

KOL ECHAD

Forestdale Heights Lodge #2667

January 2006

Tevet/Shevat 5766

Join us for another exciting guest speaker



Dr. Geoff Fernie, vice-president of research
at Toronto Rehabilitation Institute

Monday, January 9, 2006

6:30 p.m. dinner with meeting and speaker to
follow, 15 Hove

Cost is \$5/person for dinner

Please RSVP to Albert 416-494-2636 or email salonpiaff@rogers.com

They're 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

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 writers and do not reflect the views of either Forestdale Heights Lodge or B'nai Brith Canada.

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

Website:
http://ca.geocities.com/k_echad



What's New

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

Monday, March 6

Thursday, March 23

Monday, April 3

Monday, May 1

Monday, June 5

Nomination Meeting

Election Meeting

Royal Canadian Air

Farce

Dinner Meeting

Dinner Meeting

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.

Kol Echad Deadlines

February Issue	January 13, 2006
March Issue	February 10, 2006
April Issue	March 10, 2006
May Issue	April 10, 2006

A person I knew used to divide human beings into three categories: Those who prefer have nothing to hide rather than being obliged to lie, those who prefer lying to having nothing to hide, and finally those who like both lying and the hidden.

-- Albert Camus (1913-60), French novelist, essayist, playwright, philosopher

Those who corrupt the public mind are just as evil as those who steal from the public.

-- Theodor Wiesengrund Adorno (1903-69), German philosopher and sociologist

Editor's Desk

Here we go again.

Less than two years after Canadians decided that they didn't like any of our political leaders enough to grant them a majority to govern, we are in the middle of yet another election campaign.

I have been a Liberal most of my adult life. Yet I have no idea who I will cast my ballot for on January 23.

Before he took over the reins of the Liberal Party, I thought Prime Minister Paul Martin had a lot of promise. Here was a man who managed to slay the deficit that the previous Conservative government had allowed to skyrocket. He appeared to be the opposite of former PM Jean Chrétien, in that he would actually bring in some positive changes to life, as we know it.

Instead, what we got was mostly talk. From my vantage point, health care has not drastically improved. Many of the changes in the past 18 months have come about only because of NDP suggestions and pressure from different groups.

I have always believed that changing political parties in power is a good thing. It introduces new faces and ideas to the political system. It worked in 1984 when Brian Mulroney took over and the Liberals were left with a handful of seats. It also worked when Chrétien's Liberals came to power and the Progressive Conservative Party was forced to rebuild.



This time out the only thing that is keeping me from bolting the Liberal Party is the thought of the alternative.

In my view, Stephen Harper makes no sense. Near the start of the campaign, Harper promised to cut the GST. Of course, for a sound bite, it rated an A-plus. Who would not love if this hated tax (introduced by another Conservative government) were reduced? However, what he failed to mention at the time was how he would fund this tax cut.

I think most Ontario voters will think twice before casting a vote for this man and his party. After all, we had plenty of experience with Ontario Conservative Premier Mike Harris and his round of tax cuts. Only after the cheques were cut and sent out, did we learn about the cutbacks to schools, hospitals and other institutions – cutbacks that we are still feeling the effects.

Even the right wing think tanks, which Harper belonged to at one point in his past life, denounced the proposed GST cut, saying that income tax cuts were a better solution.

No one likes to pay taxes, but they help ensure a better life for all citizens.

Let us hope that voters think good and hard when they enter the polling booths.

Shalom.

Jeff Rosen

The opinions expressed in this column are those of the writer and in no way reflect the views of either Forestdale Heights Lodge or B'nai Brith Canada.

Dr. Geoff Fernie

Dr. Geoff Fernie, a leader in rehabilitation research who has pioneered innovative technologies for helping people with disabilities and their caregivers, is Vice President of Research at the Toronto Rehabilitation Institute.

Dr. Fernie is known for his success in building broad-based research teams and creating stimulating working environments. He has also played an active role in national research policy development.

A biomedical engineer by training, he has invented numerous assistive devices and technologies to help people with disabilities overcome the day-to-day challenges they encounter, especially in later life.

