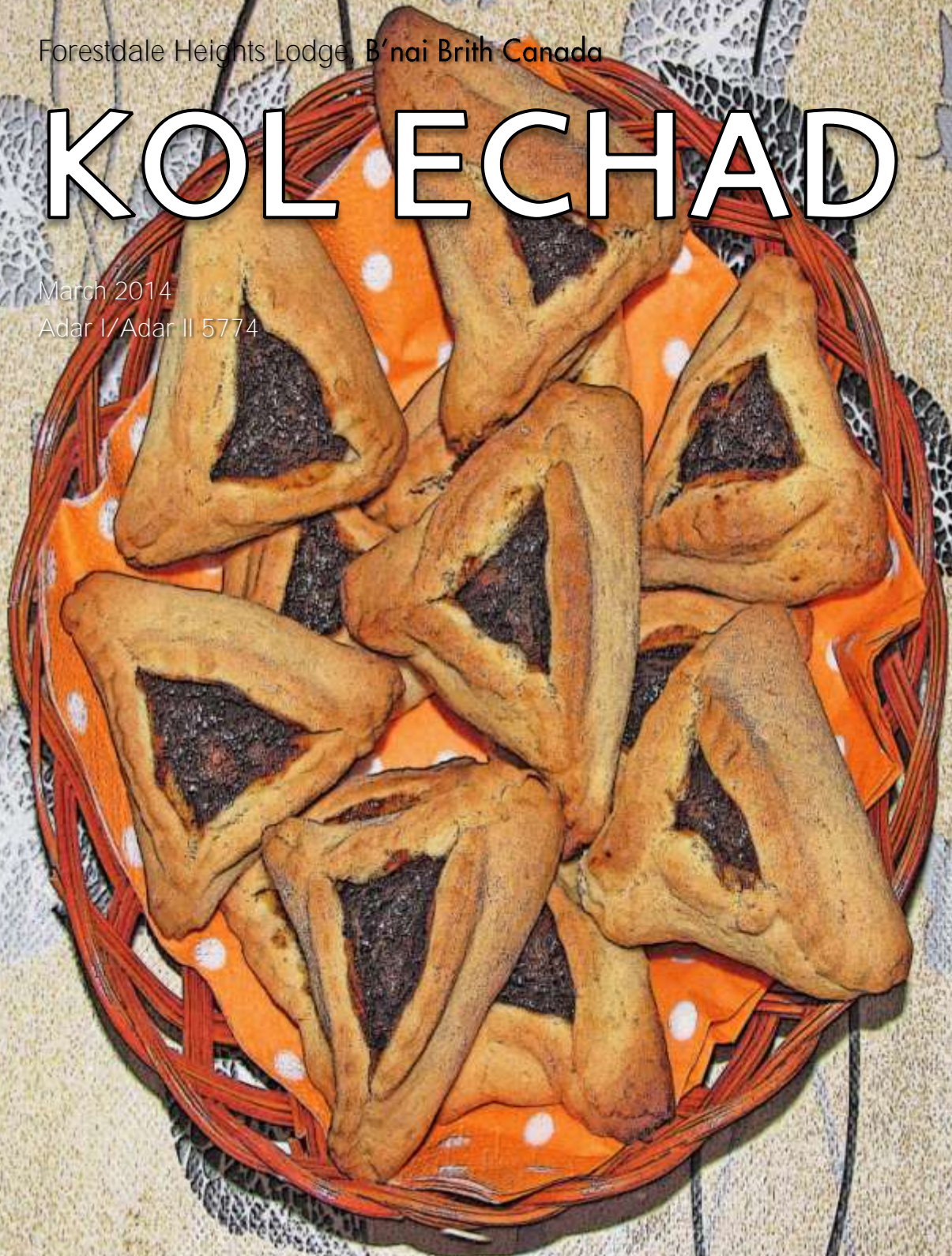


Forestdale Heights Lodge, B'nai B'rith Canada

KOLECHAD

March 2014

Adar I/Adar II 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
Michael Kates
Lisa Rosen
Debbi Silver

Printing/Mailing

Aaron Pacter
Michael Pacter

COVER ART

Purim starts on Saturday, March 15 and that means it's time for some delicious homemade prune hamantaschen, courtesy of Wikimedia Commons. Enjoy!

