

# KOL ECHAD

Forestdale Heights Lodge #2667

December 2005

Cheshvan/Kislev 5766

*Do you feel like trying something a little different? Then join your fellow lodge brothers and sisters for our first breakfast meeting of the season.*

## Sunday, December 11

4300 Bathurst St.

9:30 a.m.

Please RSVP to Albert 416-494-2636

Or email [salonpiaff@rogers.com](mailto:salonpiaff@rogers.com)



***They're (almost) at the Post!***

**Join members of FHL as we head to Woodbine Racetrack**

**NIGHT AT THE RACES**

**Saturday, January 21, 2006**

**Cost: \$40.25/person includes**

**Clubhouse admission & dinner buffet**

**Kosher meals available upon request**

**Please RSVP to David Gorender at (416) 493-4247**

**or e-mail [davidg@canada.com](mailto:davidg@canada.com)**

# 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.

**Editor:** Jeff Rosen  
**Advertising:** Harvey Silver  
**Production:** Sandy Gordon  
Bonnie Kates  
Lisa Rosen  
Julie Shuter

## Website:

[http://ca.geocities.com/k\\_echad](http://ca.geocities.com/k_echad)



# What's New

**Sunday, December 11** – Brunch Meeting,  
4300 Bathurst St. 9:30 a.m.

**Sunday, December 18** – CVS/Social Program,  
Toronto Marlies vs. Hamilton Bulldogs  
Ricoh Coliseum, 5 p.m.

**Sunday, December 18** – Chanukah Basket Delivery,  
15 Hove, 8:30 a.m.

**Monday, January 9** – Dinner Meeting & speaker  
Dr. Geoff Fernie, vice-president of research at  
Toronto Rehabilitation Institute

**Saturday, January 21** – Night at the Races

**Monday, February 6** Dinner Meeting  
**Monday, March 6** Dinner Meeting  
**Thursday, March 23** Royal Canadian Air  
Farce

**Monday, April 3** Dinner Meeting  
**Monday, May 1** Dinner Meeting  
**Monday, June 5** Dinner Meeting

*All Monday meetings to be held at 15 Hove. Dinner to start at 6:30 to be followed an hour later with business meeting.*

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## Kol Echad Deadlines

January Issue	December 9, 2005
February Issue	January 13, 2006
March Issue	February 10, 2006
April Issue	March 10, 2006

**"Self-help must precede help from others. Even for making certain of help from heaven, one has to help oneself."**

-- Morarji Ranchhodji Desai (1896-1995), Prime Minister of India

# Editor's Desk

1967

FHL@40

2007

Take a good look at the logo to the left. In the next



year and a half you will be seeing a lot of it in these pages as well as on our website.

Think back to 1967. After a six day battle, Israel vanquished its three Arab aversaries, and reunified Jerusalem for the first time since 1948. The same year, Toronto defeated Montreal in the Stanley Cup, *The Andy Griffiths Show* was the most popular TV show of the year and the film *In the Heat of the Night* was named best picture of the year at the Academy Awards.

Closer to home an event that continues to affect our lives occurred as B'nai Brith Lodge #2667, known as Forestdale Heights Lodge, was granted its charter and Harry Basil became its first president.

Now as the clock begins to tick down towards the lodge's 40<sup>th</sup> anniversary, *Kol Echad* is launching a retrospective of moments and events from the past 40 years.

Each month we will feature a mix of news and sporting events, top music, TV shows and movies of the day, looking at two years each month. We started our retrospective last month on our website

looking back on 1967 and 1968. This month the focus goes to 1969 and 1970.

Due to space constraints in our print edition of *Kol Echad*, we will be omitting major news events of the day. Tune into our website for all that information.

If you feel we are missing something major, let us know.

Your role does not end there. *Kol Echad* is a partnership between those who produce it and the rest of the lodge.

In the past 14 years since I joined the lodge, I have heard a number of stories about the "good old days" when meetings and elections would go into the wee hours of the night and how certain members wowed the lodge with their culinary prowess. I have listened as others have talked about the various socials, CVS and sporting activities, as well as fun filled trips to the Concord.

