



Est. 1967

KOL ECHAD

Forestdale Heights Lodge #2667

September 2005

Av/Elul 5765

FHL 38TH ANNUAL INSTALLATION

This is it!! The big day is almost upon us so don't miss out.

Sunday, September 11 will be the date of our installation.

This year we will be holding our installation at

Beth Radom Synagogue

18 Reiner Road

Cocktails are at 5:30 p.m. to be followed by dinner & program.

Cost is \$30/person or \$60/couple, \$40/person for non-member guests.

Send your cheque and RSVP to Sandy Gordon by September 3:

59 Verwood Avenue, Toronto, Ontario M3H 2K8

Please indicate whether you prefer a chicken or fish dinner.

Opening Meeting

Monday September 26

Dinner 6:30 with meeting to follow
at 7:30, 15 Hove

Come out to meet
our new executive.

For more information or to confirm
your attendance, please contact
Albert Ohana (416) 960-1857 or
email salon_piaff@rogers.com

Casino Niagara

Sunday, September 18

This is the one we have all been waiting for.

We will meet at Bayview & Hwy 7 at 9:15
a.m. and journey to the land of slots and
black jack. The bus will return at 5:30.

The cost is \$25/person and each person will
receive a \$20 redeemable voucher with a
Player's Card.

For more information or to confirm
your attendance, please contact
Sandy Gordon (416) 631-8261
or email sygordon@sympatico.ca

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: Bonnie Kates

Advertising: Harvey Silver

Production: Jeff Rosen
Sandy Gordon
Julie Shuter

Website:

http://ca.geocities.com/k_echad



What's New

Sunday, September 11 – Installation

Monday, September 26 – Opening Meeting

Sunday, October 30 – Covenant Breakfast, Beth Emeth Synagogue, Guest Speaker: Toronto Star publisher Michael Goldbloom

Sunday, November 6 – Brunch Meeting, 4300 Bathurst St.

Monday, December 12 – 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

October/Rosh Hashanah Issue - September 9, 2005

November Issue - October 14, 2005

December Issue - November 11, 2005

January Issue - December 9, 2005

February Issue – January 10, 2006

March Issue – February 10, 2006

"If you fear making anyone mad, then you ultimately probe for the lowest common denominator of human achievement."

-- James Earl "Jimmy" Carter, Jr. (b. 1924), 39th U.S. President, Democrat

As I See It



Every day the media updates us on the rising cost of gas. In some parts of the country gas is over \$1.00 per litre and is expected to increase to \$1.50 by summer's end. I saw

a women being interview on TV about the increased cost of gas, as she was filling up her car. She complained bitterly about the cost and remarked that she would be making fewer trips up to her summer cottage because of the cost. Then the TV camera did a wide-angle view of the vehicle she was filling up. Low and behold she had a gas guzzling SUV. What's with this all those folks purchasing SUVs today? It seems that those gas guzzlers they are a status symbol of suburbia.

The current gas situation is much more difficult then we experienced in the 1970s. Around that time those of us in need of new cars scaled down and began to look into purchasing fuel efficient cars. In fact, we bragged to our friends how many miles to the gallon our new car was getting. We really did believe in the concept of conservation and actually practiced what we preached. We used recycled envelopes; we used those nifty blue boxes for our papers and truly began to think of ways to conserve on our natural resources. Where did we go wrong in changing our thinking into

believing we needed over-sized cars? How often do we have eight people in our vehicles? Why do city dwellers need a Hummer?

With the recent passing of my 1992 Ford Topaz - the transmission and air conditioning is beyond repair - I have come to the decision that it will go to car heaven. I loved that car, for many reasons, but mainly because I inherited it from my late father. I always felt a little of him was with me each time I got behind the wheel. We have decided to once again become a one-car family.

Does anyone remember the one-car family? We were happy to have one car, when I was a kid. You would ask your Dad to borrow it so you could drive to the store. That was a privilege.

