



*The Executive of FHL  
would like to wish  
lodge members  
and their families  
Happy Pesach*

*Chag Samayach*

## FHL Executive 2008-2009

The following individuals will serve on the lodge's executive for 2008-2009.

**President: Irv Pupko**

**Senior Vice-President: Ray Moscoe**

**Vice-Presidents: Ivan Bloom, Harvey Silver, Carl Zelig**

**Treasurer: Stan Horowitz**

**Financial Secretary: Lisa Rosen**

**Recording Secretary: Ruth Pupko**

**Chaplain: Bonnie Kates**

**Trustees: Elizabeth Bloom, Harold Cohen, Noreen Cohen, Barry Gordon,  
Sandy Gordon, Morris Shapransky**

**Chair, Board of Governors: Nate Salter**

# KOL ECHAD



Kol Echad is the award winning official publication of Forestdale Heights Lodge. It is published 10 times a year. We welcome any and all articles or letters from members of the lodge and their families. All material submitted is subject to editing. The editor may consult with members of the bulletin committee regarding content suitability and editorial decisions.

All opinions expressed in Kol Echad are those of the individual writer and do not reflect the views of either Forestdale Heights Lodge or B'nai Brith Canada.

**Editor:** Jeff Rosen

**Advertising:** Harvey Silver

**Editing Staff:** Bonnie Kates  
Lisa Rosen

**Contributors:**  
Elizabeth Bloom  
Sandy Gordon  
Bonnie Kates  
Nate Salter

**Website:**  
<http://www.kolechad.ca/>

## At A Glance

Monday, April 14	Dinner Meeting
Monday, June 16	Dinner Meeting

---

### Kol Echad Deadlines

May Issue	April 11
June Issue	May 15

---

### Fallsview Niagara Casino

#### **Sunday, May 4**

The bus will leave at 9:30 a.m. from Hwy 7/Valleymede Rd. in Richmond Hill. The return bus will board at the casino at 4 p.m.

Cost of the trip is \$15 and when you arrive at the casino you will be given at \$10 voucher. If you do not have a Players Card, the cost will be \$30 and you will be given a \$10 voucher. People are responsible for making their own reservations by calling Safeway Toronto at (416) 593-0693 and giving them the date and place you will be boarding the bus.

For more information, call Sandy Gordon at (416) 631-8261 or e-mail [sandygord@gmail.com](mailto:sandygord@gmail.com)

# President's Pen

In just the first two weeks of February, Toronto received 70 cm of snow, smashing the record of 66.6 cm for the entire month set long before it was in vogue to own an SUV and before Kyoto was synonymous with climate control. March's records are not even in yet.

This year, China is surviving its most brutal winter in a century. Temperatures in the normally balmy south were so low for so long that some mid-sized cities went days and even weeks without

electricity because power lines had toppled, and it was too cold or too icy to repair them.

There have been so many snow and ice storms in Ontario and Quebec in the past two months that the real estate market has felt the pinch as homebuyers have stayed home rather than venturing out to look for new houses.

Where's this global-warming everybody's been talking about? Do you recall Al Gore telling us that the ice of the Arctic Ocean had melted to its lowest levels on record? Never mind that those records only date back as far as 1972 and that there is anthropological and geological evidence of much greater melts in the past.

If Greenland melted, sea levels worldwide would increase by between 18 and 20 feet -- putting much of south Florida and the Netherlands underwater. Forty-million people around Shanghai and some 60 million more in Calcutta and Bangladesh would die due to flooding.



Those aren't even the scariest scenarios.

A senior forecaster with the Canadian Ice Service in Ottawa says the Arctic winter has been so severe the ice has not only recovered, but it is actually 10 to 20 cm thicker in many places than at this time last year. The Arctic appears to have reclaimed two million kilometres of ice so far this winter. This is good news for our polar bear friends.

I'm tired of winter, I'm tired of snowfalls and I'm tired of shovelling it all. The piles on each side of my driveway at the writing of this column (March 9<sup>th</sup>), are well over six feet tall and tomorrow, we are expecting another few centimetres.

**Continued on next page**

I have always said that winter, like pregnancy is two months too long, but the simple fact remains that both of these conditions are not in our control.

Global warming is in our control and we can make a difference. So...in spite of the nasty cold and record snowfalls of this winter, we need to acknowledge global warming and that it is real to our planet. Basically, all of humanity is sitting on a ticking time bomb.