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

March 9	Nominations/Breakfast Meeting/Speaker
March 15	Purim Program
April 7	Elections & Dinner Meeting
May 4	Goodlife Marathon
May 5	Dinner Meeting
May 25	Installation (<i>tentative date</i>)
June 1	FHL@Woodbine

**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**

YEARLY AD RATES

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

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

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



PRESIDENT'S PEN

March is supposed to bring the spring flowers...but sitting here on February 9, it certainly doesn't look like spring is around the corner.

At the next meeting, we will be nominating our new executive for 2014-2015, voting on the 2014-2015 budget, as well as looking at revisions to the Lodge's constitution. In order to accomplish all this though, we must have a quorum of at least 18 members. Please do not disappoint us. ***Remember, without you, there would be no Lodge!***

We need new members immediately. If each one of you would bring at least one person out to our March meeting, it would be fantastic. We are having a Sunday morning meeting on **March 9** at 4300 Bathurst Street, in the hope that the turnout will be better. So, please try your best to help our Lodge succeed. Please RSVP to George Garten at garten1707@gmail.com.

We can look forward to our Purim program on Saturday, March 15 at 4300 Bathurst Street at 8:00 p.m. under the capable hands of Carl Zeliger.

George has arranged for our annual Woodbine program on Sunday, June 1. The cost is \$40 per person. All members, family and friends are welcome to attend. It is very important to RSVP to George with your cheque, as soon as possible.

Our Lodge is participating in a Vendor's Market at 15 Hove Street on Sunday, March 23, 11:00 a.m.–4:30 p.m. We will be buying one table and will be selling many things, such as great items from Marathon Watch Co., pop, chips, etc. If you would like to volunteer your time, please let me know at debbisilver@rogers.com or Michael Kates at katesfamily@sympatico.ca.

The Toronto Marathon is scheduled for Sunday, May 4. We require six volunteers to help out from 6:30 to approximately 9 a.m. Please let me know as soon as possible – debbisilver@rogers.com. Our job is an easy one...giving out water to the runners.

Debbi and I wish you a very ***healthy and happy Purim.***

Harvey Silver



EDITOR'S DESK

Years, where have and where are the years going? I've been pondering the question as of late due to all the excitement surrounding a few recent television milestones.

Has it really been 50 years now since the Beatles first appeared on the Ed Sullivan Show? On Sunday, February 9, 1964, I was but five years old and have no recollection of this now "historic moment." But then again, I am one of the youngest members in our Lodge. I have no doubt that most of you probably remember that Sunday evening, when Sullivan simply announced, "Ladies and Gentlemen...the Beatles."

My only memory of the Ed Sullivan Show is of his famous puppet, Topo Gigio. It was a real treat when my parents would get me out of bed Sunday evening to watch this humorous sketch. I can't imagine parents today doing the same thing. The quality of TV programming today just does not compare.

Having missed the original show in 1964, it was amazing watching the tribute on Sunday, February 9, 2014. The music created by the four "lads from Liverpool" is still as great as it was 50 years ago.

While 1964 remains locked in the mind of my childhood self, memories of Friday, May 22, 1992 are so much clearer. I started thinking of them recently after watching Jay Leno say goodbye after hosting The Tonight Show for the past 22 years.

It seems like a lifetime ago, but just over two decades ago, Lisa and I decided to get away for the weekend with our then 17-month old daughter. It was too expensive for us to fly anywhere, so we opted for a weekend in Buffalo. Of course, Jordana was not interested in a sit-down dinner in a restaurant, so I walked over to Walden Galleria and brought dinner back to our hotel room. Later that evening we watched as Johnny Carson said goodnight for the final time.

