

Forestdale Heights Lodge, B'nai Brith Canada

KOLECHAD

March 2015
Adar/Nisan 5775



פורים

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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Marc Kates

Lisa Rosen

Debbi Silver

Printing/Mailing

Aaron Pacter

Michael Pacter

COVER ART

It's time to shake those graggers because Purim starts this month on Wednesday, March 4. A few days after that, Sunday, March 8, we "spring ahead" when we move our clocks ahead one hour as Daylight Saving Time begins. Spring begins on Sunday, March 21.

COMMUNICATIONS

Due to the recent increase in the cost of postage, Kol Echad is seeking additional advertising to offset our increased expenses. As well, members are welcome to take out a business card size ad at \$40/year. These can be used to place a personal message in the bulletin each month. If you can assist in either area, please contact Harvey Silver at (416) 223-0780.

AT A GLANCE

Feb. 21	Social @4300 Bathurst Street
March 1	Elections & Breakfast Meeting
March 4	Purim Programme
April 13	Speaker & Dinner Meeting
May 11	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 salonpiaff@rogers.com or call (905) 597-1999

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

YEARLY AD RATES

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

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PRESIDENT'S PEN

George Garten

As I sit here, looking out my window, there are ice pellets and snow falling. Just a normal Canadian winter! Or is it?

Remembering back when I was a kid, it seemed the snowstorms were a lot worse and manually shovelling the driveway took hours. It seems we have gotten a little soft with age. You shovelled the driveways and sidewalks in front of your house. No one I knew had a snowblower in the early 1960s and there were no

contractors to plow your driveway.

Things back then seemed to be easier. Neighbours helped each other out and had fun at the same time. No one was paid.

Today's world is a lot different. Most people are not concerned for their neighbours. Just about everyone has either a snowblower or a contract to have the snow cleared all winter.

I am one of the fortunate people, who live in a condominium, who don't have to worry about shovelling. My shovelling days are long gone, but I do remember the fun I had as a kid, helping friends and being helped by them.

The only suggestion I have to make is, say the heck with this, and go to Florida for the winter.

Until next time, in snow-bound Toronto.



Our March meeting will be held

Sunday, March 1 at 9:00 a.m.

4300 Bathurst Street

If you plan to attend, you must RSVP to Albert Ohana by February 24 at salonpiaff@rogers.com or call (905) 597-1999

What a great way to start the day, with breakfast, elections and a meeting!



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EDITOR'S DESK

Jeff Rosen

Being editor of this prestigious publication has always allowed me to view the affairs of Forestdale Heights Lodge from a unique perspective.

This is due to the fact that whatever goes on in the Lodge is sent in for publication, either to be used in a Lodge-wide e-mail, or as part of our monthly publication or website.

Quite often, there is so much input that I fail to see the big picture: to see how we are actually doing and the true state of the Lodge. It is only when the finished bulletin arrives in the mail that I find the time to take in the big picture.

So, this is how I see it. We often beat ourselves up for being a smaller Lodge and try to figure out new ways to draw in more members. Yes, it would be nice to have a larger membership pool to spread the workload around, but despite our diminishing numbers, we continue to punch above our weight in a number of areas. Those of us who remain in FHL do so because we want to make a difference in the community. Most of us are not here simply to warm the bench.

This was evident at this year's slate meeting in January. Practically every person who was asked to serve on next year's executive responded in the affirmative. There was no "hemming" or "hawing." When you think of it, that's quite an accomplishment. Unlike some of the larger lodges, we do not have a problem securing a full slate. I guess in this one instance, size definitely does not matter.

This is definitely not the only area where we excel. Ever since I joined the Lodge back in 1991, everyone would boast that FHL was a CVS lodge. To be honest, a few years back I was becoming sceptical of this claim, as we began to rest on our laurels. However, we have come roaring back in this area with a strong CVS agenda. This includes (among other things) our monthly donations to the Kosher Food Bank, our participation in the bingo programme at 4300 Bathurst Street, the Holiday Food Programme for police, firefighters and paramedics, our donations to Blue Door Shelters, our assistance at the Toronto Marathon and our assistance delivering Chanukah and Purim parcels for B'nai Brith Canada.



Continued on next page

By now, you are probably asking yourself, are we JUST a CVS lodge? Hardly! We can be proud of our strong social programmes this year, with parties in the summer and Chanukah, as well as our mid-season get-together at 4300 Bathurst Street. Then there are the speakers, who have enhanced a number of our monthly meetings. Speaking of this, even when left to our own devices, it seems everyone has a great time. We enjoy good food and even better company before settling down and conducting the business of the Lodge.

