

HAPPY CHANUKAH

Holiday Gift Basket Program



If you would like to help show the lodge's appreciation to our hard working emergency support services by delivering a holiday gift basket to a fire hall, police station or ambulance centre, please let Barry Gordon know. Baskets will be given to members at our December meeting. Members can then deliver them any time before and including December 25.

Barry can be reached at
(416) 631-8261 or barrysgordon@sympatico.ca



Please join us on December 17
for our Chanukah Dinner & Meeting
Dinner 6:30 p.m.
Meeting 7:15 p.m.

Please RSVP to Albert Ohana
at salonpiaff@rogers.com
or call 416-494-2636

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.

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

At A Glance

Monday, Dec. 17	Dinner Meeting
Monday, Jan. 21	Dinner Meeting
Monday, Feb. 18	Nomination Meeting
Monday, March 17	Election Meeting
Monday, April 14	Dinner Meeting
Monday, May 26	Dinner Meeting

Kol Echad Deadlines

January Issue	December 15
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President's Pen



This past month I was thinking of writing a piece on Chanukah. I debated about what to write about. The military victory of Judah Maccabee over Antiochus, how they restored Jewish independence and reclaimed the Temple in Jerusalem? Alternatively, should the focus be the miracle of one day's oil burning for eight days? Then, what about the broader spiritual meaning of Chanukah — hope, renewal and bringing light to the world?

There's more to Chanukah than spinning *dreidels* and eating potato *latkes*. The first Chanukah and Chanukah today represent a great struggle between two very different ways to look at life. The Jewish outlook has always been that the physical world with all its beauty and power is fine, but only if it is used as a way to express higher ethical values. Back then, a culture sprung up against us and tried to say, "Beauty and power are primary. Let's keep values out of the picture." When we celebrate Chanukah even today, we affirm our belief that the most important part of life is not being strong or beautiful -- but being moral and good.

When our children were little, we tried to bring a greater meaning to Chanukah. We felt it should mean more than eight gifts, representing the eight days. In our

household, each child lit their own Chanukeyah. We wanted to impart and ignite the cultural enthusiasm with the flame of our tradition and our heritage to inspire our boys. We wanted them to strive toward achieving the spiritual greatness that lies within every one of us. It's never easy when they are little and the excitement and sounds of Christmas surrounds us in every store, on the radio and television.

As Jews, we must all see ourselves as light amidst the spiritual darkness of the physical world, no less than the stars scattered across the heavens. Only by igniting our cultural enthusiasm with the flame of our tradition will we inspire ourselves and our children to strive toward achieving spiritual greatness.

How about coming out to the Chanukah dance on **Saturday, December 8**. Our lodge will be running this program for the members of BBYO. Let our actions ignite the spark in these teens. Maybe we can let them know how much we value our heritage and tradition. We must let them know that they have an obligation to the next generation to bring forth the light and share the excitement of Chanukah.

Have a happy Chanukah and share the joy of the holiday, bringing light to the world with our actions.



Bonnie Kates

Good & Welfare

Birthdays

Richard Sacks December 13
Marla Matlow December 14
Allan Brown December 24

FHL extends belated birthday wishes to Elliott Moldaver who celebrated his special day on November 23.

FHL wishes a quick return to good health to Bonnie Kates, Nate Salter and Morris Shapransky.

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

Can you cry under water?

How important does a person have to be before they are considered assassinated instead of just murdered?

Why do you have to "put your two cents in".. but it's only a "penny for your thoughts"? Where's that extra penny going to?

Once you're in heaven, do you get stuck wearing the clothes you were buried in for eternity?

Why does a round pizza come in a square box?

What disease did cured ham actually have?



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BBYO CHANUKAH DANCE

SATURDAY, DECEMBER 8, 2007
8 P.M. – MIDNIGHT

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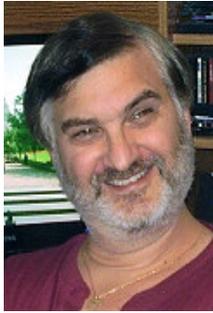
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Editor's Desk



It's time to sit back, relax, and play *Truth or Consequences*, the Home edition.