"And so it has come to this: I, uh... am one of the lucky people in the world; I found something I always wanted to do and I have enjoyed every single minute of it. I want to thank the people who've shared this stage with me for thirty years. Mr. Ed McMahon, Mr. Doc Severinsen, and you people watching. I can only tell you that it has been an honor and a privilege to come into your homes all these years and entertain you. And I hope when I find something that I want to do and I think you would like and come back, that you'll be as gracious in inviting me into your home as you have been. I bid you a very heartfelt good night."

While dinner was enjoyed sitting around the TV in our room, we did manage to get to the mall that weekend, as our baby decided she really didn't want to sleep.

Continued on next page

So, off we went to the mall in the wee hours, walking around with the stroller, until sleep finally overcame our child.

It's truly amazing what one remembers when the right trigger presents itself. Little details, so often obscure, come flooding back into one's memory.

It's funny though, how we view the past through rose coloured glasses. It was a nice trip along memory lane, but I guess it's time to put them away (for now) and return to the present.

Shalom,

Jeff Rosen

LODGE BBQ

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

Details to follow.



FORESTDALE FUNNIES



DOWN AT THE RETIREMENT CENTRE

Eighty-year-old Bessie bursts into the rec room at the retirement home. She holds her clenched fist in the air and announces,

“Anyone who can guess what’s in my hand can have sex with me tonight!!”

An elderly gentleman in the rear shouts out, “An elephant?”

Bessie thinks a minute and says, “Close enough.”



Sean Eisen
Director, Sales & Operations

tel: 905-479-7222 Ext. 23
cell: 416-414-7305
toll free: 866-871-6664
fax: 905-479-7385
e-mail: seisen@sensitechcanada.com

www.sensitech.com
25 Valleywood Drive, Unit 27 • Markham, Ontario, Canada L3R 5L9

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

BARRISTER, SOLICITOR AND NOTARY

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

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



WINDSOR INSURANCE GROUP

Steve Midanik
Member
Independent Financial Brokers of Canada

1136 Centre Street, Suite 208
Thornhill, Ontario L4J 3M8

Bus: (905) 731-5382
Fax: (905) 731-7830
Cell: (416) 580-1836



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

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

General • Cosmetic • Implant



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

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

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



- Tax returns
- Tax consulting
- Accounting
- Auditing
- Presentations
- Office software
- Business loans
- GET & NET

LLOYD LINDSAY CA CMC
Chartered Accountant

Address: 1166 Carlo Court
Mississauga, Ontario
L4W 3N6

Tel: (905) 629-8498

E-mail: lloyd@lloydlindsay.com

Web: www.lloydlindsay.com





MARCH MEETING

The Pan Am Games are coming to Toronto in 2015. With that in mind, Forestdale Heights Lodge has been asked if we could help as volunteers.

At our **Sunday, March 9** breakfast meeting, Steve Fishman, a volunteer co-ordinator with the Games, will facilitate a presentation. If you are interested in helping out, please be sure to come out to the meeting.

If you plan on attending, you MUST RSVP to George Garten at 416-221-2407 or garten1707@gmail.com by March 4.

CONSTITUTION

One of the items up for discussion at the March 9 meeting is proposed amendments to the constitution of Forestdale Heights Lodge, which you will find in the envelope with this bulletin. The amendments were presented and approved in principle at a meeting of the Lodge executive.

At the March meeting, these will be discussed and a vote will be held to approve or reject them.

To be passed, two-thirds of members in good standing must approve them.

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 9 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.



GOOD & WELFARE

Birthdays

Michael Pacter	March 9
Marc Pollock	March 12
David Gordnder	March 21
Ray Moscoe	March 22
Jack Aronson	March 28
Gary Budd	March 29



Anniversary

Avery & Marla Matlow	March 26
----------------------	----------

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

Sonny sez:



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

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

905-881-4356

Sonny Langer's Caterers

Shalom & Linda
Magazzinich



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

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

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



Kiva's Bagels

Catering • Restaurant • Bakery

Ben Rafael

President

1027 Steeles Avenue West
Toronto ON M2R 2S9

tel: 416-663-9933

tf: 888-663-9972

ben@kivasbagels.ca www.kivasbagels.ca

PURIM 5774

Saturday, March 15 at 8:30 p.m.