Like every family, disagreements arise. However, I have noticed that decorum is usually the order of the day and members treat each other with the same respect that they themselves would want to be treated.

Of course, we can't forget our vigilant fundraising efforts. While we no longer have bingo and Entertainment book funds to fall back on, a number of our smaller fundraising efforts have taken root and are bringing funds into the Lodge.

Finally, there is this publication which brings it all together, providing information and entertainment to the members.

The icing on the cake, so to speak, is the advertisers, those individuals and businesses who see something in Forestdale Heights Lodge and Kol Echad that they deem worthy of their support.

It's still two years to go to our 50th anniversary gala, but there is no reason to wait to start celebrating. After 48 years in existence, we are here, we are strong and we are thriving.

Be well.

PURIM 5775

On **Wednesday, March 4**, Forestdale Heights will be hosting its annual Megillah reading at 4300 Bathurst Street. The programme will commence at 6:30 p.m. Volunteers are requested to be there by 6:15.

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



NOMINATIONS

At our February 2 meeting, nominations were held for executive positions for the 2015-2016 year. The following individuals will stand for election at our March 1 meeting.

President:	George Garten
Senior Vice-President:	Stewart Indig
Vice-Presidents:	Richard Kotzen, Ray Moscoe, Jeff Rosen
Treasurer:	Charlene Garten
Financial Secretary:	Elizabeth Bloom
Recording Secretary:	Sandy Gordon
Trustees:	Barry Gordon, Rhona Leviston, Avery Matlow, Ruth Pupko, Lisa Rosen
Chaplain:	Harvey Silver (this is a non-elected position)

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FEBRUARY MEETING

In some segments of the workforce, a certain type of person is often praised as being “ruthless,” in their field. However, this type of behavior is often a form of bullying, says Rabbi Irit Printz, senior administrator at A World Without Bullying.

Rabbi Printz 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, Rabbi Printz found bullying to be depressingly prevalent. Rabbi Printz addressed this issue at the February meeting of Forestdale Heights Lodge. Despite a winter storm that had slowed traffic, she spoke to a full room, following a condensed, but well-run meeting. We were also joined by members of LMOL-Don Mills Lodge.

Rabbi Printz explained that she was often bullied as a child. However, like most of us, she assumed that she would leave the past behind her when she entered the workforce. As a teacher, she did just that. However, she entered a new world upon enrolling in rabbinical school, where she encountered adult bullies.

She admitted she was quite surprised to find these type of people in rabbinical school due to the nature of their studies and the fact that the people were in their 30s.

Still, she persevered, graduating and obtaining the job she desired as a junior rabbi in the southern part of the United States. There she suffered from abuse during the three years of her contract. She said it did not occur to her to leave as she was committed to completing her contract. The result: by the time she was finished, she was diagnosed with PDST (Post-traumatic stress disorder) and found it impossible to walk into a synagogue. It was only two years ago, while reading out bullying in the workplace when she realized that the situation applied to her.

Rabbi Printz discussed the health industry, saying that it is often a haven for bullies, with everyone bullying everyone else. She also outlined the laws designed to help those who have been bullied and presented informational handouts (See summary sheet next page).

For more information about this serious problem, please contact Rabbi Printz at 647-466-0634 or e-mail info@aworldwithoutbullying.com.

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

Bullying in the workplace: Summary Sheet

Bullying is

1. **Targeted:** one or more people target one specific person or a group of people.
2. **Repeated:** the behaviour is ongoing and repeated. It does not happen just once or twice.
3. **Explicit or implicit:** the perpetrator may attack the target in public or behind closed doors
4. **Aggressive:** Bullying is about asserting one's power over other people. Whether the behaviour is overtly aggressive or passively aggressive, it is always designed to let someone know that they not important and have no power.
5. **Damaging:** This behaviour is clearly unwanted and has a negative impact on the target's emotional and physical well being.



