. My first year was a learning experience. As I look back, I had an executive that worked well together, not just as individuals. We had some good things happen and, of course, there is always the down side.

There are individuals I would like to thank. Thanks to Jeff Rosen for his outstanding efforts with Kol Echad, both the print version and the website. Thanks to those who worked diligently on CVS projects, including the bingo every month. Thanks to Sandy Gordon for her work and efforts to have enjoyable social events. I would also like to thank Barry Gordon for providing us with informative and entertaining speakers. A special thank you goes to Harvey Silver who makes sure our supplies are available for meetings and social events. To the rest of the executive, my heartfelt thanks for a year well done.

A special thank you goes to my wife, Charlene. She has kept me informed and in line. Not only is she our treasurer and first lady, but her advice has made me a better man.

I wish all of you a happy and peaceful Shavuot and a safe and enjoyable summer.

## HIGH HOLIDAY GREETINGS 5776

Kol Echad is currently planning our annual High Holiday 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 8 meeting, as well as by e-mail and snail mail during the summer. Final deadline for submissions is July 15. All greetings must be paid before publication. Once you have decided on your greeting, please send wording to Jeff Rosen at [jelijo@sympatico.ca](mailto:jelijo@sympatico.ca).

Payments should be mailed to 150 Harris Way, Thornhill, L3T 5A8.

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# FUNNIES

## HOW TO MAKE A FORTUNE

Little Jacob was sitting with his Zadie who was explaining to him how he made his fortune.

Zadie Goldstein fingered his expensive wool vest and said, "Well, Jacob, it was 1932. The depth of the Great Depression. I was down to my last nickel."

"I invested that nickel in an apple. I spent the entire day polishing the apple and, at the end of the day, I sold the apple for ten cents."

"The next morning, I invested those ten cents in two apples. I spent the entire day polishing them and sold them at 5:00 p.m. for 20 cents. I continued this system for a month, by the end of which I'd accumulated a fortune of \$9.80."

"Wow," said Jacob. "What happened next, Zadie?"

"Then Bubie's father died and left us two million dollars."



# BINGO

Tuesday, June 9

4300 Bathurst Street.

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[richkotzen@rogers.com](mailto:richkotzen@rogers.com)



# EDITOR'S DESK

Jeff Rosen

If there is one constant in life, it is that nothing ever remains the same. No matter how much you may try to avoid it, change is inevitable, sort of like the arrival of a new season. Sometimes a change can be a major life-altering event, other times it can be a minor variation.

Since our last installation in 2014, the changes in my life have been anything but minute. After 32 years in the workforce, I suddenly found myself with an unlimited amount of free time. Actually, it was probably the first time in my life that I had my days free to do as I wished.

Unfortunately, nothing is ever simple in life. In the months that followed my departure from the workforce, I found myself dealing with an unexpected health issue. What started as a routine medical check, revealed itself as a tumour on my adrenal gland. Fortunately, it turned out to be benign. I found it ironic that while I had taken little sick time off while working, I had to make numerous treks downtown for hospital tests when I had this free time.

Once the health scare passed, Lisa and I decided to embark on a major renovation project. It had been over two decades since we had completely renovated our kitchen. This time out, we decided to renovate the entire room, rather than doing it in stages, as had been done in the past.

Actually, we found our “dream” team before finishing with the health crisis, but I simply could not wrap my head around picking out colours and tiles while worrying about medical tests and possible outcomes. As a result, the project was put on hold.

Everything seemed to be on schedule until a month after we signed our contract, when we received an e-mail notifying us that the company had gone bankrupt. As a result, we are now just one of many unsecured creditors.

Between the health and financial challenges, it's been a truly interesting year. You may ask, “Has it gotten me down?” I have to admit, there have been days when it has, but I am blessed with an amazing wife and daughter, both who are constant sources of support. Lisa constantly faces her own challenges, and Jordana is working to get ahead and find her place in life, but both are my pillars. (Plus, I get by with a little help from my friends.)

**Continued on next page**



There is a third pillar that keeps me going. It is this bulletin. When the professional journalistic world crumbled, I found solace in this volunteer activity. With more free time on my hands, I decided to devote more time and effort to the production of Kol Echad. The result, in my opinion, is a superior production. Ad content and revenue is at an all time high.

With the demise (as of this writing) of the Jewish Tribune, I maintain we are the premiere publication in B'nai Brith. We are also one of two Lodges that maintains an active website and the only one which is updated immediately after a programme has taken place. It is something that we should all be proud of.