If the vast majority of the world's scientists are right, we have just 10 years to avert a major catastrophe that could send our entire planet into a tailspin of epic destruction which would bring extreme weather, floods, droughts, epidemics and killer heat waves beyond anything we have ever experienced.

Till spring,

*Bonnie Kates*

**JW**  
*pasta & grill*

Great Italian Food  
Casual Fine Dining  
Fair Prices  
Carry Out Available

Download and present this coupon for a...  
**Choice of  
One Free Appetizer**  
With purchase of \$40 or more on food item (before tax)  
Valid 5pm to 10pm daily. For dine-in-only  
not to be combined with any offer, One coupon per table only

1118 Finch Avenue West, Unit 2  
North York, Ontario, M3J 3J4  
Tel: 416-667-9889 Fax: 416-667-8118  
E-mail: [dwpastaandgrill@bellnet.ca](mailto:dwpastaandgrill@bellnet.ca)  
[www.dwpastangrill.ca](http://www.dwpastangrill.ca)

Map showing location: Keele St., Chesswood Dr., Finch Ave. West, Alness St., Champagne Dr., Dufferin St.

# Editor's Desk

*Written tongue in cheek, as a spoof of our Jewish culture.*

Our tale this month began just a short while ago in a galaxy not that far removed from our own.

A group of like-minded jewlaxions gathered to discuss common concerns. As usually happens when like-minded individuals gather, a committee was struck up and before long the mothership, *Nostramo*, had been launched with the purpose of spreading the group's message of peace, love and harmony throughout the galaxy.

For years the organization, Benevolent Brotherhood of Cardasia, was a phenomenal success, drawing in more members and reaching further into the galaxy as it explored strange new worlds.

However, as these tales usually go, beneath all the love and goodwill, a virus had penetrated the organization at its base root level.

So while everything appeared just hunky-dory at the top of the organization and to those peering in, those inside the mothership could see that the first signs of rot had begun to settle into the core. At first there were rumblings among a select few about the growing problem. However these individuals were easily ignored and in time, those who initially spoke out left

the mothership and went on their own journey.

Instead of going away, the problems within the mothership continued to spread as the ship continued to spread its message and to go where no one had ever gone before. Contacts were made with new civilizations and promises of greater rewards were given to those leading the five year mission.

Finally those manning the engineering section could not take it any more, fearing a major warp core breach. They gathered and in one united voice, sang out loud, sang out strong, hoping that someone leading the mothership would hear their tale of woe.

Unfortunately, as things often happen, their chorus was wrongly interpreted by those in command who had less than perfect pitch.

Instead of hearing the sweet sounds as a call for help, those leading the mothership took it as a challenge to their command and cried mutiny. A panel was quickly drawn up and those whose lives had been devoted to running the mothership were forced to answer to trumped up charges and eventually forced to walk the plank.

**Continued on next page**



The mothership's leadership looked around and smiled as only such leadership could smile. They had succeeded in silencing what they perceived as a threat to the smooth operation of their lead vessel.

Meanwhile back in the engine room, the boilers were overheating and the wheels were beginning to fall off the mothership. (No easy feat in space.)

Outrageous, cried those in charge, most of whom had no idea of how to run such a massive vessel. The solution was obvious. They were not going to send someone down to fix the problem. That would be too obvious and would require them to admit a problem existed in the first place.

Instead, a sacrificial lamb was chosen, someone whom could take all the blame for the all the problems that existed. So a scribe was quickly summoned and ordered

to fabricate a tale, so preposterous, that it could only be believed by a four legged newt from the Delta Quadrant.

In the end, the scribe's tale proved to be a source of great merriment throughout the five quadrants of the galaxy, eliciting greater sympathy for the sacrificial lamb, who escaped in the last of the mothership's escape pods, just as all the hot air aboard caused all systems aboard the massive vessel to overheat.

When last seen, the mothership was in a low orbit spiralling down towards Gamma Rigel V.

So what happened to all those who were forced out, you might ask? When last seen, they were watching from the neighbouring Gamma Rigel VI, constructing Mothership Two.