Some basic statistics,

- **40% of Canadian** workers report they experience bullying at work.
- **9%** report they are bullied on a weekly basis.
- Workplace bullying is **4 times more common** than sexual harassment
- Workers who are bullied are far more likely to take **extended sick leave** or stress leave
- Workers who are bullied are **37% more likely** to suffer from serious health problems, including depression, anxiety, and heart disease.
- **62%** of bullied workers **are men**, **58%** of bullied workers **are women**. The majority of bullying is same-gendered.
- **77% of bullied employees** leave their job within a year (only 30% do so voluntarily)



Organizations that fail to combat bullying

- Are **not complying** with government laws and regulations
- **May be sued** by employees
- Have significantly **higher employee assistance costs**
- Have significantly **higher employee turnover**
- Suffer from a **lack of productivity** and teamwork



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

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, March 10

4300 Bathurst Street.

Please arrive by 7:15 p.m.

For more information, contact Richard Kotzen,

(416) 783-2737 or richkotzen@rogers.com

Future bingo dates: April 14, May 12, and June 9.

UPCOMING

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

Sunday, March 22

Rick Madonik

Toronto Star photographer, Rick Madonik will speak about his work and worldwide travels at a meeting of Upper Canada Lodge. Start time is 1:30 p.m. If are interested in attending, please let FHL President George Garten know. He can be reached at garten.1707@gmail.com.

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.

BARRY FISH and LES KOTZER will be invited to talk to LMOL-Don Mills about **WILLS and MISTAKES** in May.

Do you think you've heard and seen it all? Before you answer "yes", you will be enlightened about stories of Wills and Estates that will shock you, showing how low some people can go, putting family second to money and personal effects; stories about financial elder abuse.

If this programme interests you, call Alvin Abram, 416-667-1144 or e-mail: bubbameinsa@yahoo.com. A nominal fee will be charged for refreshments.

CORRESPONDENCE



Hospice brings hope to the dying and their families and friends. By affirming life, hospice helps people conclude life with comfort, respect and dignity.

Forestdale Heights Lodge
c/o Ms. C. Garten
1707 - 10 Tangreen Crt
Toronto, ON M2M 4B9

January 28, 2015
Dear Friends:

Hill House Hospice thanks you for your generous donation and support.

At Hill House, we offer a solution for people who do not want to spend their last days in an institutional setting but cannot for a number of reasons, remain at home.

Clients and their families receive the compassionate skill and caring of Registered Nurses, Personal Support Workers and Volunteers who believe in patient-centered care. Your generosity ensures that we can help people "live until they die". Thank you again.

Sincerely,

Anne-Marie Dean RN CHPCN(C)
Executive Director

36 Wright Street, Richmond Hill, Ontario L4C 4A1
Phone: (905) 737-9308 Fax: (905) 737-4807
e-mail: amdean@hillhousehospice.com
Website: www.hillhousehospice.com



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Toll-free: 1 (800) 435-7308
Fax: (416) 646-4975
CovenantHouseToronto.ca

February 3, 2015

Donor ID: 1632647

Forestdale Heights Lodge
1707-10 Tangreen Crt
Toronto, ON M2M 4B9

Dear Friends,

On behalf of our kids, I want to thank you for your recent gift. Your donation allows us to open doors of opportunity and hope that our kids so desperately need. Covenant House is open 24 hours a day, seven days a week – ready to take care of young people who find their way to us.

With the help of people like you, we offer thousands of homeless youth a safe shelter, food, clothing and guidance so they can move from a life on the street to a life with a future.

Enclosed please find our welcome information booklet; I hope this package provides you with a better understanding of the special work you have decided to support. We want you to know about what we do at Covenant House and, more importantly, about our kids. If you would like additional information, or a tour of our home, please contact us. We would be pleased to hear from you.

Once again, we are grateful for your support.

On behalf of our kids, thank you,

Bruce Rivers
Executive Director





GOOD & WELFARE

Birthdays

Michael Pacter	March 9
David Gorender	March 21
Ray Moscoe	March 22
Jack Aronson	March 28
Gary Budd	March 29



Anniversary

Avery & Marla Matlow	March 26
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Forestdale Heights Lodge expresses condolences to Debby and Carl Zeliger and their family on the passing of Debby's mother, Shoshana (Rose) Teitel, ז"ל.
May her memory forever be a blessing.

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



FORESTDALE FUNNIES



An Orthodox gentleman is a builder, and has to have the subdivision ready before Shabbos so the Orthodox families can move in on early Friday. So he asks his carpenter, and explains how to put the mezuzah up on Thursday, so that makes it complete for the move in. Late Thursday night he calls his carpenter to make sure the mezuzahs were put up as instructed. The carpenter replies yes exactly the way you told me, by the way I put the warranties on your desk.