Where are we going from here, you may ask (or not)? Honestly, I have no idea. All being well, we will continue to being one of the top Lodges in B'nai Brith Canada, and continue to operate the best communications system in the organization.

Right now though, it's time for a break. After 10 issues, Kol Echad and its dedicated team of regular columnists (and backroom folk) are about to take a two month hiatus. For me, that will mean a little gardening (followed by cold beers), some sun and BBQs and a few out-of-town getaways.

G-d willing, we will be back in September with our High Holiday Greetings issue and another exciting season.

You know, no one knows what the future will hold. It's sort of like a roller coaster. So I guess we just have to hang on and enjoy the ride.

Be well and talk in the fall.

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## KOL ECHAD AD RATES

### **BLACK & WHITE**

Full Page	\$200
Half Page	\$100
1/4 page	\$50
Business Card	\$40

### **COLOUR**

Full page	\$250
Half page	\$150
1/4 page	\$100
Business card	\$80

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

# SOCIAL



## Day Trip to Niagara Falls

Sunday, June 28

Meet at Richmond Hill (Hwy 7 / Yonge Street  
(Tim Hortons on Red Maple Road)

The bus leaves at 9:30 a.m., returning at 5:00 p.m.

The fare is \$7 with PAC Card

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by calling Safeway Tours at 416-593-0593.

(Please do not indicate that you are part of a group)

### Please Note:

You must have the Casino's Players Advantage Card to get the \$7 bus price.

For information and to RSVP: Sandy Gordon – (416) 631-8261 or  
[sandygord@gmail.com](mailto:sandygord@gmail.com)

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### Annual BBQ

Sunday, July 12, 2015 at 5:30 p.m.  
at the home of Stewart and Cathy Indig  
43 Bryant Street, Toronto

Members - \$15.00 - Guests - \$20.00

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# ALL STEW

Stewart Indig

OK, so Cathy ratted me out. Most of these recipes are hers. Well not actually hers, but stuff she has made. I had the foresight to share them with the Brothers and Sisters of Forestdale Heights Lodge. I have made some of them on a BBQ, something she has never done, as she cannot even start the BBQ. This recipe is hers. Give her credit. It tastes great and it is good for a summertime brunch.

## BLINTZ SOUFFLÉ

### INGREDIENTS

6 eggs  
1/3 cup of white sugar  
1/4 cup butter softened  
1 1/2 cups sour cream or yogurt  
1/2 cup orange juice  
1 cup of flour

2 tsps. Baking powder  
8 oz. cream cheese softened  
2 cups of cottage cheese  
1 egg  
1 tsp. vanilla

### DIRECTIONS

Preheat oven to 350

Grease a 9x13 Pyrex dish

In a food processor, mix the 6 eggs, sugar, butter, sour cream, orange juice, flour, and baking soda

Pour half of the batter into prepared dish

Mix together cream cheese, cottage cheese, the egg and vanilla

Pour over batter

Top with the remaining batter

Bake for 50-60 minutes



Notes: You can serve topped with sour cream or berries (fresh or frozen) that have been cooked with some sugar. If too liquidy, mix together 1 tsp. cornstarch and a bit of water to make a paste. Add to berries and cook until thick.

Come September's issue of Kol Echad perhaps I will change the name of this column to "All Cathy." Nah, not a chance. Enjoy, and have a great summer. Looking forward to our summer BBQ this year. Perhaps I will be the cook.

# INSTALLATION

This year's installation was a case of *déjà vu*, as the Lodge held its "second" 48<sup>th</sup> annual gala and saw the return of George Garten for a second term.

Due to a numbering snafu in 2014, last year's installation was supposed to be our 47<sup>th</sup>. This year we fixed the error, as installing officer, Michael Kates, thanked George Garten for his outstanding service to the Lodge this past year, (our 48<sup>th</sup> year), and later re-installed him for the 2015-2016 year.

Like many second term presidents, George decided to have a smaller gala this time out. As a result, this year's affair was held at 4300 Bathurst Street on Sunday, May 3. However, there was nothing small in terms of the spirit and *fraylich* atmosphere present in the room.

After doing such a great job as MC last year, Sandy Gordon returned to lead the proceedings, welcoming the 24 Lodge members and their spouses.

George handled the candle lighting ceremonies, calling upon many members to "light" a candle, before past president Ray Moscoe gave the opening prayer for the evening (he later closed off the evening with the closing prayer). Before we could start dinner, Michael Kates made the hamotzi and then guests headed to the buffet for a meal consisting of breaded chicken cutlets, rice, salad, and vegetables.