I remember when my Mom was encouraging my Father to fill the car up as the local BP gas station as they were giving away glasses with every 10 gallon fill up. Those were the days when the service station really offered you service. You exchanged a few words about the weather, your family, and you were on your way, and the proud owner of a complete set of 12 matching glasses, used only for company. (Not to be confused with the set of *Yartzeit* glasses that was used everyday for the family.) I will keep you posted on how we manage being a one-car family.

Bonnie Kates

Good & Welfare

September Birthdays

Sam Sussman – Sept. 13

September Anniversaries

Jeff & Lisa Rosen – Sept. 21

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.

Allocations

An allocations meeting will be held every three months at our monthly lodge meeting. Members interested in obtaining an allocation for a charitable organization are requested to submit a request to the allocations chair at honest.nate@sympatico.ca. A request

should include the name of the charitable organization, purpose of the allocation and amount requested. All requests will be discussed and voted on at the meeting. The next allocations meeting will be held **Monday, September 26.**

When one door closes another door opens; but we so often look so long and so regretfully upon the closed door, that we do not see the ones which open for us.

-- Alexander Graham Bell (1847-1922),
Scottish-born American inventor

The greatest power is often simple patience.

-- E(li) Joseph Cossman (b. 1918), American writer. author

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



Expert Auto Service

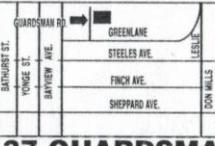
- Brakes • Tune-ups • Fuel Injection
- Exhaust • Oil Changes
- Computerized Alignments
- Electronic Diagnostic • Shocks
- Security, Keyless Entry & Remote Start Systems

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 –

A Note From Your President

One of the great things about our country Canada is its legal system. People are presumed innocent and those charged with a crime are granted their day in court. Lately though, I have been left wondering whether sentences always fit the crime.

I refer to two specific cases:

❖ Nineteen year old Steven Vandermey was sentenced to six months house arrest and placed on probation for two years and ordered to pay \$3,000 to the UJA and Bathurst Lawn Memorial Park cemetery. He must also complete 75 hours of community service at Pride of Israel Synagogue, where he and his friends spray-painted swastikas and smashed stained glass windows.

❖ Former First Nations leader David Ahenakew was found guilty on the criminal charge of willfully promoting hatred against an identifiable group and fined \$1,000.

I admit that I do not know all the legal complexities of both cases. Still I find the sentences disturbing.

In the second case, the fine seems a pittance for someone of Ahenakew's stature. The man was a leader among his people and as such, his words carry more weight than that of a 19-year-old who admitted he wanted to "do something stupid" after drinking 13 beers.

He certainly succeeded in doing just that, causing unnecessary vandalism and striking fear into the heart of the Jewish community. Justice was served in this case. If, as some feel, his sentence does not act as a deterrent to others, then what hope do we have of stopping

future Ahenakews? Even after the fine, the Native leader remained defiant, blaming Jews for his troubles.

In the first case though, it seems that Jewish groups feel that justice was not served and that a hate crime charge should have been levelled against the teenager.

To that, I ask the question: To what purpose and what would be accomplished? Vandermey is not the first teenager to do something stupid and, unfortunately, will not be the last. Besides his sentence, he apologized for his actions and volunteered at the Beth Tzedec Congregation. He also sought advice and Jewish history education from Rabbi Baruch Frydman-Kohl after he was charged.

The respected spiritual leader even came to the teen's defence, saying, "There was a real sense of contrition and bewilderment. He was very sad because I don't think he realized what all this really meant." The rabbi said he believed the ruling was balanced.

While there was a clear need for the court to send a strong message – which I feel it did – in the end the rabbi's words and actions will go further in preventing a recurrence of such violence.

As we say in our candle lighting ceremony "*an ignorant man can not be pious, so with all thy strength, get knowledge.*"

Gaining such knowledge, as opposed to slapping the teen with a hate crimes charge, should ensure such vandalism does not happen again.