Among his many honours and awards, Dr. Fernie was the 2002 recipient of the Dr. Jonas Salk Award for "outstanding achievements in development technologies that ameliorate numerous physically disabling conditions."

FORESTDALE HEIGHTS LOSES ITS SEVENTH PRESIDENT

By Nate Salter

I went to Stan Penzner's funeral today (Tuesday, November 29), and while he is no longer among us, his memories are very vivid to those of us who knew him from the early seventies, when he was President.

He was a big man physically, but his heart was even bigger, since not only was he our President, but when we had Chanukah parties or picnics, he would don his makeup and his suit and become "Uncle Stanley the Clown" to the delight of the multitude of members kids, who he would amuse and amaze.

In fact for many years after he served as leader he continued to make our kids parties so very special.

There is one story that I have told for years, about when he was in the men's clothing business in Etobicoke.

I had gone to his store to discuss some lodge business, and waited in the back room, while a very elderly gentleman and his daughter came in to buy a suit to bury the old guy in. Our Stanley not only sold him a premium suit, but it had two pair of pants.

Stanley was indeed the ultimate salesman, and more important to those of us who knew him, in spite of his physical afflictions, he was always a mensch.

Nice guys only come into your life a few times, but from my point of view, Stan Penzner deserved that description.

I along with all those who have been in the lodge for many years will truly miss him and our condolences go out to his son Matthew.

President's Pen



As a child growing up in Toronto, I was raised in the downtown corridor and attended the Talmud Torah until the school closed its doors and moved north, as did most of the Toronto Jewish community. But, my family remained downtown, living on King Street, just above their restaurant.

I was then enrolled in the local public school. I was the only Jewish kid in the whole school. My very first year there, I was given a part in the annual Christmas play, as Mary of Nazareth. This was a very exciting happening for me. I could hardly contain myself as I rushed home from school to share the great news with my parents. My mom, who always shared in my excitement, was not at all thrilled for me. In fact, seconds after I told her about my good fortune to play Mary, she was on the phone to my grandparents — both sets of them. Within an hour, one Zaidy and one Bubby appeared. No little treat, for me which was their custom but only long faces. There was a lot of whispering going on between them and my parents.

They told me I wasn't going to be in the play. They said little Jewish girls can't participate in the Christmas story. I whined, cried and was very upset and no matter how many times I told them it was unfair they all shook their heads no. I was devastated. My parents and grandparents tried to tell me how lucky I was to be able to celebrate Chanukah. They told me I would get presents for eight

days not the just the one day, like those who held Christmas. I wasn't in the least impressed with their argument, or the promises they all made me how much more wonderful it was to be Jewish and celebrate Chanukah. I think it took me well into my teen years before I began to understand why I could not play Mary.

Chanukah, the Festival of Lights, is a powerful reminder each year that the struggle for religious freedom is not yet over. From the days of the ancient Maccabees to the present time, tyrants have sought to deny people the free expression of their faith and the right to live according to their own conscience and convictions. Anti-Semitism is rampant and the policies of many governments and the United Nations make me realize that Chanukah symbolizes the heroic struggle to defeat oppression and the miracles that come to those full of faith and courage. If our people every needed a modern day miracle, it is now.

To commemorate our victory of Chanukah we place candles on our windowsills to shine into the stark night of winter. This is our expression of the metaphor that while society and many intellectuals accept this reality, it is deep within all of us, glows a spiritual ember waiting to burst aflame to allow us to fulfill our spiritual potential. This is the message of Chanukah, this is the message of being a "light unto the nations", and this is the message of the Jewish people.

May the lights of your chanukeyah shine brightly this holiday season and may your inner spirit be rekindled.

Bonnie Kates

TED BERMAN

TED THE HANDYMAN

Plumbing • Electrical • Etc.

17 Rollingwood Drive
Toronto, Ontario M2H 2M4
(416) 494-4344 email: tedberman@repairman.com



Professional Workshops
One-On-One Coaching
Networking Events

JENN ROSEN, MASTER NETWORKER
Call: 416.986.7957 Email: jenn@chewshealth.com
Web Site: www.chewshealth.com

Good Things Happen To 'Inspired' Networkers

CARL S. ZELIGER, B.A., LL.B.

