

Forestdale Heights Lodge, B'nai Brith Canada

KOLECHAD

September 2014

Elul 5774/Tishrei 5775



**Mayor Frank Scarpitti and
Members of Council
wish you a happy
and healthy
New Year.**





PRESIDENT'S PEN

I hope all our members had an enjoyable and safe summer. It seems to me summer passes quicker with each year.

As the new year is approaching, my thoughts turn to Israel and its conflicts. So what is new? Again, Israel is blamed for defending itself. No one takes into account that Hamas killed three Jewish students and they fired rockets into Jerusalem. Israel, like any other country, has the right to defend itself against any aggressive act.

Just recently, Israeli shells hit a UN centre, killing many innocent people. The world was outraged by the Israeli actions. After an investigation, the world found out that Hamas was storing weapons in the UN centre and digging tunnels in order to attack Israel in the future. Not only that, but Hamas was currently firing at Israeli soldiers.

I am sorry that innocent people have to suffer, but what other organization puts their women and children in front of their men? What organization says you have to die in the name of G-d? I know of no religious group, whether it be Jewish or Christian, who could agree with this kind of thinking.

I thank G-d I live in a country where all religious beliefs are allowed and accepted.

As the new year approaches, I hope Israel can find peace. That is my wish for the people of the State of Israel.

Charlene and I wish all our brothers and sisters and their families and friends a very happy and healthy new year. Shana Tova 5775.

George Garten

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

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

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

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 to
George Garten at Garten1707@gmail.com
or call (416) 221-2407 by Sept. 3.**

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



EDITOR'S DESK

Welcome back!

I hope everyone had a great summer. The summer of 2014 was certainly a memorable one for me. Back in May, I expected it to be a season of four day workweeks, statutory holidays, vacation time, as well as a break from Kol Echad.

However, as most of us know, life can change in an instant. Those plans went quickly off the rails a few weeks after returning from New York and the four day workweek turned into a no day workweek.

(More about that later).

Getting back to summer; shortly after we last spoke, my family and I headed to the bright lights of New York City. It really is an amazing place, just not one I could live in. I find it too busy, with all the traffic and people. While there, we saw a few plays on Broadway and took a tour which included a number of Jewish restaurants in the city's Lower East Side, including Katz's Deli. As well, we did a lot of walking and sightseeing. Along the way, we visited the largest synagogue in North America (Temple Emanu-El), the city's Jewish museum, Broadway, Central Park and the Financial District. It was a wonderful getaway, which allowed us to reconnect and relax.

Still later in the summer, Lisa and I managed some alone time when we headed to Kingston, Ontario on a well-planned vacation. If you haven't been there, I strongly recommend it. We stayed in a hotel on the waterfront. Our room had a wonderful view of the marina and lake, plus an outdoor pool; both essential elements for any vacation, in my opinion. We toured Fort Henry, Bellevue House (home of Canada's first prime minister), relaxed in Confederation Park and enjoyed a 1,000 Islands Dinner Cruise. All in all, it was another successful getaway.

As I said earlier, plans went off the rails on June 11, the day before my birthday, when I was told that my services at The Canadian Jewish News would no longer be required. After 30 years at the place, a major chapter in my life was ending.

I have to admit, I found the timing of the termination, a bit ironic. You see, I was born Thursday, June 12, 1958. So, on Thursday, June 12, 2014, I found myself starting a new phase, a new chapter in the book of life. I also started to think back on the quote from Dr. Who that I included in my June column:

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.

How fitting, I thought, and how true. So, I am now embarked on a new chapter in my life. The road ahead - the voyage - is a complete unknown. However, as I am reminded by a plaque on my wall, "Life is a journey, not a destination."

On behalf of Lisa and Jordana, I would like to wish everyone a healthy and joyous new year.

Shana Tova,

Jeff Rosen

PINCUS PUNIM



Beginning with this issue, we take members back into the world of Pincus Punim and his wife Gittle, beloved characters created by our departed Lodge Brother Nate Salter. In our hearts they, and Nate, will live forever.