Shalom

Jeff Rosen

KOL ECHAD



Is On the Move

With advances in technology, Forestdale Heights Lodge has been able to deliver **Kol Echad** both in print and on the Internet for a number of years.

Kol Echad is now available to download as a PDF document in colour from our Website. We would like to know if any of our members would prefer to receive the print bulletin as a download from our Website rather than through the mail.

If you would prefer this option, please send Jeff an email at jelijo@sympatico.ca. If you want to keep receiving the mailing, there is nothing to respond to or no forms to fill in. It is that easy. It is all part of making **Kol Echad** the best bulletin it can be.

Thank you
Team Kol Echad

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

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 art of living is more like wrestling than dancing, in so far as it stands ready against the accidental and the unforeseen, and is not apt to fall.

-- Marcus Aurelius Antoninus (121-180), Roman Emperor

Sandy's Scripts



Remember when we were kids and went to house parties? We didn't have the nightlife spots for teenagers that they have today, so we had to make our own fun – and we did.

What stands out in my mind more than anything was the fun games we used to play. I know the guys remember their games well, I'm sure. One of the games we used to play was "broken telephone". The stories that would come out of that game were so funny. Well funny is one thing – have you ever been involved in a "broken telephone" exchange of information in your work place? It's not fun and can be very damaging.

Not so long ago a friend of mine was involved in a broken communication fiasco

that ended up being, with a number of people. From one little comment evolved an array of innuendos completely unrelated to the simple little statement that was made in the first place. I have heard of twisted stories but this one took the cake and would have gotten first prize if there was a competition! At the end of the day my friend wound up with egg on her face at no fault of her own!

There is a valuable lesson to be learned – carefully choose what you feel you would like to make an issue of and have substantial backup! I said it before and I'll say it again, it's not what you say, it's how you say it! But if the listener cannot compute properly, it's all for nothing.

Until the next time.

Sandy Gordon

"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

The whole problem with the world is that fools and fanatics are always so certain of themselves, but wiser people so full of doubts.

-- Bertrand Russel (1872-1970), British philosopher, mathematician



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



E - Z HAIR REMOVAL

Permanent Hair Reduction

For Free Consultation
Call 905-886-3652 Zahava

Laser/LHE Hair Removal

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

BARRISTER, SOICITOR AND NOTARY

SUITE 510
245 FAIRVIEW MALL DRIVE
TORONTO, ONTARIO
CANADA M2J 4T1

TELEPHONE: (416) 496-2600
FAX: (416) 496-1708



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



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

TED BERMAN

TED THE HANDYMAN

Plumbing • Electrical • Etc.

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



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

CVS BBQ at 4300 Bathurst St.



On July 14, the residents of 4300 Bathurst were treated to a barbeque by the members of Forestdale Heights Lodge. Hot dogs and hamburgers cooked on an open barbeque grill were washed down with a generous supply of soft drinks. Applesauce and strawberry applesauce were a sweet ending to a delectable meal.

The weather appeared to threaten the festivities, but cleared in time to permit the cooking to proceed. In fact, the evening was a beautiful summer accompaniment to a wonderful event. The sound of klezmer music added a special touch.

Thanks to Albert Ohana, Stan Horowitz, Jeff, Lisa and Jordana Rosen, Barry and Sandy Gordon, Michael and Bonnie Kates, David Gorender, Harvey Silver, Carl Zeliger, Morris and Grace Shapransky, and Ivan, Elizabeth, and Darryl Bloom, who made this event possible through their volunteer efforts. Apologies to others whose names may have been unintentionally omitted.

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



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

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

Peter Tang

O-MEI

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

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

Tel: (905) 889-8282

Forestdale Funnies

THE TEN COMMANDMENTS

Cohen showed up at synagogue one Saturday and the rabbi almost fell down when he saw him. Cohen had never been seen in a synagogue in his life.

After Services, the rabbi caught Cohen and said: "Mr. Cohen, I am so glad you decided to come here. What made you come?"