*Shalom.*

*Jeff Rosen*

---

## Top 10 Reasons to Celebrate Passover

10. Save money by using last year's Matzah (it won't taste any different and you haven't thought of eating it since then)
9. Elbows on the table
8. Maror – it's a better medicine for sinuses than any prescription.
7. Four cups of wine (and if Elijah doesn't show this year, there's a 5th!!)
6. The extra cash from selling your Chometz comes in handy after Spring Break.
5. The required cleaning of the refrigerator gives you a reason to throw out that old milk container.
4. You actually eat the parsley.
3. Reasons to use your wooden spoon, candle, and feather collection that you can actually tell you mother about.
2. Think of all the toilet paper you save by eating Matzah for a week.
1. To remember that Charlton Heston (and his wife, Lilly Munster) led you out of Egypt.



41<sup>st</sup> Annual Installation of  
**Forestdale Heights  
Lodge**

Sunday May 25, 2008  
Cocktails begin at 5:30 p.m.  
Dinner to Follow

Beth Radom Synagogue  
18 Reiner Road  
Toronto, Ontario

Members: \$60 per couple  
Non-Members: \$85 per couple

*Invitations to be sent out shortly*

# Random Musings



When we have time off as a family, one of our favourite activities is touring historical homes and villages. It is fascinating to learn how people lived during the late 18<sup>th</sup> and 19th century, and to discover the ingenuity of the early tools they used.

One of the things that always strike me about life then is that there was not much time for slacking off, or neglecting one's duties for a day. People depended upon the fulfillment of each person's responsibilities every day of the year. Cooking was done, including the baking of bread, on a daily basis, no matter how tired a person felt. One couldn't simply open a package of convenience foods, a ready-prepared mix, or a bag of frozen vegetables.

If one wanted to cook a preserved food, a lot of planning had to go into preserving that food ahead of time. Fresh fruits and vegetables had to be washed and peeled each day; meat, fish and game had to be butchered, cured, scaled or plucked in order to cook, and one had to prepare each side dish or sauce from scratch.

I try to imagine whether I could cope with the day to day demands of such

pressure to produce creations on a daily basis, in addition to other household duties such as sewing, weaving and farming. I have my doubts. The only time this type of challenge presents itself is when *Pesach* rolls around each year, forcing me to do a massive cleanup, a change of dishes and utensils, and more



creative cooking from scratch than I do all year.

At these times I identify with the pioneers, facing the demands of daily production. Granted, there are now many wonderful packaged products to help me accomplish my transition in the kitchen, but the demands of special rules, and restriction of foods during *Pesach*, give me enough of a hint of what life was like in earlier eras.

**Continued on next page**

It takes weeks of preparation, gathering products to help us cope with the week of *Pesach*, in order to make it a successful, enjoyable holiday.

When *Pesach* is over, I do feel a sense of renewal and pride, albeit weariness. I heave a sigh of relief when we have survived yet another year and are truly free. It helps to know that the rules of the holiday week are only temporary. I

wonder, if I faced these types of challenges week after week, year after year, would I cope as well as our forefathers did with their difficult lives? Fortunately, I'll never have to know. *Pesach* just gives me food for thought, on so many levels.

Wishing you and yours a happy, healthy *Pesach*.

*Elizabeth Bloom*

## Passover Funnies

Moses was sitting in the Egyptian ghetto. Things were terrible. Pharaoh wouldn't even speak to him. The rest of the Israelites were mad at him and making the overseers even more irritable than usual, etc. He was about ready to give up.

Suddenly a booming, sonorous voice spoke from above: "You, Moses, heed me! I have good news, and bad news."

Moses was staggered. The voice continued:

"You, Moses, will lead the People of Israel from bondage. If Pharaoh refuses to release your bonds, I will smite Egypt with a rain of frogs"

"You, Moses, will lead the People of Israel to the Promised Land. If Pharaoh blocks your way, I will smite Egypt with a plague of Locust."

"You, Moses, will lead the People of Israel to freedom and safety. If Pharaoh's army pursues you, I will part the waters of the Red Sea to open your path to the Promised Land."

Moses was stunned. He stammered, "That's.... that's fantastic. I can't believe it! --- But what's the bad news?"

"You, Moses, must write the Environmental Impact Statement."