It's quite simple really. We ask you, the reader a question and you have to think long and hard before giving your answer. There will be no luxury automobiles or vacations awarded for your response. We are simply giving you something to think over.

First question: Do you like tax cuts? I know what you are thinking. Who doesn't like tax cuts? I admit I hate working half a year just to keep the government in operation. Every other week I scrutinize my paycheque to see how much is going towards taxes, Canada Pension Plan and Employment Insurance. I look forward to the time when the latter two reach the maximum and I am able to pocket a little extra *gelt*.

Still, I realize that taxes are unavoidable, the price we pay to maintain society. Because of this weekly expenditure, roads are paved, medical services maintained, and services created to ensure that everyone enjoys a certain standard of living.

In a perfect world, governments would know how much they require to operate on a yearly basis and issue the appropriate

taxation notices. Unfortunately, we do not live in such a society, as of yet. As a result, governments of all stripes can and do collect more than they need.

The question then arises: What to do with the excess? This leads me back to my original question: Who likes tax cuts?

The Jewish community has always concerned itself not just with its own well-being, but also with society's greater good.

Where is the greater good in a 1% cut in the Goods and Services Tax? According to one economist, this will give the average Canadian an extra \$13.66 a month or \$164 a year. Could not \$5.4 billion (yes billion)

have been used to improve the needs of the many (which always outweigh the needs of the few)?

Canada is currently one of the few G8 countries without a national transportation policy, a plan to get people out of their cars and into public transit. I think the Conservative government could have used some of its massive surplus to put a dent in this country's infrastructure deficit. If it had gone in that direction, I am almost certain it would have paid off in the form of a majority government when next we head to the polls.

Continued on next page



Of course, there were many other options for the surplus. The environment is still a mess, poverty remains at unacceptable levels, post secondary education is out of bounds for many students, homelessness is a national disgrace and the country's infrastructure is slowly decaying.

I could go on and on, but why bother? This government is on a one-track mission, which ultimately will bring more harm than good to our country.

I am not advocating abandoning tax cuts completely. A dollar saved is a dollar reinvested in the economy. This in turn creates jobs, which spurs greater

government revenues. I do not think it would have been asking too much to allocate a portion of the \$14 billion surplus to improve our society.

As Jews, we have a duty to speak up. As members of B'nai Brith Canada, we have an even greater duty to use our collective voices to demand change.

To do otherwise is to abandon who we are, and what we stand for. In the end, it is us, our children, and our grandchildren who will suffer the consequences.

Shalom.

Jeff Rosen

Fallsview Niagara Casino

Sunday, January 13, 2008

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

Salon Day 2007

On Sunday, November 18, Lodge Brother Albert Ohana opened his doors at Salon Piaff to clients of Jewish Family & Child Service to provide them with a professional haircut and styling from some of the top hairstylists in this city. Not only did all go away with huge smiles on their faces, but they were provided with a 'goodie' bag of sample products.

Special thanks go out to his staff who generously gave of their time for Forestdale Heights' CVS program. On hand to help make this program such a success were FHL members, Bonnie & Michael Kates, Sandy and Barry Gordon, Ivan Bloom and Ray and Rosalie Moscoe, who provided the food and refreshments for those in attendance, as well

as Albert. Ray and Rosalie also generously provided lunch for the staff at Salon Piaff.

In photos below are, top left, Albert Ohana; bottom left, Ray and Rosalie Moscoe; right, Barry Gordon. Photos provided by Sandy Gordon.



A Celebration of Jewish Music



On Sunday, November 4, 12 members of Forestdale Heights Lodge had the pleasure of attending a lovely Celebration of Jewish Music hosted by Leonard Mayzel Ontario Lodge.