If anyone has any interesting stories or photos they would like to share, we would be thrilled to publish them.

It starts right now, just 18 months until the lodge marks its 40<sup>th</sup> anniversary. Between now and then perhaps we can have some fun reliving our past, celebrating our present and planning for a glorious tomorrow.

*Shalom.*

*Jeff Rosen*

# 1967

# FHL @ 40

# 2007

In June 1967, B'nai Brith Lodge #2667 was granted its charter to begin operating as **Forestdale Heights Lodge**.

In June 2007, **Forestdale Heights Lodge** will celebrate its 40th anniversary. To mark the occasion, Kol Echad will take a look at life from the past 40 years, exploring two years every month.

<b>YEAR</b>	<b>1969</b>	<b>1970</b>
<b>PRESIDENT</b>	David Galet 1968-69	Michael Wolburgh 1969-71
<b>MUSIC</b>	1. "Crimson and Clover" ... Tommy Jones & the Shoulders 2. "Everday People" ... Sly and the Family Stone 3. "Dizzy" ... Tommy Roe 4. "Aquarius/Let the Sunshine In" ... The Fifth Dimension 5. "Get Back" ... The Beatles and Billy Preston	1. "Raindrops Keep Fallin' on My Head" ... B.J. Thomas 2. "I Want You Back" ... The Jackson Five 3. "Venus" ... Shocking Blue 4. "Thank You / Everybody's a Star" ... Sly & the Family Stone 5. "Bridge Over Troubled Water" ... Simon and Garfunkel
<b>POPULAR MOVIES</b>	1. The Love Bug 2. Funny Girl 3. Bullet 4. Butch Cassidy and the Sundance Kid 5. Romeo and Juliet	1. Airport 2. M*A*S*H 3. Patton 4. Bob & Carol & Ted & Alice 5. Woodstock
<b>POPULAR TV SHOWS</b>	1. Rowan & Martin's Laugh-In 2. Gunsmoke 3. Bonanza 4. Mayberry R.F.D. 5. Family Affair	1. Marcus Welby, M.D. 2. The Flip Wilson Show 3. Here's Lucy 4. Ironside 5. Gunsmoke

# President's Pen



Our firefighters and police work to protect our community against injury, loss of life, and destruction of property. When an emergency situation arises, be it a fire or a need for a police officer, these courageous men and women respond quickly and work as a highly organized team to keep us safe.

They train and drill hard in order to do their duties and prepare for emergencies. I am proud of the job they do and how skilled they are at doing their job.

I am shocked when I read how little respect our police and firefighters often get while on the job. Equally, I am ashamed when I hear of a dirty cop or of one who has crossed line.

When I hit the "pedal to the metal" a little harder than usual and they stop me, I am secure in knowing that I am the one who exceeded the speed limit and they were doing their job by reminding me that I was being careless. I'm not thrilled if I get a ticket, but they are doing their job and I am grateful that they are out there.

When I go to bed at night I know they are patrolling the streets and doing their best to keep us safe. When I wake up in the morning and hear that yet another murder or a fire took place in my city, I

am once again reminded that the police and the firefighters are out there either trying to restore order and/or working to get that fire under control.

This holiday season, I think we need to let our firefighters and police know how much we value and appreciate the job they do to keep us safe. I encourage you to support this new **Forestdale Heights** project by making contact with your CVS chair, Ivan Bloom at 905 771-7390, to arrange a delivery of a holiday gift and letter of appreciation from **Forestdale Heights Lodge** to a police or fire station in your area.

The lodge will be purchasing the holiday gifts in bulk to coincide with the number of places our members decide to deliver. Members will receive an accompanying letter of thanks from our CVS chair.

It doesn't matter what city you live in, they need to know how important they are to us. Let our firefighters and police know we care about them. They truly are the unsung heroes in our community, who put their lives on the line for us each and everyday, 24-hours a day, 365 days of the year.

*Bonnie Kates*

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"Creativity often consists of merely turning up what is already there. Did you know that right and left shoes were thought up only a little more than a century ago?"

