

KOL ECHAD

Forestdale Heights Lodge #2667

September 2006

Elul 5766/Tishrei 5767

L'Shana Tova



*May this year 5767 bring
health, happiness and peace*

Forestdale Heights Lodge Executive

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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What's New

Monday, August 28	CVS BBQ
Monday, September 18	Lodge Meeting
Monday, October 16	Lodge Meeting
Monday, November 13	Lodge Meeting
Monday, December 11	Lodge Meeting

Kol Echad Deadlines

October Issue	September 10, 2006
November Issue	October 10, 2006
December Issue	November 10, 2006

REMINDER

Installation 2006

**Join us Sunday September 10
4300 Bathurst Street**

Cocktails commence at 5:00 p.m.

**Members: \$20 per person
Guests: \$30 per person**

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

Editor's Desk

It was the year when Anotoly Scharansky, a Jewish dissident was released from prison, the world watched in horror as the space shuttle Challenger exploded shortly after lift-off and the public learned that “*there are some places in the universe you don't go alone*” as *Aliens* ruled the silver screen.

It was the year 1986, 20 years ago.

Closer to home, it was a year of tremendous change for me as the former Lisa Small said goodbye to her carefree single days and started a new life with yours truly.

Now, as we prepare to mark our 20th anniversary this month, I look back over the past two decades and can hardly believe the passage of time. Where has it all gone?

We have experienced and gone through so much, both good and bad. We have watched new life come into this world, said goodbye to loved ones and welcomed new additions to the family.

I know both of us are a little wiser for the experiences. They have made me realize that good and bad are two sides of the same coin. You cannot have one without the other.



It made me wonder why some couples hang together against the tides of life while others flee at the first signs of turbulence.

I have come to believe the old adage, “what doesn't kill you makes you stronger”.

I know I would not be the person I am today had I not experienced some of the highs and lows of the past 20 years.

Would I have changed anything? Of course, I would if I could. However, life is not ours to control. The best we can do is to hang on tight and ride the rapids of life.

I have also learned that there are few absolutes in life. We have to enjoy what G-d gives us.

After all, the world is a very serious place. Therefore, the last thing we do not want to do is take life too seriously.

At this very special, serious and solemn time of year, I, along with Lisa and our daughter Jordana, would like to wish everyone a happy and healthy New Year. May peace finally come to Israel and the world in 5767.

Shana Tova Tikatevu

Jeff Rosen

Good & Welfare

September Birthdays

Sam Sussman – September 13

Noreen Cohen – September 22



September Anniversary

Jeff & Lisa Rosen – September 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.



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President's Pen



I awoke August 10 hearing the news of how the British authorities foiled a terrorist attack at the London airport. I immediately felt weak and sick inside, for my son and daughter-in-law were leaving for Israel.

I was nervous given the circumstances.

As I am writing this column, Israel is steeped in a war that it did not start. Each day grows dimmer and there are more casualties from this war. At the same time, Canada is losing soldiers in Afghanistan and the conflict in Iraq continues. I begin to question what they teach us in history, because it seems we just do not learn its lessons.

"*L'shana tova tikotevu* -- May you be inscribed for a good and sweet year". This, is the greeting exchanged with family and friends as we gather to celebrate Rosh Hashanah. It is a time of reflection and resolution, a time of joy and hope for the year to come, yet a dark cloud is hanging over the whole world.

We can work for the best possible social climate given the circumstances. Sometimes, you can make a lowly potato into a delicious *kugel*. One goal we can certainly pursue is to develop a more harmonious society. As individuals and as a lodge, we can work towards better relations between Jews as well as with people from other religions. No one can say, what the coming year will hold. All we can do is to set goals and work towards

understanding, tolerance and appreciation of all of our differences.

The Jewish community can reach out to Israel with both immediate help and hope for the future. We must always strive to do a little more for Israel.