# Good & Welfare

## Birthdays

Elizabeth Bloom  
Avery Matlow  
Sam Holtzman  
Shalome Matlow

April 4  
April 7  
April 14  
April 18

**FHL wishes a speedy recovery to the following lodge members:**

**Bonnie Kates**  
**Nate Salter**  
**Morris Shapransky**  
**Harvey Silver**

*If you have something special happening in your life that you would like listed in Good & Welfare, send it to [jelijo@sympatico.ca](mailto:jelijo@sympatico.ca). We will make every effort to include it. Birthdays of members only will be listed in this space.*



**MATANA JUDAICA**

248 Steeles Ave. West  
Unit #6  
Thornhill, Ont., L4J 1A1  
Tel: (905) 731-6543

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](http://www.theupsstore.ca/383)  
E-mail: [store383@theupsstore.ca](mailto:store383@theupsstore.ca)



**The UPS Store®**

# Notes from Nate



*News and views of Forestdale Heights Lodge from a past president still alive and kvetching in Thornhill.*

**Tuesday, January 15**

*Gevalt!!!!* I now

know why the bottle of

Aspirin says take two and keep away from children. Truthfully speaking I shouldn't be *kvetching*, but while I dearly wanted this past weekend to happen, by the time it was over, *keninah horra* the wife had a stage three headache and I was *bafoofket* entirely.

Yes folks, to celebrate our 40 years of wedded bliss we had the whole family over, including all three daughters, a plethora of sons-in-laws and G-d bless em, all three grandsons.

This was, for the Salter family, the first time since little Benji's bris, that all the grandsons were in one place at one time. Two of them live in Montreal, and between brunches at one daughter's home, and a specially prepared dinner at our house by "Big Dave" and Shari, the weekend went like the wind. [Would you believe like a hurricane?] Our kids and their husbands did a marvelous job in making the whole weekend superb in every way; even treating us to dinner at Santorini.

Everybody had a great time, but believes me, you haven't lived until you have toys and kids scattered in every room, crying children wall to wall and people

galore for three days. There is no doubt that it was most likely one of the most thrilling weekends of my life.

Contradictory? I think not! Who could possibly have envisioned what was in the future when a young bride and groom stood beneath a *chupah* at the Adath Israel on a snowy Sunday 40 years ago. Bet me a million dollars that day, and I couldn't have predicted all the trials and tribulations that were to take place over the next 40 years. In looking back, I wouldn't have changed a thing as the trials were few but the happiness was manifold.

You know, our personal life also parallels our lodge life, since both the lodge and our marriage have evolved over the same amount of years. While we are not technically related to our fellow members, like a family, we know each others *michigas*. We have shared many of the joys as well as the tribulations in life.

The reality is that we have no connection with the thought processes of a 20-something. That in itself has created a problem, in that we have failed to attract a lot of new members who will take an active part in the running of the lodge.

Here is where we have to act like family, and as you can see, in the slate that was presented for the election this year, many of those who have served in previous years have returned to once again fill the need.

**Continued on next page**

But what about the great majority of you who dutifully pay your dues, but seldom, if ever, are seen or heard. Where is that spark that caused you to sign on the dotted line in the first place?

As one of the real old timers in the lodge, I urge you to become involved. Get yourself to a meeting, because with ole'

Uncle Albert catering, the food is excellent, and see that we are still vibrant and alive. Turn yourself from a watcher to a doer and enjoy being a part of something that is good. Remember, the longest journey starts with a single step, be the one to take it and get involved today.

*Nate Salter*

## Delicious Passover Treat

### ***PASSOVER GRANOLA***

- 4 Cups Matzah Farfel
- 1/2 Cup Nuts (I use Walnuts and Almonds, can use more if desired)
- 3/4 Cup Shredded Coconut
- 1/2 Cup Honey
- 1/2 Cup Vegetable Oil
- 1 Cup Raisins
- 

Pre-heat oven to 350 degrees. Mix farfel, nuts and coconut in a bowl. Add honey and oil, mix well. Spread mixture in a single layer on non stick baking sheets. Bake 20-30 minutes, stirring often to prevent burning. Remove from oven and add raisins. Mix well. Cool and store in an airtight container. Great for breakfast with milk or for snacking right out of the container!