The beautiful voices of Cantor Ben Silverberg, from Shaar Shalom Synagogue, and Cantor David Rosen, from Beth Radom, filled the night air with song. Pianist Nathan Rosen accompanied them. The over 70 people in attendance were entertained with beautiful melodies of Hebrew and Yiddish songs alike, as well as a phenomenal Ladino melody.

The evening concluded when the cantors invited popular entertainer Marvin Rosensheim to join them on the stage for a rendition of *Adon Olam* before closing with *Hatikavah*.

The Forestdale Heights contingent included Lodge president Bonnie Kates and her husband Michael, Irv and Ruth Pupko, Barry and Sandy Gordon, Marla and Avery Matlow, Gerry and Phyllis Bluestein and Jeff and Lisa Rosen.



Some of us were moved to tears as the memories of simpler times of family gatherings came flooding back. It was a truly magical evening indeed and we thank LMOL for their kind hospitality.

Marla Matlow



Saturday, February 2, 2008

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Random Musings



Often, when the weather gets so cold during the deep freeze of winter, I wonder what our forefathers were thinking when they settled here in the

great white north. For that matter, I wonder what in the world I was thinking. I sometimes dream of endless summers in warmer climes; gentle warm breezes wafting by as palm trees sway.

However, as I walk briskly on a crisp autumn day, I take in the vibrant red and gold colors and start to appreciate another season. As I get older I pay attention to more things; for example, I've observed that the word 'fall' is descriptive. When I was young I must have been too busy running to stop and notice that leaves were fluttering down from the trees. I only remember noticing the piles that they made after they fell.

Moreover, yes, I do love snow- the more the better. There's nothing like a good winter storm, the wind howling in melodious chords. I enjoy the challenge of driving on snow-covered roadways, and the excitement of possible cancellations. This must harken back to

younger days of school, times when unexpected breaks due to inclement weather were perfectly timed to the weariness of tedious lessons.

After a long, probably too long, winter, the long-awaited renewal of spring reaffirms the life cycle. As sure as life itself, the seasons come and go, reminding us to pay attention to what is precious and meaningful in our lives.

We are reminded that life does not last forever, and that we must make the most of it while we can.



Elizabeth Bloom

MEMBERS WHO SOLD MOST ENTERTAINMENT BOOKS THIS YEAR

- ALBERT OHANA
- MORRIS SHAPRANSKY
- MICHAEL KATES

Congratulations to everyone who took part in making this year's program such a success.

Notes from Nate



Boobie and Zaidy with Benji

News and Views from a past president still alive and well in Thornhill who actually believes he had this Zaidy business down not too bad, but still admits to still having a lot to learn.

What a wonderful weekend. Andrea and I just returned from a long overdue weekend in Montreal to visit with middle daughter Heather, son-in-law Robbie and our two little angels, Justin and Owen.

Now according to the *Boobie and Zaidy* operating book, chapter one, line two, we left the whole family *farshimmelt*. We hugged the boys, kissed them, spoiled them rotten, gave them treats that they were not supposed to have and then left them in the tender care of their mommy and daddy, as we took off back to Thornhill. The chaos was complete and we did our job well.

Looking back at our Forestdale family over the past 40 years, this becomes so

poignant. When we all first met, we were young married couples, getting into new homes. Soon after the children came along. Heaven only knows we must have had that part right. Maybe there was something in the water, but looking at the pictures from Lodge picnics, Chanukah and Purim parties with all the children one thing is obvious. We sure grew in numbers.

Before you knew it, everyone was making bar and bat mitzvahs and sweet sixteens. Then suddenly the kids were off to university and the cozy little home started to feel a little empty.

Just when daddy's wallet was starting to breathe again, little miss-wet diaper of 1976 informed us that she was going to become a blushing bride and, I thought, here we go again. A few years later, the other two found their soul mates and once again, it was *simcha* time. This time out, the two came only a few months apart. Let me tell you I thought I was prudent and put lots of *rasbutniks* away, but you know what, I wasn't prudent enough. *Gevalt* said the old wallet but of course, you do what you have to do.