-- Bernice Fitz-Gibbon, Director of Advertising at Macy's

# Sandy's Scripts



It's very difficult to watch a newscast these days. All you hear about are crimes such as shootings, homicides, the robbery of an 83-year-old woman, sexual assaults, abductions, dangerous federal offender unlawfully at large and much more.

I recently went to the Toronto Police Service News Releases site. There are many media advisory releases that we



don't even hear about in the news. If we heard more of what is being done to apprehend these vicious criminals maybe we would feel a little safer. When you hear stuff like "three males injured in shooting and stabbings" on October 31, "gunshots ring out in Regent Park, 65<sup>th</sup>

homicide" on November 1, and suspicious deaths and so on, it certainly does not lend to a person's piece of mind.

What is this world coming to when you hear reports like these on a daily basis? The date doesn't matter because the crimes are the same. There are too many of them. It's the innocent people, the victims who are hurt just for being at the wrong place at the wrong time. You can see how low people can stoop when there was a Bronze Crucifix reported stolen on October 2, and on October 5 it was located being sold on the streets. Criminals are not picky, they take anything.

The work Pinball Clemons is doing about gun violence is very commendable and as Bonnie mentioned at one of our meetings, we also should become involved.

Here is to a safer environment.

Until the next time

*Sandy Gordon*

**"The streets are safe in Philadelphia; it's only the people who make them unsafe."**

-- Frank Rizzo, Mayor of Philadelphia, former police chief

**"I don't like the idea that the police department seems bent on keeping a pool of unarmed victims available for the predations of the criminal class."**

-- David Mohler

# COVENANT HOUSE TORONTO

20 GERRARD ST. EAST TORONTO, ONTARIO M5B 2P3  
BUSINESS: (416) 598-4898  
INTAKE & ADMISSION: (416) 593-4849  
FAX: (416) 204-7030  
WEB SITE: [www.covenanthouse.on.ca](http://www.covenanthouse.on.ca)

October 14, 2005

Forestdale Heights Lodge B'nai Brith  
54 Millbank Court  
Thornhill, Ontario  
L4J 6B9  
Attention: Bonnie Kates  
President

Dear Ms. Kates,

Thank you for selecting Covenant House Toronto as the recipient for your collection of hygiene and toiletries. Your kindness is valued. We always appreciate the generosity of our donors.

Covenant House is the largest youth shelter in Canada giving kids a second chance. We begin by offering them safe refuge, food, clothing, health care and counseling. We can sleep 88 kids in our crisis centre, 28 kids can live in our one-year transitional housing program and an average of 100 kids access our programs through our community support services.

When a youth stays at Covenant House, they choose a plan to rebuild their own life. They follow that plan by attending our own in-house vocational and educational programs, going to school, finding a job and eventually looking for an apartment. We also offer recreational programs and life skills training to help kids gain confidence and work towards a brighter future.

Please feel free to call our donations department at (416) 598-4898 ext. 5710 to see if we are in need of certain items. Thank you again on behalf of our kids

Sincerely,

*Christine Foisy' Monk*

Ms. Christine Foisy' Monk  
Associate Director Development

# CVS Project



COVENANT HOUSE

Last year Forestdale Heights Lodge generously assisted Transitional and Supportive Housing Services of York Region by collecting personal hygiene products. It was a project that was recognized by B'nai Brith Canada as the top CVS project of the year.

It has been decided to continue the program of providing such assistance to another worthy charitable group. This year we will be collecting personal hygiene products for groups such as Covenant House in Toronto. <http://www.covenanthouse.on.ca/web/>

The Toronto branch of Covenant House was set up by Cardinal Gerrard Emmett Carter. Covenant House is located at Gerrard and Yonge Street. Their mission is to advocate for street youth. They provide housing, educational and vocational assistance, medical and other much needed support services to kids who are on the street. Their goal is to assist kids to become independent. Covenant House has been around since 1982, and is part of an international organization providing services to street youth.