With everyone well fed, Michael returned to the podium to uninstall the outgoing executive and to install the new executive for 2015-2016.

Finally, it was our returning president's turn to inspire the Lodge, and inspire he did, presenting a moving speech, without the aid of notes.

At the conclusion of his address, George presented two special awards, giving Barry Gordon the Norm Aronson Memorial Humanitarian Award and the Al Reider Memorial CVS Award to me.

With the formal part of the evening complete, we returned to the buffet table for some delicious desserts, before saying our goodbyes.

Before the evening was over though, all women present were invited to take home one of the vases with tulips – an early Mother's Day gift.

All in all, it was a nice evening and everyone appeared to have a good time. If the mood exhibited at the *real* 48<sup>th</sup> installation is any indication, George should have a great second term as president. I said it last year, and it remains equally true, that it's a shame more members could not have been present to feel the positive "vibe" everyone experienced that evening. It was great to see a former past president drop in. Arthur Eisenbaum received a very warm Forestdale Heights greeting when he popped in to say hello, while visiting his mother who lives at the B'nai Brith building.

*Jeff Rosen*

# INSTALLATION



More photos can be found at [kolechad.ca/installation15.htm](http://kolechad.ca/installation15.htm)  
[Jeff Rosen photos]

# GOODLIFE MARATHON



Runners, take your positions. On your marks, get set, and HYDRATE!

On Sunday, May 3, about 8,000 people came out to take part in the annual Goodlife Toronto Marathon. Forestdale Heights Lodge was there as well, back for the seventh consecutive year, operating its usual hydrating station at the start point of the marathon.

The Lodge's bright-eyed (if not still a little sleepy) crackerjack team including Harvey Silver, Michael Kates, Jeff Rosen, Stewart Indig and Ray Moscoe rose before dawn and headed to their usual spot at the corner of Beecroft Avenue and North York Boulevard. Before we got started, our hearty volunteers took a moment to hydrate with a cup of hot coffee, brought to the site by the ever-resourceful Harvey Silver (and donated by Tim Hortons). We then kicked our well-lubricated machine into high gear, setting up the tables, preparing Gatorade and filling cups with water and Gatorade for those taking part in one of the three runs that day. (There was a half marathon, a marathon and a relay).

Unlike last year when we were forced to wear our winter parkas for the early morning task, this year the weather decided to co-operate. It was a nice change of pace wearing lighter clothes this time out.

I'm sure all those who came out for the marathon agreed as well. While cooler weather reduced the number of onlookers last year, this year the streets were packed with people cheering on the runners.

One constant from year to year has been the positive reaction to our booth, from event organizers to everyone watching and taking part in the marathon (see letter on Correspondence page). Not only do we provide the liquid nourishment everyone sought, but also provided useful information to those wanting to know where to store their gear. As well as requests for information about the marathon, we also had requests for Tylenol and bananas.

Our participation in the marathon remains one of the Lodge's most successful CVS programmes of the year. I am sure that before long, our Lodge's name will be on a list of volunteers for the 2016 Goodlife 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



More photos can be found at  
[kolechad.ca/marathon15.htm](http://kolechad.ca/marathon15.htm)  
[Jeff Rosen photos]





# GOOD & WELFARE

## Birthdays

Stewart Indig	June 1
Harvey Silver	June 6
Jeff Rosen	June 12
Shai Ashkenazi	June 20
Lisa Rosen	July 30
Charlene Garten	August 2
Stan Zeligler	August 19



*Happy Birthday to all the "summer babies" in FHL*

## Anniversaries

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



*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](mailto:jelijo@sympatico.ca). Also, if we have omitted your birthday and/or anniversary, please let us know.



# CVS - BLUE DOOR SHELTERS



Blue Door Shelters (formerly Transitional and Supportive Housing Services of York Region), provides safe, supportive, emergency shelter and services for people who are homeless or at risk.

After a successful fall campaign to help this agency, Forestdale Heights has relaunched this CVS initiative.

We are asking Lodge members to bring toiletries when they come to monthly meetings, which will be donated to the agency. The items most needed are men's disposable razors, shaving cream, men's deodorant and shampoo. They would also appreciate toothbrushes and toothpaste.

## 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 collected at each meeting will be delivered the following day.



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# SANDY'S SCRIPT

Sandy Gordon



This year has gone by so fast, but why only this year? When I think back, I used to be puzzled regarding the concept, that as you get older, the years fly by. My mother always used to say that, and I really didn't understand it as a kid. However, I finally get it. It's not the years going by so quickly. It is our way of thinking that makes it feel that way. It's a phenomena and one that can't be changed unless we change first.