Just when things were getting back to normal a few years ago, I received a message from my oldest daughter just as we were returning from a fantastic Panama cruise. Returning her call, she informed me that Justin Harley Kugler had arrived!

Continued on next page

In answer to my question about “who the heck is that,” her reply was “your grandson stupid.” Seems like he put in his appearance just a little earlier than his mid-April scheduled date. I won't bore you with the panic getting off the ship or trying to book a flight back to Toronto to grab some winter coats and boots. Of course, don't forget about the blizzard that grounded all



Justin and Owen

flights out of Toronto resulting in an eight-hour banzai run to Montreal.

I have to tell you that when we got there and I saw my baby's baby, I cried my eyes out with joy. Little Justin was the most miraculous thing I had ever seen.

It was then that I learned a very important truth. There is a place in every *Zaidy's* heart reserved for each and every grandchild. In that space is the love, only a *Zaidy* can give. For every bit of love that comes out it is filled back up with true *naches*. As I often say, life doesn't get much better than that.

I have been blessed with three beautiful grandsons, which is quite a pleasant surprise for a guy who only had girls of his own. There simply is no way to describe the elation and *naches* that they bring into your life.

At this point in life, I can look back on the years that I have shared with my extended Forestdale family. Most of us share these same memories of watching

our children grow, prosper, and bring their own families into the world. Now we are blessed with watching it all happen again. You know it is a lot easier this time around because you can sit and watch.

All that being said, I still believe that grandchildren are G-d's reward for not killing your children, no matter how they might have deserved it at a given moment in time. Happiness is watching your grandchildren do unto their parents that which they did unto their own. So maybe there is a benefit of growing older after all. Nothing else in the world matters when somebody calls out *Zaidy*, runs to you, and gives you a hug.

Nate Salter

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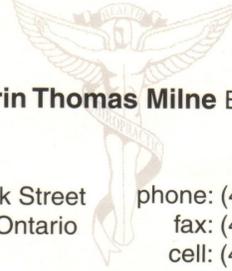
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November 19 Meeting

On November 19, members of Forestdale Heights gathered for our monthly meeting and to



hear our guest speaker Dr. Miguel Llano, who spoke on the important topic of men's health issues.

Dr. Llano is a Urology Associate with the Division of Urology at Mount Sinai Hospital and has been associated with the Murray Koffler Urologic Wellness Centre at Mount Sinai Hospital since January 2003. He is in charge of the Erectile Dysfunction Clinic, and the Prostatitis Clinic, as well as providing support services in General Urology.

Dr. Llano touched on a number of subjects including prostate health, erectile dysfunction, urinary infections, and prostate cancer, giving everyone in attendance plenty to think about. He was introduced by Ruth Pupko, above, and thanked by her husband, Irv, below.

Discussing prostate cancer, Dr. Llano explained that it is the major cause of cancer in men, the third largest cause of death in men and occurs in one out of every eight men.

He said that one-third of patients who contract prostate cancer succumb to the disease and explained it is related to obesity and high fat diets.

In an effort to control this disease, Dr. Llano said annual checkups and a healthy diet are important.

Dr. Llano explained that enlargement of the prostate occurs in 50% of men and that 25% of those affected require treatment. Most, he said, are over 50 years of age.

In treating this condition, the doctor outlined a number of medications available as well as the use of surgical therapies.

Dr. Llano also discussed erectile dysfunction, saying that it affects 50% of men between the ages of 40 and 70. He cited a number of causes including lifestyle issues, obesity, hypertension, diabetes, smoking, alcohol abuse, and stress and living a sedentary lifestyle.

In treating the condition, he said doctors have a number of options including medication such as Viagra, Cialis, and Levitra, herbal products, anti-depressants, psychotherapy and hormone replacement.

The doctor also discussed the problem of urinary infections, methods of treatment and prevention.





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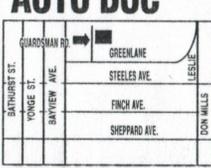
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Sandy's Scripts



As I sit pondering over my keyboard wondering where my fingers will take me, I don't have the faintest idea of what I will write. Take a meander with me and maybe it might be worthwhile reading or at least giving it a once over!