Pincus was in bed with his wife Gittle and she says, "Pincus you don't hold my hanteleh like you used to." He gives a greps and grabs her hand.

She then says, "Pincus, you don't kiss me on the neck like you used to." He kvetches and gives her neck a smooch.

Then she says, "Pincus, you don't nibble on my ear like you used to."

She then exclaims, "Pincus, where are you going?"

"To get my damn teeth," he replies.

UPCOMING



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

Monday, October 6, Dinner and Programme starting at 6:30 Laughter Programme

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 and 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.

* * *

LOOKING BACK

From the files of Kol Echad

SEPTEMBER 2004

BARBECUE AT 4300 BATHURSTIS IN BEST FORESTDALE HEIGHTS TRADITION

On September 10, 12 volunteers under the auspices of our lodge, Forestdale Heights, brightened the day of the residents of 4300 Bathurst with a barbecue dinner. We served hot dogs, hamburgers, cole slaw and potato salad, and all the trimmings and feasted on a dessert of strawberry apple sauce. The residents further enjoyed the evening while klezmer music played in the background. Once again, we made this annual event yet another success in the long-standing tradition, established by our Lodge.

Thanks to Jeff, Lisa, and Jordana Rosen, Ivan, Elizabeth and Diana Bloom, Barry Gordon, Stan Horowitz, Stan Zeliger, Arthur Eisenbaum, Nate Salter, and Isaac Aptowitz for a job well done.



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"

MIKE HANNA
 Tel: 416-939-3676

105 - 7117 Bathurst Street
 Thornhill, Ont. L4J 2J6
 Tel: 905-882-4774



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!

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.: 905 642-6700
 Fax: 905 642-6700
 Web: www.theupsstore.ca/383
 E-mail: store383@theupsstore.ca



The UPS Store®

KOL ECHAD ADVERTISING

As we approach the New Year for Kol Echad, I have given much thought to writing this appeal to all members; brothers and sisters.

Due to the high cost of printing, stamps, envelopes, etc., I am asking all members to *think* about taking out a business card ad (\$40/year). If you don't have a company, it can be a personal one, e.g.

HARVEY & DEBBI SILVER
WISH FORESTDALE HEIGHTS LODGE
GOOD LUCK IN THE UPCOMING YEAR

If you are interested in helping out the Lodge, please send your cheque for \$40, payable to Forestdale Heights Lodge, with the information e.g.. business card/or personal information to me at 27 Elise Terrace, Toronto, ON M2R 2W9.

I thank you in advance for your consideration.

Debbi and I wish you all a very healthy and happy New Year.

Harvey Silver
(416) 223-0780



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

Shalom & Linda
Magazzinich



THE CHICKEN NEST
Chicken and Buns done the old fashioned way

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





GOOD & WELFARE

Birthday

Richard Kotzen

September 20



Anniversary

Jeff & Lisa Rosen

September 21



Forestdale Heights extends condolences to Stewart and Cathy Indig on the loss of Cathy's mother, Grace Shapransky on May 14. Grace was the wife of our late Lodge Brother Morris Shapransky.

Forestdale Heights extends mazel tov to Carl and Debbie Zeliger, on the marriage of their daughter Rachel, who married Doron Biaz in Israel on June 17.

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

HIGH HOLIDAY GREETINGS



*Best wishes for
a Happy & Healthy New Year*

George & Charlene Garten



*The Silver family wishes everyone
a very Healthy and Happy New Year*

Harvey, Debbi, Lisa
Mark, Shawna, Zoe, Jaime & Ezra

*Best wishes for a year
of health and happiness to all*

Jeff, Lisa & Jordana Rosen



HIGH HOLIDAY GREETINGS

*Best wishes for a
Happy & Healthy New Year*

**Carl & Debby Zeliger
& Family**



*Wishing you all
a very Happy and Healthy New Year*
Honey & Albert Ohana & Family

Ray & Rosalie Moscoe



**wish all our Lodge
Brothers and Sisters
a healthy and prosperous
New Year**

Shanah Tovah!