BARRISTER, SOICITOR AND NOTARY

SUITE 510
245 FAIRVIEW MALL DRIVE TELEPHONE: (416) 496-2600
TORONTO, ONTARIO FAX: (416) 496-1708
CANADA M2J 4T1



AUTHORIZED DEALER

Michael Pacter

**Cel-Pac Communications
(1993) Inc.**

7700 Bathurst Street, Unit 46
Thornhill, Ontario L4J 7Y3
Tel. (905) 882-9777
Fax (905) 882-9219
Cell (416) 930-2233
cel_pac@pathcom.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 * Email: seisenbaum@sensitechcanada.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

**Century
21.**

Heritage Group Ltd.

Member Broker
7330 Yonge Street
Thornhill, Ontario L4J 7Y7
(905) 764-7111 (416) 798-7133
Fax: (905) 764-1274



Office
1994-2000

Bev Breslow
Manager

Each Office Independently Owned and Operated



E - Z HAIR REMOVAL

Permanent Hair Reduction

For Free Consultation
Call 905-886-3652 Zahava

Laser/LHE Hair Removal

Sandy's Scripts



Well it looks like winter is here. The recent snowfall (about 5 cm) was very beautiful in the early morning of December 9, before the traffic ruined everything. It really was a winter wonderland. Of

course our street does not get ploughed until much later in the day – that's what we get for living on a cul-de-sac. No traffic, no ploughing!

It was on the news that Toronto was not prepared for that particular snow removal. What I can't understand is why! We live in a large city and have experienced much bigger snowfalls over the years. I think they need to re-evaluate the service they provide to the people who live in Toronto so they can do a more efficient job of snow removal.

Instead of the bantering that goes on at City Council sessions, I think their agendas should concentrate on the more important items at hand.

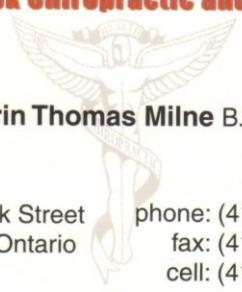
The City seems to have the handle on garbage collection though, which is an all year around service! I hope they will master snow ploughing before the season is over!

Wishing you and your families a very Happy Chanukah!

Until the next time

Sandy Gordon

Grantbrook Chiropractic and Massage



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

7 Grantbrook Street phone: (416) 221-1655
North York, Ontario fax: (416) 221-3291
M2R 2E6 cell: (416) 818-9240

"Opening creative pathways
to change"

STRESS
RESOLUTION

Helping Seniors:
Organize
Downsize
Connect to
Services & Resources

Norma L. Audain
MSW, RSW
Tel. 416.760.8079
naudain@sympatico.ca

Member of
Professional Organizers in Canada

November 10, 2005

Forestdale Heights Lodge
101 Laurelcrest Avenue
North York ON M3H2B2
CANADA

Dear Friends:

This is to confirm receipt of your gift to the B'nai B'rith International Disaster Relief Fund for the victims of Hurricane Katrina dated September 30, 2005 .

I would like to take this opportunity to thank you for your support of B'nai B'rith's disaster relief efforts through your generous contribution. The response to this campaign has been overwhelming and we appreciate your patience in receiving this acknowledgment of your gift. B'nai B'rith has pledged that at least ninety-five percent of your donation will go towards projects that have been established in the communities affected by Hurricane Katrina as well as in cities where survivors have been evacuated. Monies are being allocated to provide both immediate relief and to aid in the longer-term rebuilding process. You can get updates on our efforts by going to our website at www.bnaibrith.org.

Since 1868, B'nai B'rith has had an unparalleled record of helping the victims of natural and man-made disasters throughout the world. Your vote of confidence in B'nai B'rith is greatly appreciated.

Sincerely,



Daniel S. Mariaschin
Executive Vice-President

Forestdale Funnies

Jewish Humour

You may remember the old Jewish Catskill comics of Vaudeville days, viz., Shecky Green, Red Buttons, Totie Fields, Milton Berle, Henny Youngman, and others? You've probably heard of them before, but don't you miss their humour? Not one single swear word in their comedy.