- Submitted by Avery Matlow

CORRESPONDENCE



Project Hostel O/A Yellow Brick House
Administration: 52 West Beaver Creek Road, Unit 4
Richmond Hill, Ontario L4B 1L9
905-709-0900 or 1-800-263-2231
Fax: 905-709-1308
info@yellowbrickhouse.org
yellowbrickhouse.org

January 14, 2015

Charlene Garten, Treasurer
Forestdale Heights Lodge
c/o 1707-10 Tangreen Court
Toronto ON M2M 4B9

Dear Charlene:

On behalf of Yellow Brick House, thank you for your generous contribution to the organization. Your support is very much appreciated. A receipt is enclosed for your records.

The staff of Yellow Brick House takes pride in providing assistance to abused women and children through various programs and services that enable them to rebuild their lives and live free from violence. Through your generosity we are able to continue to provide and enhance the programs and services available.

Thank you again for your support.

Yours truly,

Lorris Herenda
Executive Director

Please note: This receipt is an acknowledgement of funds received. It cannot be used for income tax purposes.



CORRESPONDENCE



Project Hostel O/A Yellow Brick House
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905-709-0900 or 1-800-263-2231
Fax: 905-709-1308
info@yellowbrickhouse.org
yellowbrickhouse.org

January 20, 2015

Stewart Indig
Forestdale Heights Lodge
43 Bryant Street
Toronto ON M3H 5A3

Dear Stewart:

On behalf of the staff, women and children of Yellow Brick House, I am writing to sincerely thank you and your colleagues for generously volunteering your time to help out our organization. Your support is truly appreciated.

Yellow Brick House, operating in its 36th year, provides assistance to women and children to help them rebuild their lives and live free from abuse. The gravity and tragedy of violence against women and children cannot be over stated. Ultimately, the impact of violence is felt by everyone, either directly or indirectly.

Thank you once again for your support.

Your truly,

Lorris Herenda
Executive Director





ALL STEW

Stewart Indig

Everyone loved Cathy's mom's knishes. She could never make enough of them. Takes a bit of effort, but it's worth it.

BUBBY GRACE'S KNISHES

INGREDIENTS

Dough

2 cups flour
2 heaping tsps. baking powder
pinch of salt
 $\frac{1}{3}$ cup hot water
 $\frac{1}{2}$ cup oil
1 egg

Potatoes

7 medium potatoes
2 onions
 $\frac{1}{2}$ cup oil
salt
pepper
1 egg

DIRECTIONS

For Dough

Sift dry ingredients in bowl. Make a "well" in the centre. Add the other ingredients. Stir with knife until blended. Knead lightly. Roll out thinly on floured board. Cut dough into long strips 2 inches wide.

Potatoes

Fry onions in the oil. Boil the potatoes. Mash and add the fried onion, egg, salt and pepper.

Assembly

Put filling on rolled dough.

Roll and cut. Pinch dough together to close. Place on greased pan. Bakes for $1\frac{1}{2}$ hours at 350 degrees.



This recipe is straight out of Cathy's mom's recipe book. They are good, so enjoy!!

CORRESPONDENCE



January 13, 2015

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 residents of Blue Door Shelters, I would like to thank you for your charitable direction of items to our agency.

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. We are a not-for-profit registered charitable agency led by a volunteer Board of Directors. Blue Door Shelters operates three emergency shelters; Leeder Place Family Shelter; Porter Place Men's Shelter; and the York Region Youth Shelter.

Our agency depends on the support of the community and donors such as yourself to enable us to continue our work providing shelter services. With the many generous gifts we receive such as yours allow us to extend our provision of basic need items to our clients while in residence and in support of their move to housing in the community.

Please accept our sincere appreciation for the generosity you have conveyed with your donation of goods.

Yours truly,

Anne Stuble
Executive Director

Thank you for your donation of toiletries. Your continued support is truly appreciated & valued!

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SANDY'S SCRIPT

Sandy Gordon



As I ponder on what I am going to write for this month's Kol Echad, I keep thinking about choices. Our lives are so full of choices.

Which ones do we choose? Which ones do we toss aside?