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.

(Volunteers please arrive by 8:00 p.m.)



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 6:00 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 e-mail at debbisilver@rogers.com.

BINGO



Tuesday, March 11

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: April 8, May 13

FEBRUARY MEETING



George Brathwaite, project safety manager at Herzog/Delta, was our guest speaker at our February 4 meeting. He is responsible for the day-to-day compliance and oversight of all safety provisions for the Toronto-York Spadina Subway Extension.

Brathwaite, along with his quality assurance manager, explained what goes into building the new subway line, including a few of the

challenges they have faced along the way. One of these involved problems which arose after the torrential rains last summer. As a result of the storm, they experienced a power failure which shut down the sump pumps. Without these valuable tools, the tunnels flooded.

Construction of the subway extension began in 2008 and is expected to be completed in 2016. Once operational it will include five stations, including Downsview Park (now Downsview), Finch West, York University, Pioneer Village, Highway 407 and Vaughan Metropolitan Centre.

In explaining one of the subway's safety features, Brathwaite said there will be emergency exits between stations and that the appropriate emergency response personnel will be asked to approve them before the subway is put into operation. One of these exits, he said, is near Nino D'Aversa Bakery on Toro Road, south of the new Finch West station.

At the end of his presentation, FHL president Harvey Silver, presented Brathwaite with a cheque for the speaker's charity, Shriner's Hospital in Montreal.

Before Brathwaite gave his presentation, everyone enjoyed a delicious meal, with food from Jacob's Deli. The corned beef, pastromi and turkey sandwiches, and salads were enjoyed by all present.

Jeff Rosen

FEBRUARY MEETING



To view more photos, go to
kolechad.ca

Jeff Rosen photos





Advertising Calendars, Corporate Clothing, Business Gifts & Sales Aids
PROMOTIONAL PRODUCTS, BIG OR SMALL...
WE HAVE IT ALL!

RICHARD KOTZEN

T: 416-783-2737 + F: 416-783-8483

E: richkotzen@rogers.com

130 Neptune Dr, Ste 1009, Toronto, ON M6A1X5
 www.talbot-promo.com

BEAUTY SUPPLY CENTRE
 180 STEELES AVE. W. UNIT 26 905.881.1717



3M DRUG MART

"Pharmacists are not created Equal"

105 - 7117 Bathurst Street
 Thornhill, Ont. L4J 2J6

MIKE HANNA
 Tel: 416-939-3676

Tel: 905-882-4774

Lisa Silver, CTC
 Associate Branch Manager



Email: lisa.silver@redtag.ca
 Phone: 905.471.0056, ext. 5844
 Toll free: 1.866.575.1115
 Fax: 905.471.0615
 TICO #: 50010240

Address:
 5954 Hwy 7 Unit B102
 Markham, ON
 L3P 1A2

We appreciate



Epicure Selections

SANDY GORDON
Independent Consultant

All Products Gluten Free
 To order or book a party
 416 605-0868
sandygordon.epicure@gmail.com
<http://sandygordon.mycpicure.com>
 Ask about our Unique Bridal Registry!

YOUR BUSINESS!

NOMINATIONS

The following individuals have been slated to serve on the executive of Forestdale Heights Lodge for 2014-2015:

President: George Garten

Senior Vice-President: Ruth Pupko

Vice-Presidents: Stewart Indig, Richard Kotzen, Jeff Rosen

Treasurer: Charlene Garten

Financial Secretary: Elizabeth Bloom

Recording Secretary: Stewart Indig

Trustees: Elizabeth Bloom, Ivan Bloom, Rhona Leviston, Rosalie Moscoe, Lisa Rosen

As immediate past president, Harvey Silver, will serve as chaplain
Michael Kates is chairman of the Board of Governors

Due to the lack of quorum at the February meeting, nominations will now be held at our March 9 meeting. Elections will be held on April 7.