When you think about it, we spend so much time looking at what is wrong in the world and not enough time at what is right. We have a tendency to spend too much time looking at the big picture instead of focusing on our own world.

Yes, what's going on around us? Who and what has the greatest impact on our lives? Whom should we emulate because we feel they are awesome and we can admire and learn from them? Our actions make our tomorrows, how can

we add to them? They mould who we are and what we do in life. If we think long enough about it, we are our own fortune-tellers.....think about it, we can figure it out!

What I am saying is that we cannot ignore what is going on in the world but we should also pay attention to what we are doing with our lives. We should be open to learn, improve and change our lives for the better. Our actions will help make the world a better place.

It's like being a part of any service organization where we work to make other peoples' lives more meaningful. In our case B'nai Brith Canada, "People Helping People".

Until the next time.

Sandy Gordon

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Too Hot to Handle

Protect your home and family from cooking fires

Each year in North America, more than 100,000 home fires start in the kitchen, killing hundreds of people and injuring thousands. Most of these fires can be prevented.

Tips to prevent cooking fires:

- **Never leave cooking unattended** - Two out of five deaths in home cooking fires occur because the cooking was unattended.
- **Keep cooking area clean** - Always wipe appliances and surfaces after cooking to prevent grease build-up.
- **Do not store flammable objects near the stove** - Curtains, pot holders, dish towels and food packaging can easily catch fire.
- **Always turn pot handles toward the center of the stove** - Turning handles inward can prevent pots from being knocked off the stove or pulled down by small children.
- **Wear short or close-fitting sleeves when cooking** - Fires can occur when clothing comes in contact with stovetop burners.
- **Heat cooking oil slowly** - Heating oil too quickly can easily start a fire. Never leave hot oil unattended.
- **Teach children safe cooking** - Young children should be kept at least 3 feet (1 meter) away from the stove while older family members are cooking. Older children should cook only with permission and under the supervision of an adult.



What to do if a cooking fire starts:

- **Put a lid on it** - If a pan catches fire, carefully slide a lid over the pan and turn off the stove burner. Leave the lid on until completely cool.
- **Keep oven or microwave door shut if fire starts** - Turn off the heat. If flames do not go out immediately, call the fire department.
- **Know how to use a fire extinguisher** - Not all fire extinguishers are alike. They are designed for specific types of fire. Make sure you have a clear escape route and the fire department has been called before attempting to extinguish a small fire.
- **Water and grease don't mix** - Never pour water on a grease fire. Water causes grease fires to spread.
- **Know the emergency number for your fire department** - If the fire won't go out, call your local fire department from an outside phone.



Fabulous Food Ideas



Cauliflower Latkes

A change from the standard Potato Latkes

Low Carb, Low Fat Yield: 16 servings
These low-carb latkes are delicious and satisfying. They're great to have around when it's latke season (Chanukah), so you won't munch on high-carb potato latkes.

- 2 eggs plus 2 egg whites
- 1 small onion, peeled
- 1 (2-pound) package of frozen cauliflower or 1 fresh head, steamed and drained
- 2 tablespoons soy or whole-wheat flour
- salt and pepper to taste
- non-stick cooking spray
- 2 tablespoons olive oil, for frying
- non-stick cooking spray

Let frozen cauliflower thaw. Put in colander and squeeze out the liquid. Process eggs and onion in food processor and add cauliflower, soy or regular flour and seasonings until finely chopped; do not over process. Wipe a non-stick frying pan with a paper towel dipped in oil and spray the pan with non-stick cooking spray. Put on low heat, wait until hot and drop batter by tablespoonfuls into pan. Brown on both sides.



KOL ECHAD
ON THE WEB

For those who have Kol Echad in their browser favourites, please note that our site can only be accessed through the following URLs:

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- Small Group Coaching Series
(3 sessions each)

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* The Hurried Person
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- Ways to Scrape Yourself Off
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For more information and course dates call:
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