*Submitted by Bonnie Kates*



**Lee (Lisa) Silver, CTC**  
Travel Consultant

<http://leesilver.belairagent.ca>  
[lee.silver@belairtravel.com](mailto:lee.silver@belairtravel.com)

Tel: (416) 675-2500 Ext. 3209  
Toll Free: 1-888-723-5247  
Fax: (416) 675-3411

150 Ferrand Drive, 6th floor,  
Toronto, ON M3C 3E5



part of group



## N.H.SALTER Enterprises Inc.

Special Interest Automotive Appraisals

### N.H. (Nate) SALTER

President

3 Tamarack Drive  
Thornhill, Ontario, Canada  
L3T 4W2

Phone: (905) 881- 6700

Fax: (905) 881 - 7772

E-mail: [salterenterprises@sympatico.ca](mailto:salterenterprises@sympatico.ca)

Contact: VITO



### MAPLE AUTO BODY

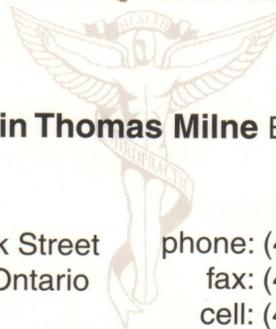
1393569 Ontario Limited  
Collision - Spray Painting

Repairs to All Makes - First Class Workmanship

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

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

## Grantbrook Chiropractic and Massage



**Dr. Darrin Thomas Milne B.Sc., D.C.**

7 Grantbrook Street  
North York, Ontario  
M2R 2E6

phone: (416) 221-1655

fax: (416) 221-3291

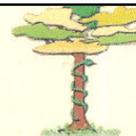
cell: (416) 818-9240

## 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



## Centre for Natural Healing

**Dr. Andrea Goldberger**

(D.H.M, D.A.C, C.A.H.P, C.H.H.P, C.S.T,C.R.T, R.S.H.P, D.O. mp)

55 Beaumont Place  
Thornhill, ON L4J 4W9

Acupuncturist  
Homeopath  
Osteopath

Phone (905) 889-4462

[www.centrefornaturalhealing.ca](http://www.centrefornaturalhealing.ca)

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

TED BERMAN

## TED THE HANDYMAN

Plumbing · Electrical · Etc.

(416) 494-4344

17 Rollingwood Drive  
Toronto, Ontario M2H 2M4  
Email: [ted.berman@gmail.com](mailto:ted.berman@gmail.com)



**SENSITECH**  
CANADA EAST INC.

**Sean M. Eisenbaum**

Account Executive

325 Weston Road, Unit 4A • Toronto, Ontario M6N 4Z9  
Tel: 416-604-0818 • Fax: 416-760-7861 • Cell: 416-414-7305  
[www.sensitechcanada.com](http://www.sensitechcanada.com) • Email: [seisenbaum@sensitechcanada.com](mailto:seisenbaum@sensitechcanada.com)



1450 Clark Ave. West, Units 2-8a  
Thornhill, Ontario, L4J 7R5

Tel: 905-763-ViBE (8423) Fax: 905-763-7212  
Email: info@ViBEstudio.ca

**Ken Gutman**  
President

116D Viceroy Road  
Unit 9  
Concord, Ontario L4K 2M4

Tel. 905 669 7620  
Toll free. 1 866 246 0806  
Mobile. 416 346 1952  
Fax. 905 669 5574

Email. ken@dynamiteparties.com  
www.dynamiteparties.com

Wayne Lam

# O-MEI

*Specializing in Cantonese, Seafood,  
Szechuan & Peking Cuisine*

248 Steeles Ave. West, Thornhill, Ont.  
(Between Bathurst & Yonge) Tel: (905) 889-8282



1604 Bayview Avenue, Toronto, Ontario M4G 3B7  
Tel: (416) 544-0100

www.autodoc.ca – www.autodoc.ca – www.autodoc.ca



## Expert Auto Service

- Brakes • Tune-ups • Fuel Injection
- Exhaust • Oil Changes
- Computerized Alignments
- Electronic Diagnostic • Shocks
- Security, Keyless Entry & Remote Start Systems

**QUALITY WORKMANSHIP GUARANTEED!**

# 905-764-8771

## PAY NO TAX AND SAVE 15%

**AUTO DOC**

WITH OUR

# V.I.P.

**DISCOUNT CARD**



Ontario  
Motor  
Vehicle  
Inspection  
Station

\*Equal Tax www.autodoc.ca

**37 GUARDSMAN RD. THORNHILL**

www.autodoc.ca – www.autodoc.ca – www.autodoc.ca

**LLOYD LINDSAY CA CMC**  
Chartered Accountant  
*taxes, accounting, auditing, consulting,  
presentations, seminars, bookkeeping*

1166 Carlo Court  
Mississauga, ON  
L4W 3N6 Tel: (905) 629-8498  
Web: www.lloydlindsay.com  
E-mail: info@lloydlindsay.com



**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

# Sandy's Scripts



Have you ever thought about where certain phrases such as “open book” and, “throwing in the towel” come from? We use a lot of these phrases on a daily basis. So where do they come from?