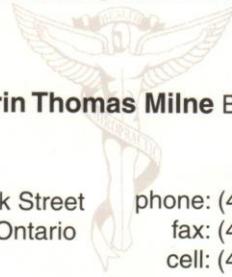
On Sunday, October 9<sup>th</sup> about 30 pounds of toiletries were delivered to Covenant House on behalf of Forestdale Heights Lodge.

Please join us in this worthy project by bringing your donations to a meeting and we will see that they get taken there.

A strong positive  
attitude will create  
more miracles than  
any wonder drug."

-- Patricia Neal

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October 24, 2005

Forestdale Heights Lodge  
101 Laurelcrest Ave.  
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L3H 2B2

Attention: Jeff Rosen, Immediate Past President

Dear Jeff and members of Forestdale Heights Lodge:

Transitional and Supportive Housing Services of York Region works with the homeless and those at risk of becoming homeless in York Region. On behalf of the homeless individuals and families we work with on a daily basis thank you for your recent donation of \$200 and for your previous support of toiletries and other items. We enjoyed working with Jeff and your lodge. We are very honoured to have been recipients of support from Forestdale Heights Lodge.

Good luck with your future endeavours.

Shana Tova.

Yours truly,

Monica Auerbach  
Executive Director

ADMINISTRATIVE  
OFFICES

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EXECUTIVE DIRECTOR  
MONICA AUERBACH,  
MSW, RSW

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# Forestdale Funnies

## *Bubie's Prescription*

The doctor that had been seeing an 80-year-old woman for most of her life finally retired. At her next check-up, the new doctor told her to bring a list of all the medicines that had been prescribed for her.

As the young doctor was looking through these, his eyes grew wide as he realized she had a prescription for birth control pills. "Mrs. Smith, do you realize these are BIRTH CONTROL pills?"

"Yes, they help me sleep at night."

"Mrs. Smith, I assure you there is absolutely NOTHING in these that could possibly help you sleep!"

She reached out and patted the young Doctor's knee. "Yes, dear, I know that. But every morning, I grind one up and mix it in the glass of orange juice that my 16 year old granddaughter drinks! And believe me, it helps me sleep at night."

You got to love Bubies.



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## *The Case of the Pregnant Lady*



A lady about 8 months pregnant got on a bus. She noticed the man opposite her was smiling at her. She immediately moved to another seat. This time the smile turned into a grin, so she moved again. The man seemed more amused.

When on the fourth move, the man burst out laughing, she complained to the driver and he had the man arrested.

The case came up in court. The judge asked the man (about 20 years old) what he had to say for himself. The man replied, "Well your Honour, it was like this: When the lady got on the bus, I couldn't help but notice her condition.

She sat under a sweet sign that said, "The Double Mint Twins are coming" and I grinned. Then she moved and sat under a sign that said, "Logan's liniment will reduce the swelling", and I had to smile. Then she placed herself under a deodorant sign that said, "William's big Stick Did the Trick", and I could hardly contain myself. BUT, your Honour, when she moved the fourth time and sat under a sign that said, "Goodyear Rubber could have prevented this accident, I just lost it."

# Good & Welfare

## December Birthdays

Richard Sacks – December 13  
Allan Brown – December 24

## December Anniversaries

Shelley & Felice Luftspring – December 31

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 included.

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## Lost & Found

It has come to our attention that a number of FHL awards, named after distinguished members who have passed away, are missing. If anyone knows the whereabouts of these treasures, please let Harvey Silver know. The missing awards include: Al Reider Memorial CVS Award; Paul Kenton Award for Community Service and the Jeff Rosen Memorial Member of the Year Award.

### The Friendly Greek



*Gregory Stefanidis*  
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# Health in Harmony

## “Balancing Personal & Professional Life - Your Responsibility, Your Company's Responsibility”



My years of speaking in the workplace on health and wellness issues have enlightened me about the precarious balance between employee health and the atmosphere of their organization. While each person is ultimately responsible for his or her own healthy balance, there are many strategies that management can initiate to help employees balance their personal and professional lives.

Upon preparing my talk about this very issue for The Education Safety Association's annual Ontario conference on May 28, 2003, I realized how attitudes in workplaces could vary. One might imagine that the size of an organization would determine policies to enhance employee well being. In some instances this is true. For example, larger corporations like Ontario Power Generation often have the resources to put on-site daycare into place. However, even smaller organizations can still positively influence health and well being for their employees.