And so, thinking back over this past year of Forestdale Heights Lodge, it too went fast but not without great meetings with very interesting speakers, events and CVS initiatives. That's what it is all about – "People Helping People" whether it is in our Lodge, the Jewish community or the community at large. It's all good and well-meaning to give of oneself for the benefit of others.

We can't lose sight of who we are and why we are here and I think we do that from time to time. It is a wonderful thing to be out there in the community to help others without any reward or ulterior motive. The satisfaction is immeasurable and we accomplish something very beautiful in everything we do. We should strive for personal excellence and that is our reward in its highest form. The key is to recognize your own "personal excellence," nurture it, and build on it for future good. Character belongs to each individual however different they may be, treat it with self-respect and others will too.

I would like to thank our president, George Garten, for a great first year of leadership as president of Forestdale Heights Lodge. I wish him well in his second term.

I would also like to wish everyone a safe and happy summer and hope that everyone gets plenty of sunshine!

Until the next time!

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Marcello Leoni**

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# AS I SEE IT

Marc Kates



I am completely out of my element and perhaps out of my mind. How did I get into this situation? Am I going to regret it? Do all parents experience this anxiety and trepidation? My 6-year-old is trying out to be a goalie on the select hockey team!

There is good reason why Jewish professional sports players are so well known – there are very few of them. Our people come from a long line of

doctors, lawyers, and shepherds. Jewish parents are realistic; they know the limits of Jewish genetics as they pertain to athletic prowess. Our Jewish ancestors were known for using their brains not their brawn. I can only think of two exceptions: King David and Samson. King David was famous for throwing only one flat stone at Goliath, and Samson had unusual strength. These two limited examples (the only ones that I can actually think of) prove the point. King David's mother probably put him in the corner many times for playing and throwing dirty rocks. Samson's mother made a deal with G-d for Samson to be a *nazir*, so I guess there are certainly drawbacks to making deals with G-d. She had to accept what she was given. Even in the modern era, the State of Israel has only won one Olympic gold medal, and that was in men's sailboard in 2004. Did you even know that sailboard was a sport?



I hate to break it to my 6-year-old, but the closest he will most likely come to the NHL will be tickets to a game, if we can afford the price tag. I will not be bragging to him about the fact that some members of his family used to row or bowl. As for his parents, neither of whom played any form of organized sports, the best we can hope for is for our son to enjoy playing on a team and getting some physical activity out of the experience.

“Resistance is futile,” is the catch phrase of Star Trek's The Borg, and so I find myself in the same situation. In order to make my son happy, I will learn to help him put on his goalie gear and suit up, attend early practices, and dole out the extra funds. All Jewish parents want the best for their children, so I will wear a smile as I shlep him from arena to arena. He will no doubt make me proud as a goalie, just as many an ancient Jewish parent said with naches, “My son is a very successful shepherd.”

We are counting down to our 50th anniversary celebration in June 2017. Each month we will look back in time, outlining key events in history. For a complete list of what transpired that year, go to [kolechad.ca/fhl50.htm](http://kolechad.ca/fhl50.htm).

## 1972 (FHL Presidents: Harry Warga/Earl Lepofsky)



**June 3** – Sally Priesand, left, becomes the first female U.S. rabbi.

**June 17** – Watergate scandal: Five White House operatives are arrested for burglarizing the offices of the Democratic National Committee.

**September 5-September 6** – Munich massacre: Eleven Israeli athletes at the 1972 Summer Olympics in Munich are murdered after eight members of the Arab terrorist group Black September invade the Olympic Village (at right); five guerillas and one policeman are also killed in a failed hostage rescue.



**September 19** – A parcel bomb sent to the Israeli embassy in London kills one diplomat.

**September 28** – The Canadian national men's hockey team defeats the Soviet national ice hockey team in Game 8 of the 1972 Summit Series.

## 1973 (FHL Presidents: Earl Lepofsky/Irving Knopman)



**January 22** – Roe v. Wade: The U.S. Supreme Court overturns state bans on abortion.

**February 5** – Construction on the CN Tower begins in Toronto.

**March 27** – At the 45th Academy Awards, The Godfather wins best picture.

**May 10** –The Montreal Canadiens win the Stanley Cup 4 games to 2 over the Chicago Blackhawks. Yvan Cournoyer was voted MVP.