I began to search for some answers and found that my research was the catalyst to write about Pleonasm /

Redundant Quotations – quotes which contain superfluous, unnecessary words. Perhaps I will do the “phrases” in a future column. Here are some of the quotes: “And that’s a self-portrait of himself, by himself.”

*Richard Madeley*

“Now we go into lap 53, the penultimate last lap but one.” *Murray Walker*

“It looks like being a busy weekend on the ferries, particularly Saturday and Sunday.” *Peter Powell*

“It was a sudden and unexpected surprise.” *Samuel Goldwyn*

“It’s déjà vu all over again.” *Yogi Berra*

“If we do not succeed, we run the risk of failure.” *Samuel Goldwyn*

“Sometimes you can observe a lot just by watching.” *Yogi Berra*

“Just look at the (ice skating result). Nine six marks, every one of them a six.”

*Alan Weeks*

“With half the race gone, there is half the race still to go.” *Murray Walker*

Hope you had a good chuckle!

Until the next time.

*Sandy Gordon*

## Passover Potato and Mushroom Croquettes

Serving Size: 5

- 1 1/2 lbs potatoes -- peeled and chopped
- 5 cups water
- 1 onion -- peeled and chopped
- 1/4 lb mushrooms
- 1 tsp oil
- 1 Tbsp water
- salt/pepper to taste
- 1 cup matzoh meal
- 1 teaspoon oil

Boil potatoes in water til tender. Drain and mash potatoes. In a separate pan, sauté onions and mushrooms in oil and water over medium-high heat for three minutes. In a large bowl, mix mashed potatoes, sautéed onions and mushrooms, seasonings and matzo meal together in a large bowl. Form 10 croquettes. Heat oil in a large non-stick frying pan over med-high heat and fry croquettes for 8 minutes on each side. Serving size is 2 croquettes per person.

## When Your FEET Hurt Nothing Else Matters!

### Special Interest in Running & Sports Injuries



- Custom Made Foot Orthotics
- Family Foot Care • Warts
- No Referral Necessary
- Corns & Calluses
- Sports Injuries • Heel Pain
- Athlete's Foot (Fungus)
- Ingrown, Thick or Problem Toenails
- Evening / Weekend Appointments



### THE FOOT CLINIC

**David Baker, D.Ch.**  
& Associates

Chiropodists / Foot Specialists



### Two Locations To Keep You On Your FEET!

#### NORTH LOCATION



4915 Bathurst Street  
Suite 224 ( at Finch )

#### CENTRAL LOCATION



2811 Bathurst Street  
( North of Eglinton )

**(416) 638-FEET | (416) 630-FEET**  
**(3338) | (3338)**

**www.WeTreatSoreFEET.com**

## Rosalie Moscoe

RNCP, Consultant, Seminar Leader



health in  
harmony

- \* Nutrition and Stress  
Teleseminars
- Small Group Coaching Series  
(3 sessions each)

#### Topics:

- \* The Food & Mood Connection  
- For Jump-out-of-Bed Energy!
- \* The Hurried Person  
Transformed!
- Ways to Scrape Yourself Off  
the Floor and Feel Human Again

Also available: One to One In Person, Nutritional  
Consulting

For more information and course dates call:  
416 653-0077  
or e-mail [rosalie@healthinharmony.com](mailto:rosalie@healthinharmony.com)

Check [www.healthinharmony.com](http://www.healthinharmony.com)  
for Rosalie's qualifications

## The Friendly Greek



*Gregory Stefanidis*  
Manager

7315 Yonge Street  
Thornhill, Ont. L3T 2B2  
905-707-8579 Fax: 905-707-9647

## 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](http://WWW.CENTRESTREETDELI.COM)