- * There was a beautiful young woman knocking on my hotel room door all night! I finally had to let her out.
- * I just got back from a pleasure trip. I took my mother-in-law to the airport.
- * I've been in love with the same woman for 49 years. If my wife ever finds out, she'll kill me!
- * What are three words a woman never wants to hear when she's making love? "Honey, I'm home!"
- * Someone stole all my credit cards, but I won't be reporting it. The thief spends less than my wife did.
- * We always hold hands. If I let go, she shops.
- * My wife and I went to hotel where we got a waterbed. My wife called it the Dead Sea.
- * I was just in London - there is a 6-hour time difference. I'm still confused. When I go to dinner, I feel sexy. When I go to bed, I feel hungry.
- * The doctor gave a man six months to live. The man couldn't pay his bill, so the doctor gave him another six months.
- * The Doctor called Mrs. Cohen saying, "Mrs. Cohen, your check came back." Mrs. Cohen answered, "So did my arthritis!"
- * Doctor: "You'll live to be 60!" Patient: "I AM 60!" Doctor: "See! What did I tell you?"
- * A doctor has a stethoscope up to a man's chest. The man asks, "Doc, how do I stand?" The doctor says, "That's what puzzles me!"
- * Doctor says to a man, "You're pregnant!" The man says, "How does a man get pregnant?" The doctor says, "The usual way. A little wine, a little dinner, you know?"
- * Patient: "I have a ringing in my ears." Doctor: "Don't answer!"
- * A drunk was in front of a judge. The judge says, "You've been brought here for drinking." The drunk says "Okay, let's get started."
- * A bum asked a Jewish fellow, "Give me \$10 till payday." The Jewish fellow responded, "When's payday?" The bum said, "I don't know! You're the one that's working!"
- * Why do Jewish divorces cost so much? They're worth it.
- * Why do Jewish men die before their wives? They want to.
- * I wish my brother would learn a trade, so I would know what kind of work he's out of.

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.

YEAR	1971	1972
PRESIDENT	Harry Warga 1971-1972	Earl Lepofsky 1972-1973
MUSIC	1."Knock Three Times" ... Dawn 2."One Bad Apple" ... The Osmonds 3."Me and Bobby McGee" ... Janis Joplin 4."Just My Imagination" ... The Temptations 5."Joy to the World" ... Three Dog Night	1."American Pie" ... Don McLean 2."Let's Stay Together" ... Al Green 3."Without You" ... Nilsson 4."Heart of Gold" ... Neil Young 5."A Horse with No Name" ... America
POPULAR MOVIES	1. Love Story 2. Little Big Man 3. Summer of '42 4. Ryan's Daughter 5. The Owl and the Pussycat	1. The Godfather 2. Fiddler on the Roof 3. Diamonds Are Forever 4. What's Up, Doc? 5. Dirty Harry
POPULAR TV SHOWS	1. All in the Family" 2. The Flip Wilson Show 3. Marcus Welby, M.D. 4. Gunsmoke 5. ABC Movie of the Week	1. All in the Family 2. Sanford and Son 3. Hawaii Five-O 4. Maude 5. Bridget Loves Bernie
BOOKS	1."Wheels" ... Arthur Hailey 2."The Exorcist" ... William P. Blatty. 3."The Passions of the Mind" ... Irving Stone. 4."The Day of the Jackal" ... Frederick Forsyth. 5."The Betsy" ... Harold Robbins.	1."Jonathan Livingston Seagull" ... Richard Bach. 2."August, 1914" ... Alexander Solzhenitsyn. 3."The Odessa File" ... Frederick Forsyth. 4."The Day of the Jackal" ... Frederick Forsyth. 5."The Word" ... Irving Wallace.



WELCOMES
Forestdale Heights Lodge
To Woodbine Racetrack on Saturday, January 21, 2006
For an Evening of Dining and Races

The Post Parade Dining Room located on the 4th floor opens at 6:30 pm
The buffet is served from 6:30 pm. to the 5th race
Post Time is 7:40 pm.

**Parking in lot A and entering through the West Entrance is your best bet
(Once inside, customer service representatives will be on hand to greet you
and help direct you to your room)**

Once inside the Post Parade Room, you will be greeted by your group host/hostess who will take you to your assigned tables. Races will run approximately every 20 – 25 minutes, and they last about 1.5 minutes.