**October 6-26** – Yom Kippur War: The fourth and largest Arab–Israeli conflict. Egyptian and Syrian forces attacked Israeli forces in the Sinai Peninsula and Golan Heights on Yom Kippur.

**October 17** – An OPEC oil embargo against several countries supporting Israel triggers the 1973 energy crisis.

**November 11** – Egypt and Israel sign a United States-sponsored cease-fire accord.

**December 25** – Movie premier for The Sting, starring Robert Redford and Paul Newman in Manhattan.

## 1974 (FHL Presidents: Irving Knopman/Stanley Penzner)

**April 11** – The Kiryat Shmona massacre takes place in Israel.

**May 19** – The Philadelphia Flyers defeat the Boston Bruins to become the first team from the 1967 NHL expansion class to win the Stanley Cup in the North American National Hockey League.

**August 8** – Watergate scandal: U.S. President Richard Nixon announces his resignation (effective August 9). He was succeeded by Vice-President Gerald Ford the next day.

**November 22** – The United Nations General Assembly grants the Palestine Liberation Organization observer status.



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Happy 5th Birthday to our grandson,  
Ezra. We wish everyone a safe and  
enjoyable summer.

-Harvey & Debbi Silver  
\*\*\*

*Debbi wishes Harvey a very happy  
and healthy 70th birthday*



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# HEALTH IN HARMONY

Rosalie Moscoe

If you're a mother, there's always a time you're reminded of your own mother as her words slide in and out of your consciousness (and mouth!) I was fortunate to have a warm, loving, fun relationship with my mother, Doris. While there were power struggles as well, we always were able to overcome them.

As life unfolds, there has to be time to build bonds – a phone call, an e-mail, a letter or card, a planned day out for lunch and movie or to see a play, (if you're lucky enough to live in the same city). In the early years of my marriage, I belonged to a NCJW chapter; we held a Mother's Day event each year. Everyone got dressed up, our mothers were made to feel special, and Mom didn't have to clean up!

One year, we performed a skit for the event and we used the NCJW auditorium, which had a stage. We chose the "Cinderella" story, with our own comical twist. I played Cinderella; I was 5'5" tall and 'the prince' (one of our members, dressed as a male, was 5'). Also, in real life – I was 8 months pregnant! But the part of the play that received the most laughter from the audience was when the clock struck 12. I was supposed to run off stage, leaving behind one glass slipper...however, I forgot to step out of the slipper! As I got back stage, the rest of the cast yelled..."the slipper, the slipper!"

So, from side stage, I threw my 'slipper' (my size 11 gold, high heel shoe) onto the stage! I'm not sure how long and how hard the audience laughed, but those fun moments still stand out in my memory. Actually, as reported in Psychological Review, July 2000, this fun, socializing with women – "tending or befriending" suggests that more oxytocin is released to produce a calming effect that reduces stress! So it's in women's best interests to socialize with other women!

**Continued on next page**



On May 10, I was fortunate to be treated to Mother's Day, as the senior matriarch, by my own children along with my precious granddaughter! Some things I learned from my mother were to make life an occasion, to enjoy simple things – a walk in nature, a glorious sunset, a spectacular rainbow, and baking muffins with my granddaughter. My mother instilled in my psyche to love and respect all people, no matter their race, religion or station in life. She also taught me to speak out and stand up for what I know is right.

I hope you can find (or found) the joys in your own relationship with your own mother. If this applies, appreciate, honour and cherish what she accomplished and sacrificed for you and the family – even if your mother has passed on.

---

## COMMUNICATIONS

If you are not receiving regular monthly e-mails (and wish to do so), please let us know at [jelijo@sympatico.ca](mailto:jelijo@sympatico.ca). Also if you wish to receive the bulletin electronically and not by mail, let us know.

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25/03/2015

Dear Charlene

We want to thank you for your generous contribution to Torah in Motion. Your support enables us to bring quality educational programming to our community.

We appreciate the vote of confidence in these endeavors, which include numerous forums on the interface of Jewish law and ethics and the modern world.

This is your official tax receipt for income tax purposes.  
Once again, please accept our thanks.

Sincerely

Rabbi Jay Kelman

Thank you!



Hi Jeff,

We had around 8,000 participants. We had these really great volunteers at the start line. They did the water station. They have been helping out for years.

In all seriousness thanks for your years of dedication to our event. It is always great to see you guys early in the morning. I really feel that in all my years that the start went better than ever.

I am sure we will be in touch soon and be sure to say thanks to everyone.

Mike Collins  
Running First  
416-920-3466

# Rosalie Moscoe

RHN, RNCP



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