In reacting to the crisis of the moment, we must not lose sight of our community's ongoing needs. We must continue to take care of the elderly, fight anti-Semitism, poverty and provide *Yiddishkeit* to those who are isolated. I will commit our lodge to doing exactly that this year.

We need to support Jewish education in both day and supplementary Hebrew school levels. Our role is to prepare our young people to understand and take heed of the lessons of history. Our responsibility is to be involved, active and make positive changes.

Let us hope that the coming year brings health and happiness to our fellow Jews at home, in Israel, and throughout the world. No matter how small the efforts of our lodge may be, we can make the next year a positive one in the history of our Canadian Jewish mosaic.

We need to educate our non-Jewish friends on the concept of *tikun olam*, to strength all humanity and make the world a healthier place where we can all live together with respect, dignity, purpose and peace.

May we all be inscribed for a sweet year of good health, happiness and peace.

L' shana tova tikotevu.

Bonnie Kates

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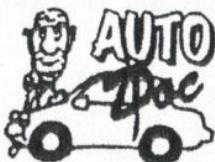
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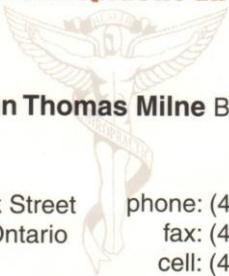


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Random Musings



At a certain point in life, we want to know that we've made a difference by being on this planet. Even though we have adhered to certain values and principles,

middle age throws us a curve when we least expect it, when we thought we'd had everything all figured out. We start to reassess, re-evaluate; whether it be the choices we've made, the actions we've taken, or yes, even the actions we've chosen not to take.

Some people react by going wild. They want to live it as high and fast as they can before it's all over. Hence, the convertible sports cars, hair flying in the breeze, of the middle-aged man or woman out on the town. For others of us, it requires taking a long step back to evaluate where we've been, and what we

wish to do with the second half, hopefully, of our lives.

For some of us, it means pursuing a hobby. For others, it means a career change. As the changes inherent in self-evaluation occur, activities that have a positive impact on the lives of others become especially rewarding.

We may never really know how important our contributions are to the recipients of our efforts as volunteers. We are not always privy to the circumstances of their lives, or aware of the difficulties they face day to day. However, people are touched in both tangible, and intangible ways by our positive actions. In turn, we are enriched.

Hopefully, as we mature, we will accomplish things we can be proud of. Maybe, because we were here, the world will become a better place. I like to think so.

Elizabeth Bloom

Playing Golf

The rabbi was fed up with his congregation. So, he decided to skip the services on Yom Kippur, the holiest day on the Jewish calendar, and instead go play golf. Moses was looking down from heaven and saw the rabbi on the golf course. He naturally reported it to God. Moses suggested God punish the rabbi severely. As he watched, Moses saw the rabbi playing the best game he had ever played! The rabbi got a hole-in-one on the toughest hole on the course. Moses turned to God and asked, "I thought you were going to punish him. Do you call this punishment?!" God replied, "Who can he tell?"

High Holiday Greetings 5767

**Bonnie & Michael Kates
& Family**



May this year be filled with health, happiness
and sweet memories for you and your family
L'Shana Tova

L'Shana Tova for peace and health



Stan, Janet, Jacob & Shira Zeliger

Have a good New Year



**Sandy & Barry Gordon
Dave & Karen Gordon
Lisa & Brent Scriver**

Stan Horowitz

Best wishes for a year
of peace and serenity



Ivan, Elizabeth, Darryl and Diana Bloom



Wish everyone a happy, healthy new year

L'Shana Tova
to our Forestdale Heights family



Noreen & Harold Cohen

We wish you a very happy
and healthy New Year



**Harvey, Debbi, Lisa &
Mark, Shawna and Zoe Silver**

**Honey & Albert
Danielle, Jamie & Jacob
Rebecca & Stu
& Sherri Ohana**



Wish their relatives and friends
a happy and healthy New Year

**Jeff, Lisa
& Jordana Rosen**



Best wishes for a year of peace and serenity,
health and happiness to all
May 5767 bring a lasting peace