HIGH HOLIDAY GREETINGS

*To all our friends
A Healthy & Happy New Year
Shana Tova*



**Rhona Leviston
& Richard Kotzen**



*We would like to wish
all our friends at
Forestdale Heights Lodge
and their families
a very Happy and
Healthy New Year*

Ivan and Elizabeth Bloom

*Wishing all our Friends & Family
A Healthy, Happy & Prosperous New Year*



Marla & Avery Matlow

*Best wishes for a
Happy and Healthy New Year*

Sandy and Barry Gordon

& Family



Ruth & Aaron Pupko



*Wishing all our
family and friends
a Happy, Healthy
New Year*

*Best wishes for a Happy
and Healthy New Year*



**Cathy & Stewart Indig
& family**



*Best wishes for
a Happy & Healthy
New Year*

**Michael Kates
& Family**



SUMMER BBQ



If there is one social programme, that members of Forestdale Heights Lodge truly relish, it is their annual BBQ. This year's event was no exception.

Held once again at the home of Stewart and Cathy Indig, FHL's fourth annual BBQ on Sunday, August 17 drew about 23 Lodge members and their spouses.

After enjoying a variety of hors d'oeuvres, including dips, veggies and BBQ salami,

master chef Avery Matlow got down to business. Once again Avery proved he could cut the mustard, tending to the BBQ to ensure the chicken and steakettes were grilled to perfection. There was not even anything fishy about the salmon, which took a little longer to cook than usual.

Of course, what goes great with grilled foods? That's right. The cole slaw and potato salad provided perfect accompaniments to the main course. All this was followed by fresh fruit.

Unlike the inclement weather which plagued last year's BBQ, this year we were blessed by clear skies, which helped make for beautiful evening. Of course, this was not the only factor for the success of this year's shindig. The camaraderie which was typical of all FHL get-togethers was the essential element for the evening's success.

Special thanks go to all the chefs who created the delicious dinner, to Barry and Sandy Gordon for ensuring the programme came together, to Stewart and Cathy for generously giving their home for the occasion (and to all others who helped make this programme come together).

If goodwill and great attitude which was exhibited at the programme is any indication of the coming year, our new president, George Garten, is going to enjoy his term.

For more photos, go to kolechad.ca/bbq14.htm.

Jeff Rosen

CORRESPONDENCE



February 24, 2014

Forestdale Heights Lodge
Suite 1707
10 Tangreen Court
Toronto, ON M2M 4B9
CA

Dear Charlene Garten, Forestdale Heights Lodge

The Canadian Diabetes Association sincerely thanks you for your donation in memory of Shalome Matlow. We have notified the family of your kind gesture.

Your generosity has helped bring us closer to achieving our mission to lead the fight against diabetes by helping people with diabetes live healthy lives while we work to find a cure.

Thanks to your support we have been able to:

- Fund the best researchers in Canada who are working to find life saving breakthroughs and ultimately a cure.
- Reach out to newly diagnosed people with vital support and the most up-to-date information and tools to help manage their diabetes.
- Send children with diabetes to summer camps devoted to fostering confidence and independence while teaching them to live healthy lives.
- Advocate on behalf of people with diabetes.
- Provide health care professionals with the latest information and advancements in diabetes research so they are able to provide the very best treatment for their patients.

I extend my warmest thanks for your generosity. Your support is making a lasting difference to improve the quality of life for the more than 9 million Canadians living with diabetes or prediabetes.

Sincerely,

A handwritten signature in black ink that reads 'Rick Blickstead'.

Rick Blickstead
President and CEO

To The Forestdale Heights
Lodge

*The Family of
Grace Shapransky
appreciates your kind thoughts and support
With many Thanks.
Cathy & Stewart Incels*

CORRESPONDENCE

Torah in Motion

3910 Bathurst Street
Suite 405
Toronto, ON M3H 5Z3
416.633.5770
www.torahinmotion.org



TORAH in MOTION
Stimulating Torah Virtually Everywhere

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

24/03/2014

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



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

April 04, 2014
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

FORESTDALE FUNNIES

Thoughts to Ponder

Number 9

Death is the number 1 killer in the world.