416-398-6777

3915 KEELE Street
South of Finch

416-292-6400

8 PROGRESS AVE.
KENNEDY South of 401
Beside Pita Pit

905-436-3730

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



Contact: VITO



MAPLE AUTO BODY

1393569 Ontario Limited
Collision - Spray Painting

Repairs to All Makes - First Class Workmanship

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

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



ALL STEW

Chopped Herring

1 jar of Herring tidbits (Mrs. Whytes, Feature) include onions and liquid
2 hard-boiled eggs
1 medium apple grated
1 slice of white bread



Combine all the ingredients in a food processor and blend until smooth. Great to serve as an appetizer or starter.

For Passover, substitute the bread for a board of matzo. To make it look real fancy (for the important company) grate a little hard-boiled egg yolk on top.

Delicious!

Stewart Indig

INSTALLATION 2014

Join the celebration for the 48th Annual Installation of Forestdale Heights Lodge, tentatively set for Sunday May 25, 2014, at 4300 Bathurst Street
Cocktails at 5:30 p.m., Dinner 6:30 p.m.
Details to follow.

AS I SEE IT



As I write my monthly column for Kol Echad, I find myself not only swept up in the Olympic spirit, but in Vancouver, host city of the 2010 winter Olympics. I am anxious to learn of the results of our athletes' performances, and Canada showing the world what we can do.

The Olympic movement truly does represent the best of humanity — bringing together nations through sports and friendly competition. These young athletes epitomize hope for the future and the coming together of the world. Millennia ago, the staging of the Olympics brought

about a truce between warring city-states.

Despite its roots, the Olympics are not without criticism. The modern Olympic movement has its share of blemishes, including corruption, doping scandals, judging irregularities and, of course, the tragedy of the Munich Olympics in 1972, in which 11 Israeli athletes were brutally murdered by Palestinian terrorists. The 2014 Sochi Olympics too has its share of condemnation over its position on gay rights and the freedom of expression.

Notwithstanding its well-known tumultuous past, we cling to the ideals that the Olympics promotes. For just over two weeks, millions of people will be tuned in to cheer for their country and feel a sense of pride that a medal win can bring. Olympics stir within us patriotism and a feeling of unity. It is proof positive that the world can put aside its differences for a greater cause.

Athletes from around the world enter the Olympic stadium divided by nationality. However, at the closing ceremonies, athletes enter en masse, swapping nationalities for fraternity. What a wonderful message this sends to the citizens of this world. Indeed, we should strive to live up the original ideals of the Olympics to create a more peaceful and compassionate world. Every two years we have the chance to re-examine how far we come along that spectrum. So, as the Olympic flame is extinguished, and athletes return home, we'll all meet again soon in Rio de Janeiro, Pyeongchang, and Tokyo.

Marc Kates



HEALTH IN HARMONY

How To Rejuvenate Amidst Chaos and Extreme Stress



Sometime life navigates chaotic, stressful times – like a wild ride on a runaway roller coaster. You become depleted due to relationship issues or problems that erupt due to your children (no matter what their age). Perhaps you're sagging due to a festering illness, either your own or an illness or imminent death (G-d forbid) of a family member. Your world is reeling.

How can you carry on when you face drastic changes in your life and a grave sense of loss? Debilitating fear envelops you. As a result, many people fall into negative behaviors such as excessive drinking, gambling, and binge eating or illicit drugs to banish troubles in order to cope. These tactics, initially a way of bolting from the problem, eventually culminate in other devastating problems.

The following are some strategies to keep you balanced, calm, even in times of extreme stress and chaos. No, you will not banish stressful events, however, your coping abilities and confidence will be strengthened.

Seven effective stress management tips for a calmer you.