Cohen said, "I've got to be honest with you, rabbi. A while back, I misplaced my favorite hat and I really, really, love that hat. I knew that Levy had one just like mine and I knew that Levy came to services every Saturday. I also knew that Levy takes off his hat during services and he leaves it in the back of the synagogue in order to put on his yarmulke. So, I was going to leave after the Torah reading and steal Levy's hat."

The rabbi said: "Well Cohen, I notice that you didn't steal Levy's hat." "While I am very pleased, tell me, what changed your mind?"

Cohen said "Well, after I heard your sermon on the Ten Commandments, I decided that I didn't need to steal Levy's hat."

The rabbi gave Cohen a big smile and said "After I talked about 'Thou Shalt Not Steal' you decided you would rather do without your hat than burn in Hell, right?"

Cohen shook his head and said: "Not exactly, rabbi. After you talked about 'Thou Shalt Not Commit Adultery,' I remembered where I left it."

While you're in there...

While on a road trip, an elderly couple stopped at a roadside restaurant for lunch. After finishing their meal, they left the restaurant and resumed their trip. The woman unknowingly left her glasses on the table and she didn't miss them until after they had been driving about twenty minutes. By then, to add to their aggravation, they had to travel quite a distance before they could find a place to turn around in order to return to the restaurant to retrieve her glasses.

All the way back, the husband became the classic grouchy old man. He fussed and complained and scolded his wife relentlessly during the entire return drive. The more he chided her, the more agitated he became. He just wouldn't let up one minute. To her relief, they finally arrived at the restaurant.

As the woman got out of the car and hurried inside to retrieve her glasses, the husband yelled to her, "While you're in there, you might as well get my hat and credit card."



Health in Harmony



Getting our minds to focus on the moment, what's happening right now, is a difficult task for most people. Often we're thinking about what we need to do next or what we didn't accomplish yesterday. Bringing

ourselves into the present moment helps us to be more focused and alive.

Combat the Whirling Mind

Often our minds race ahead, jump from one thought to another. We feel disjointed, anxious. Take time-out, slow down – even if it's for a couple of minutes throughout the day for a calmer, more relaxed you.

- Take a few mini breaks, even moments, during the day when you concentrate on breathing. Make each breath you take in deeper and breathe out through your mouth.
- Drop the “rush mode”. Get to meetings or appointments early so you can compose yourself before the others arrive.
- Pause after you finish one task before beginning another--even for a few moments or if possible a few minutes.
- Practice mindfulness by doing only one thing at a time, giving it your full attention. Realize that multi-tasking will add to the feeling of a whirling mind.

- Learn how to time shift in the midst of busyness. Imagine yourself waiting in line at an “instant” teller machine and it isn't instant. You start feeling angry and a tight feeling builds up in your chest. Instead, you can time shift into the present moment by getting your mind off the tasks still waiting. Look around you, notice your physical surroundings. Notice the people around you. Take a few deep breaths. You'll lower your blood pressure and feel more in control.

Become an Efficient Time Manager

- Come to work ten minutes early and claim time for yourself. Eat breakfast, read the newspaper, or make a personal call.
- Set aside a regular time for planning, mark it in your organizer. When planning, allow no interruptions, no crisis management, no attention to current issues. Give yourself “dentist time”. No one can bother you when you're in the dentist's chair!
- In your calendar, make appointments with yourself. Use this time for planning, napping, or simple breathing and thought.
- Don't work during lunch. If you never take lunch, start now. If you must have a business discussion, finish it quickly and spend the rest of the time in casual conversation, enjoying the food.

Rosalie Moscoe, RNCP

Wellness & Nutritional Consultant

*Thinking of you
and wishing you a very*



Rosh Hashanah Greetings

If you are interested in placing a Rosh Hashanah Greeting in the Kol Echad, please let us know. Cost remains \$5 for a business card size greeting. Please send info to jelijo@sympatico.ca. Money will be collected at an upcoming meeting.

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