Number 8

Life is sexually transmitted.

Number 7

Good health is merely the slowest possible rate at which one can die.

Number 6

Men have two emotions: hungry and horny, and they can't tell them apart. If you see a gleam in his eyes, make him a sandwich.

Number 5

Give a person a fish and you feed them for a day. Teach a person to use the internet and they won't bother you for weeks, months, maybe years.

Number 4

Health nuts are going to feel stupid someday, lying in the hospital, dying of nothing.

Number 3

All of us could take a lesson from the weather. It pays no attention to criticism.

Number 2

In the 60's, people took acid to make the world weird. Now the world is weird, and people take Prozac to make it normal.

Number 1

Life is like a jar of peppers. What you do today might burn your ass tomorrow.....

...and as someone recently said to me: Don't worry about old age, it doesn't last that long.

Submitted by Avery Matlow



HEALTH IN HARMONY

As I write this column, Hamas and Israel are at another three day ceasefire with Egypt brokering the deal. I pray to G-d it holds. It's been an intense time for Israelis and for Jews around the world. We can't stop listening or watching the news; some of us have relatives and friends in Israel and fear for their safety. The rest of us, no matter what our views, just hold our breath for the future of Israel, our rock – the country that has given us much pride and a connection to our culture and religion.

We are saddened at the tragic loss of so many IDF soldiers, all young men who had promising futures ahead. We also feel saddened that Hamas would not protect the people of Gaza resulting in the injury and loss of so many of their civilians. This too is making many in Israel (and Jews in the Diaspora) worried about world opinion, and the cost to all involved while keeping Israel safe and free. Many feel new solutions need to be forged to keep young people in Israel.

As a Canadian, I am proud to live in a free, democratic country with a sound leader who supports Israel. I jotted a note to our Prime Minister thanking him for his support of Israel and received back a beautiful reply explaining why he supports Israel. I slept a little better that night. I also wrote to CBC admonishing them for their biased coverage against Israel in the current war – no reply from them.

While most of us feel helpless at the current situation, we can reach out in many ways to show our support. You can:

- Write letters to politicians voicing your views. (One letter is viewed as if another 100 people feel the same way.)
- Get yourselves educated in present and past history of Israel, so that you can talk with conviction if challenged.
- Call or text talk shows when the subject is discussed. (I texted Jack Bercovitz on News Talk 1010 when he hosted a show on the current Israeli – Hamas war, supporting his views and his hosting of the show.)
- Attend peaceful rallies.
- Donate to worthy causes to help Israel at this time or directly donate to Israel.

Let us hope and pray there will be peace in Israel.

Ray and I wish to you and your families Shana Tova - to be blessed with good health, good fortune and peace.

Rosalie Moscoe

WOODBINE



On Sunday, November 16, 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, 416-631-8261 or sandygord@gmail.com by October 6.

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



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

Bubby Grace's Sweet and Sour Meatballs

INGREGIENTS

3 lbs. lean ground beef or chicken
2 tsps. salt
1/2 tsp black pepper

2 cloves garlic, minced

2 eggs

4 tsps. matzo meal

3 cups of ketchup

4 cups of one of the following: sprite, diet
sprite, ginger ale, or coke.

In a large pot mix together ketchup and Sprite.

Bring to a boil. Beat the eggs. Mix together

eggs, meat, salt, pepper, garlic and matzo meal.

You then roll the mixture into balls. Drop CAREFULLY into boiling ketchup mix. (I do not want you to get burnt by any splashes). Cover and cook on low-medium (needs to be bubbling a bit) for 2 hours. Serves 8.

Please note...sugar free.