1. Realize you can't control everything. Some things have a life of their own and must take their own course. Pray, cry, shriek or stamp – then reflect upon what you can and cannot control. Notice the underlying root of your stress – is it fear, anxiety for the future, a feeling of “it's not fair!” or is it grief?
2. Embrace help from someone you trust. Call a professional psychologist, a good friend or relative, a religious leader or your doctor or other health professional. Know you will be okay no matter what happens.
3. Don't hibernate. If possible, get outside for a walk and envelop nature. Immediately stress chemicals are dissolved when you move your body and surround yourself with natural elements.
4. Instead of drinking coffee or alcohol that tend to dehydrate, overexcite or make mayhem – drink water or green tea to energize you. Instead of binge eating, protect your immune system and banish bad moods with a protein snack paired with a carbohydrate such as cheese and crackers, a turkey sandwich, eggs and toast, nuts and fruit.



Continued on next page

5. Luxuriate with deep breathing techniques to overcome muscle tension and relax mind and body. Sit quietly, with your feet firmly planted on the floor. Notice your breath going in and out. For further relaxation, take a slow, deep belly breath. Count to four slowly as you inhale and exhale. Think “I Am Calm” as you breathe out, giving your mind the vacation it needs. Repeat.

6. Other ways to relax include rejuvenating with a massage or soaking in a tub. Slow down and renew by being more mindful of all your actions, especially when driving.

7. Pare down commitments to protect yourself against feeling suffocated or overburdened. Practice saying “NO,” even if it makes you feel guilty! Enlist help. When you’re in a chaotic period in your life, suppress the urge to do everything yourself.

Rosalie Moscoe

WOODBINE 2014



On Sunday, June 1, 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 11:00 a.m.

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

If you are interested in joining us, you **MUST** RSVP to George Garten [**candggarten@hotmail.com**](mailto:candggarten@hotmail.com) or (416) 221-2407 by **May 5**.

LOOKING BACK

From the files of Kol Echad

MARCH 2004

Night at the Races

On Saturday, February 14, 28 members of Forestdale Heights and Don Mills Lodges braved sub-zero temperatures and headed west to Woodbine Racetrack for an evening of great food, fun and gambling at the Standardbred Races.

Everyone present enjoyed a scrumptious buffet dinner at the renovated restaurant before settling in and watching the action unfold on the track.

The lodges sponsored the sixth race, which saw Knot Inmy Knickers come in first. Afterwards, a delegation from both lodges headed outside to meet the jockey and get their photo taken with the winning horse.

During the same race, a contest was held to see who could most accurately predict the outcome of the race. FHL's Bonnie Kates came out the big winner with a \$20 purse, while other members walked away with smaller payouts.

In the end though, everyone who came out left a winner (whether or not they put down or won any gelt) as it was a fun evening and the most successful social program run by our lodges this term.

Thanks go to David Gorender for planning, organizing and implementing this great event.

CENTRE STREET DELI



CATERING FOR ALL OCCASIONS
"PARTY SANDWICHES OUR SPECIALTY"

905-731-8037
7 AM - 8 PM

1136 CENTRE STREET
THORNHILL, ONTARIO L4J 3M8
WWW.CENTRESTREETDELI.COM

You might not be able to do everything at once, but you can do everything in one place.

- Digital Printing
- Copying
- Document Finishing
- Mailbox Rentals
- Courier Services
- Packaging Supplies and Services
- Computer and Cellular Repairs

Michael Pacter
The UPS Store
5 - 18 Ringwood Dr.
Stouffville, ON L4A 0N2
Tel.: 905 642-5700
Fax: 905 642-6700
Web: www.theupsstore.ca/383
E-mail: store383@theupsstore.ca



The UPS Store

Rosalie Moscoe

RHN, RNCP



* **Nutritional Consulting:**

By Phone or Skype or In Person:

- Evaluation and recommendations to build health and wellness
- Food plans, recipes and snacks
- Weight Loss Coaching to get you where you want to be

* **Stress-Relief Private Coaching**

(4 – 6 Sessions); By Phone or Skype

- Overcommitment, Positive

Personal Power, Relaxation Techniques and Nutrition Tips

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

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

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

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

E-mail: Rosalie@healthinharmony.com

Visit: www.healthinharmony.com

Blog: www.healthinharmony.com/blog

PH: (416) 653-0077



Purim Sameach!



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

Exclusive Agents Representing Wines From 9 Countries

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