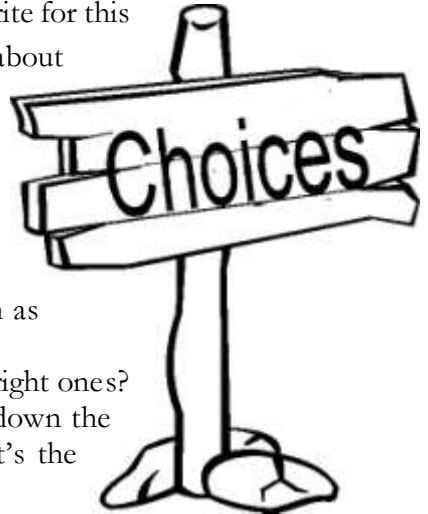
We make choices on the foods we eat, the people we associate with, the types of entertainment we like, the things we do and do not do in connection to things such as religion, work, school, children, and marriage.

How can we be sure that the choices we make are the right ones? Do we really know what would be good for us 40 years down the road? Things might not turn out as we had hoped. That's the chance we take in making life's decisions.

Mutual respect is the most important ingredient in any relationship. You can try to pull the wool over your eyes all you want, but when push comes to shove, if respect is not there, relationships break down. Happiness does not happen on its own, there has to be respect, learning, and nurturing happening along the way.

If we take time to look at the big picture and base our decisions on realistic parameters, I truly think that for the most part, the decisions and commitments we make for the long haul are the right choices.

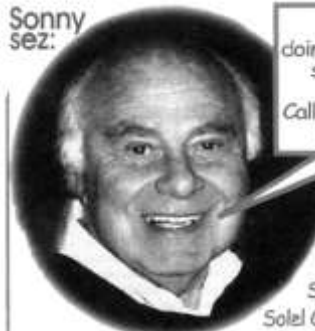
Until the next time.



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.

Sonny sez:



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Of Forestdale Heights Lodge
2015-2016
Good luck***



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AS I SEE IT

Marc Kates



What's more Canadian than kvetching about the weather? I find it amazing how simple things like maple syrup, polite manners, and winter are the forces that bind us together. The Fathers of Confederation probably knew this as well. Can't you just picture Sir John A. Macdonald turning to Charles Tupper and George-Étienne Cartier and saying, "Gentlemen, isn't it cold outside for this time of year?!" Those were probably the unrecorded first words from the minutes of the Charlottetown and Quebec Conferences in 1864.

Perhaps those words were the ones that made Upper and Lower Canada, Nova Scotia and New Brunswick decide to pursue the idea of a federation, and lay the foundation for the Dominion of Canada, seeing as they shared a kinship around discussing the weather.

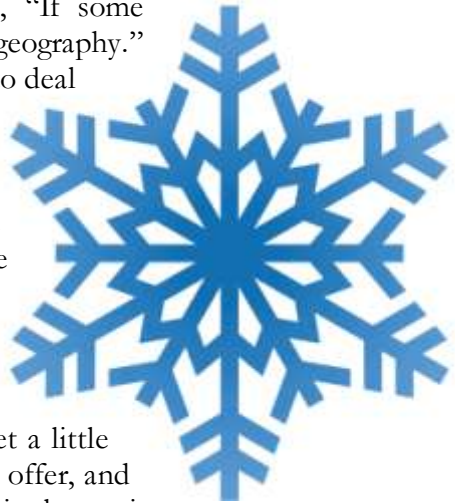
William Lyon Mackenzie King famously said, "If some countries have too much history, we have too much geography." That's true, but we are Canadian and we know how to deal with it. Winter, like all other obstacles in life, is just something we have to confront head on.

It's part of our Canadian identity that we can't help but complain about the cold. I can't stand the slush, the mess that is made of the roads and on the back of pants, the scraping of the windshield and the hours it seems to take to defog the car windows.

We Canadians have learned to embrace our rugged climate. We're a hearty bunch who do not let a little flurry get in the way of our lives. Winter has a lot to offer, and taking the family tobogganing or down the ski slopes is something that we enjoy doing together.

Not that I'm offering my services, but somehow, I find shovelling the snow from the driveway rather therapeutic. The best time to do this activity, I believe, is at night. There is something special about the quiet and lack of noise. Watching the slow descent of snowflakes is peaceful, and I find it a great time to be reflective. Winter can be a magical time of year.

Yeah, it's cold outside, but we take it all in stride, and anxiously await the summer where we can then kvetch about the humidity.