A customer service representative will be around to each table to explain how to bet and how to read your program. The racing program will be at each person's place setting prior to arrival. The tables that are assigned to your group, will be yours for the entire duration of live racing, which generally wraps up around. Should anyone wish to go to the slots on the main level, they may do so, and return to the dining room.

Most of all be sure to have FUN !!!!!

Woodbine Entertainment is looking forward
To providing you and your guests with
A fun filled evening of
Great Dining,
Exciting Horse Racing
And Gaming!



Good & Welfare

January Birthdays

Stan Udell – January 30

January Anniversaries

Nate & Andrea Salter – January 14

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.

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

N.H. SALTER ENTERPRISES

AUTOMOTIVE APPRAISALS



N.H. ([Nate]) Salter
President

3 Tamarack Dr.
Thornhill, Ontario
L3T 4W2

Tel [(905) 881-6700
Fax(905) 881-7772
email; honest.nate@sympatico.ca

The Wholesale Travel Group



Lee (Lisa) Silver, CTC
Travel Consultant (Ext. 3209)

201-9 Bloor Street East
Toronto, ON M4W 1A9
Tel: (416) 366-1000 Ext. 3209
Toll Free: 1-888-388-1000
Fax: (416) 510-8744
Email: lls@wholesaletravel.com

www.wholesaletravel.com

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

Our advertisers support
Kol Echad
Why not support
our advertisers
Check one out today

www.autodoc.ca - www.autodoc.ca - www.autodoc.ca

AUTO
Doc

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

*Equal Tax www.autodoc.ca

Ontario
Motor
Vehicle
Inspection
Station

37 GUARDSMAN RD. THORNHILL

www.autodoc.ca - www.autodoc.ca - www.autodoc.ca

Peter Tang

O-MEI

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

248 Steeles Ave. West, Thornhill, Ont.
(Between Bathurst & Yonge)

Tel: (905) 889-8282

DUFF'S

FAMOUS WINGS



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

Health in Harmony



Quick Power Snacks

(or what to do for those 4 o'clock lows)

It's 4 o'clock in the afternoon. You're tired, hungry and yawning. What can you do?

- You may be dehydrated, so try drinking one or two glasses of water.
- Also, your blood sugar may have dipped, especially if you ate lunch early, didn't eat enough, or skipped lunch altogether.

Try one of these quick, great snacks for a pick-me-up! This should hold you over until dinner time, two or three hours later:

1. A handful of almonds and a pear or apple, walnuts and an orange, cashews and a plum, sunflower or pumpkin seeds and a banana
2. 1/2 to 1 cup of low fat yogurt
3. 1/2 to 1 cup of low fat yogurt plus half a piece of fruit
4. A piece of low-fat cheese on a whole grain cracker
5. A piece of low-fat cheese with some fruit - an apple, pear, berries, etc.
6. A half tuna, salmon, egg salad, or sliced turkey sandwich (with mayo). Use whole grain bread/cracker and vegetables - tomato and lettuce, a carrot or a piece of fruit
7. Add boiling water to dehydrated soups - lentil or bean (from a health food store), plus 4 whole grain crackers
8. A scoop of protein powder (Designer, ISO or Sisu brands are pure whey) in a glass of 2% milk and a piece of fruit
9. 1/2 cup of 2% or 4% cottage cheese and a piece of fruit - 1 tangerine or 1 nectarine
10. 2% or 4% cottage cheese and 5 whole grain crackers
11. Prozone nutrition bar (from a health food store - contains whey protein 30%, carbohydrate 40% and fat 30%). They come in fruit flavours, or with a chocolate coating.
12. A half cup of yogurt plus a half Prozone nutrition bar
13. 1 stalk celery with a teaspoon of peanut butter and 2 tablespoons of raisins
14. 1 hard-boiled egg and a piece of fruit (1 cup melon, 1 kiwi, or a small apple)
15. 1 medium orange and 1 ounce of low-fat cheese

Rosalie Mescoe, RNCP

Wellness & Nutritional Consultant