Shana Tova

Stewart Indig



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 (Cohasset)
Solel Congregation (Mississauga)
Knesset Israel (Junction)
Beach Hebrew Institute

905-881-4356

Sonny Langer's Caterers



Sean Eisen
Director, Sales & Operations

tel: 905-479-7222 Ext. 23
cell: 416-414-7305
toll free: 866-671-6664
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



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



LLOYD LINDSAY CA CMC
Chartered Accountant

- Tax returns
- Tax consulting
- Accounting
- Auditing
- Presentations
- Office software
- Business loans
- QST & HST

Address: 1166 Cario Court
Mississauga, Ontario
L4W 3N6

Tel: (905) 629-8498

E-mail: lloyd@lloydlindsay.com

Web: www.lloydlindsay.com

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



AS I SEE IT



“Proportionality” is the new catch phrase of Israel’s opponents. It is a term of bigotry cloaked in political correctness. This expression conjures up the same rhetoric akin to calling Israel an “Apartheid state,” or “occupier.” Israel’s current war with Hamas has sparked outrage and public dissent the world over. Nothing unites the world as its collective ability to condemn Israel for its response to the barrage of rocket fire from the Gaza Strip. Likewise, nothing unites the Jewish people as a common enemy or the feeling of “us versus them.”

The term “proportionality” insinuates that Israel is using a disproportionate military response to combat the foe. Innocent civilians of Gaza, it is to be understood, are being killed indiscriminately. Israel, according to the international community, is not doing enough to prevent the loss of life. Firing rockets from residential neighbourhoods, hospitals and mosques clearly indicates Hamas’s disregard for its own citizens and their lives. The money that helps finance the Hamas regime in Gaza has gone directly towards the building of tunnels, and through which, the attempt destruction of the Jewish state. In contrast to the building of tunnels, imagine how much better the lives of the average Palestinian could be if Hamas built hospitals, schools and farms instead. Israel is the only country at war that I have heard of that telephones its enemy and drops leaflets before attacking.

The building of tunnels is a clandestine operation. It conjures up the dual meaning of “mole” as a covert operative and the subterranean mammal, both of which would be reasonable applications of the word in this regard. Even once a truce is put into place and the border is quiet once again, the Hamas terrorists will once again begin their mole-like operations. The CNE midway carnival game “Whack-a-Mole” then comes to mind. When Israel’s military operation concludes and tunnels are destroyed, others, like the CNE midway carnival game, will pop up.

I look forward to the day in which the world applies its same definition of proportionality to other world conflicts. I have yet to see the mass demonstrations outside Russian embassies for its interference in Ukraine, outside Syrian embassies for the murder of its own citizens, or American embassies for unlawfully firing rockets in Iraq.

As the new Jewish year is rapidly upon us, I am reminded of Golda Meir’s famous quote, “Peace will come when the Arabs will love their children more than they hate us.” I can only hope and pray that the enemies of Israel will consider this proportionality.

Shana Tova,

Marc Kates

SANDY'S SCRIPT



I have recently been confronted with the news of a very good friend, whose once healthy life, was presented with a horrible diagnosis.

This lovely lady was the caregiver for her father who passed away first and then her mother who passed away three years ago. She was really trying to figure out what she wanted to do with the rest of her life. She was very close to making some decisions when this horrible diagnosis hit her between the eyes.

This sweet lady was always so eager to offer her help to anyone who needed it. Now she is the one who needs the help.

In early August, I went with a friend to visit her in her hospital room. My friend had mentioned that she (the patient) had an interest in our Rabbi giving a course at her house when she got home from the hospital. In the car going home, I mentioned to my friend, I think we should have that class sooner than later. I think she (the patient) knew who I was then, but I do not think she knew who I was four days later when I went again for the class.

I am talking about a woman who had very little or no involvement with Jewish life. Just within the last couple of years or so has she's been exposed to the Jewish way of life. I strongly believe that people who are near end of life are drawn back to Judaism. If we as a very small group could do anything to comfort her, that is exactly what we would do.

She slept through the class as she had not slept well the night before. After, when she awoke, she had a little lunch, the Rabbi suggested we sing "Shalom Aleichem" as in six hours we would be ushering in the Sabbath.

I found it to be a very special time, as I believe if she could not understand what we were singing; the words had a first class ticket to her *Neshamah!* (Soul).

Until the next time.

Sandy Gordon

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



*Shana
Tova!*



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