HEALTH IN HARMONY

Rosalie Moscoe

Wellness – An Ever Changing State of Being

Wellness is an active word – not a state you achieve and then thrust aside. The Wellness Movement was founded in the 50s. John Travis, physician and author (and U.S. soccer player) was a key leader in that movement. Wellness is not just pertaining to good physical health; wellness is about acknowledging and accepting your situation in many areas – emotional, physical, mental, financial, intellectual, spiritual, social/relationships, with a significant intention of moving forward. Wellness is about allowing yourself to be positive about your life – which may include providing yourself with positive thoughts or affirmations.

According to neuroscientists such as Candice Pert, telling yourself positive messages can stimulate a positive immune response – assisting your health, both in mind and body. The following are a few positive affirmations. Deep breathe as you repeat them. If other thoughts creep into your consciousness that knock down your mood, listen without condemnation and return to positive reflections. You're welcome to create your own superb affirmations.



- ✓ I'm okay the way I am right now.
- ✓ I have a perfect right to happiness and contentment.
- ✓ I love and accept myself completely as I am.
- ✓ I give myself permission to become a total success.
- ✓ I can relax and let life flow through me.
- ✓ I love and am loved.
- ✓ I am kind and loving and I have a great deal to share with others.

Some of you may have endured put-downs in your lives. Women, children or those who are part of religious minorities have often been victims of this badgering. I was fortunate to enjoy a mother who forged ahead in life as she saw fit. Born in 1910 to working-class parents, as a young adult, Doris worked in a job that she loved; she was a crackerjack typist and bookkeeper. My mother also rode a bicycle, played baseball and tennis with gusto! She was a city tennis champ and as a child, I remember viewing my mother's silver prize cups she proudly kept on display.

Continued on next page

In those years, others may have been aghast to see a woman taking part in sports, working and enjoying herself, but she was exhilarated and felt proud of her accomplishments.

What do you love to do?

For me, I love to swim, sing, dance and meet with friends. I also enjoy being engaged in my work to know that I'm serving others in this world. There are times if I'm feeling sad or in a low mood, I call a friend or take my granddaughter to play in the park - then I'm lifted! When I swim laps in a nearby swimming pool and feel my arms cutting through the water, I'm energized and feel a sense of accomplishment!

Involve yourself in something that you love – don't wait until "later." Fill your heart with joy NOW. That's truly what wellness is all about.

CORRESPONDENCE



January 26, 2015

Forestdale Heights Lodge B'nai Brith
c/o 1707 – 10 Tangreen Court
Toronto, Ontario
M2M 4B9

Dear Ms. Garten,


Thank you to you and your members for the generous donation to Jacob's Ladder, The Canadian Foundation for Control of Neurodegenerative Disease.

The work of Jacob's Ladder has brought about significant changes in the medical system in Ontario and across Canada and has brought awareness of many rare neurodegenerative diseases to the forefront for many families.

It is with the support of the community through groups such as yours and individuals such as yourselves that help make these dreams come true.

Once again, many many thanks for your support.

Yours truly,


Nora Glass
Executive Director
Jacob's Ladder

505 Consumers Road, Suite 400, Toronto, Ontario M2J 4V8
Phone: 416-485-0078 website: www.jacobsladder.ca e-mail: info@jacobsladder.ca



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. This month: 1968! For a complete list of what transpired that year, go to kolechad.ca/fhl50.htm.

January 27 – Fourteen men, nine of them Jews, are executed in Baghdad for spying for Israel.

January 30 – The Beatles give their last public performance.

February 4 – In Cairo, Yasser Arafat is elected leader of Palestine Liberation Organization.



March 17 – Golda Meir becomes the first female prime minister of Israel.

July 7 – The Official Languages Act makes French and English equal throughout the Canadian government.

July 18 – Chappaquiddick incident – Edward M. Kennedy drives off a bridge on his way home from a party on Chappaquiddick Island, Massachusetts. Mary Jo Kopechne, a former campaign aide to his brother, dies in the early morning hours of July 19 in the submerged car.

July 20 – Apollo 11 program: The lunar module Eagle lands on the lunar surface. Neil Armstrong takes his historic first steps on the Moon at 10:56 pm ET (02:56 am UTC July 21).



August 9 – Followers of Charles Manson murder Sharon Tate and her friends.

August 15–August 18 – The Woodstock Festival is held in upstate New York, featuring some of the top rock musicians of the era.

September 22 – September 25 – An Islamic conference in Rabat, Morocco, following the al-Aqsa Mosque fire (August 21), condemns the Israeli claim of ownership of Jerusalem.

September 27- The Ontario Science Center in Toronto opens.

Rosalie Moscoe

RHN, RNCP



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