A healthy atmosphere doesn't have to be expensive. In times of downsizing and fragile economies, it is very important to boost the morale of remaining employees. The stress and strains they face include

more work assigned to fewer people, the fear that the axe will fall on them next, and the feeling they must not complain even if they feel overworked, undervalued or underpaid. So, what can employers do to boost morale, wellness and productivity?

- Give employees a clear picture of what is expected of them.
- Show employees appreciation and establish monetary rewards for a job well done.
- Share successes at work when things go well. Even small celebrations contribute to team building.
- Match the right employee to the right job.
- Listen to others at work (in person, not always through e-mails).
- Redistribute workloads wisely, to avoid overloading one person.
- Don't isolate certain employees; invite them to meetings, give information.
- Show that you have trust in employees' abilities by giving them control over their own work.
- Having a sense of control over one's work has been shown to be critical to an employee's well being.

**Continued next page.....**

Research from the Addiction and Research Foundation has shown that high job pressure together with low job control can negatively influence one's health (Best Advice on Stress Risk Management in the Workplace). If high job pressure and low job control are combined with a lot of home stress and lack of support (no one to talk to), then all of these elements become risk factors in the status of one's mental and physical health. Keeping employees happy and healthy is in the best interest of any healthy, thriving company.

Fun activities to boost morale can also help employees experience a sense of belonging and that their employer cares about them. Some fun team-building strategies might include bringing in some wellness programs or running a wellness fair. In Matt Weinstein's book, *Managing to Have Fun*, he suggests celebrating staff birthdays. Display employee baby pictures and hold a contest for those who can guess their grown-up owners. Establish a stress-free zone complete with inflatable palm trees, golf tees, or a punching bag. Hold a

"Good Nutrition Day" featuring healthy muffins, trail mix, and fruit juices. For extreme stress, hold a pitching pennies contest or paper airplane-flying contest.

A healthy workplace is as healthy as its management, employees, and the atmosphere created. Each person, regardless of his or her status in the workplace, needs to attend to personal health practices such as exercising, eating well, refraining from smoking, getting adequate sleep and limiting alcohol consumption. Management personnel can monitor their own stress levels and become aware of them in their people by encouraging employees to take adequate breaks, maintain healthy habits and take care of themselves.

Tough times need not break apart organizations. Instead, they can be a time of coming together, listening, talking and brainstorming for solutions.

*Rosalie Moscoe, RMCP*  
Wellness & Nutritional Consultant

---

***There are two kinds of talents, man-made talent and God-given talent.  
With man-made talent you have to work very hard.  
With God-given talent, you just touch it up once in a while."***

-- Pearl Bailey (1918-90), American singer, actress

***"Whenever it is in any way possible, every boy and girl should choose as his life work some occupation which he should like to do anyhow, even if he did not need the money."***

-- Irish Blessing

# Tastey Treats

## Minestrone Soup

This cholesterol-free version of the classic Italian soup is brimming with fibre-rich beans, peas, and carrots.

Yield: 16 servings

Serving Size: 1 cup

1/4 cup olive oil  
1 clove garlic, minced (or 1/8 tsp powder)  
1 1/3 cups onion, coarsely chopped  
1 1/2 cups celery with leaves, coarsely chopped  
1 can (6 oz) tomato paste  
1 tbsp fresh parsley, chopped  
1 cup carrots, sliced, fresh or frozen  
4 3/4 cups cabbage, shredded  
1 can (1 lb) tomatoes, chopped  
1 cup canned red kidney beans, drained and rinsed  
1 1/2 cups frozen peas  
1 1/2 cups fresh green beans  
dash hot sauce  
11 cups water  
2 cups spaghetti, uncooked, broken



From Thornhill Lodge's On-Line Shofar

<http://www.thornhillodge.com/>



***"You can tell a lot about a fellow's character by his way of eating jelly beans."***

-- Ronald Wilson Reagan (b. 1911), 40th U.S. President