**Nate & Andrea Salter
Shari & Dave Stephens
Heather, Robbie & Justin Kugler
& Deborah & Dave Reine**



Wish all the members and families
of Forestdale Heights
our best wishes for a year of peace, health and joy

Morris & Grace Shapransky



May this year bring peace
to Israel and Jews everywhere

Ray and Rosalie Moscoe



Wish all Forestdale Heights families
a healthy and prosperous New Year

May you all be blessed
with a very happy and healthy New Year

L'Shanah Tovah!



**Greetings from Carl, Debby
Rachel, Rebecca
and Josh Zeliger**

David & Arna Gorender



Best wishes for a year
of peace and serenity,
health and happiness to
all our friends and relatives

Shana Tova to all the members
of Forestdale Heights and their families



Irv, Ruth & Aaron Pupko

Best wishes for a year
of peace and serenity in 5767



Arthur & Sherice Eisenbaum & Family

Henry & Hermy Gimpel & Family



Wish everyone in Forestdale Heights Lodge
a happy, healthy and peaceful New Year
and well over the Fast

Best wishes for a year filled with peace,
health, happiness and sweet memories



Lloyd & Jacquie Lindsay

Upper Canada Lodge wishes
a happy, healthy and peaceful
New Year 5767



to our good friends
in Forestdale Heights Lodge

Franklin Switzer, President

Sandy's Scripts



It's been a good summer weather-wise, but it has not been a good time for Israel.

If it were not for all the e-mails I have received showing support for Israel, one would think that by reading the news that Israel is at fault. They headline their stories by saying Israel bombed this and that. Hasn't someone told them that Israel did not start this uprising! What about the soldiers who were taken captive in the first place?

We all hope that this conflict will cease soon and we should only see peace in the world.

It's very difficult to write about something light, funny or otherwise so I will just take this opportunity to wish everyone a very Happy, Healthy and Prosperous New Year.

May we see peace in the New Year for Israel and for all people.

L'Shana Tova!

Until the next time.

Sandy Gordon

Squirrels

A small town had two churches, Presbyterian and Methodist, and a Synagogue. All three had a serious problem with squirrels in their building. Each in its own fashion had a meeting to deal with the problem.

The Presbyterians decided that it was predestined that squirrels be in the church and that they would just have to live with them.

The Methodists decided they should deal with the squirrels lovingly in the style of Charles Wesley. They humanely trapped them and released them in a park at the edge of town. Within 3 days, they were all back in the church.

The Jews simply voted the squirrels in as members. Now they only see them at Rosh Hashanah and Yom Kippur.

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McDonalds

They have found a lost scroll that says that there is a food than can be eaten on Yom Kippur. "McDonalds" because it is a fast food.

Trip to Fallsview Niagara Casino – Sunday, July 16

Trips to the Fallsview Niagara Casino are always a joy. You might win some money, but chances are more likely you will not take it home. I speak for myself of course!

In our lodge, we don't even think of that – we just have fun as a group and we are always happy to have new people join us! On this trip, we had a delightful couple; Bonnie's aunt & uncle join. They were great and a joy to be with and we all had a great time.

Eleven of us left at 9:30 a.m. at Highway 7 & Valleysmead in Thornhill for an express ride to the casino. The bus was the venue for *kibitzing* and having a good time because when we got to the casino, it's was down to business.



We played a little, had lunch, walked around, played a little more. That's the name of the game and it was a lot of fun.

When it was time to go – we checked our numbers to make sure all were present - everyone knew where to get the bus for home and we were off!

If you are interested in joining our next trip (to be announced), please call Sandy Gordon at 416-631-8261 or e-mail sygordon@sympatico.ca.

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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	1985	1986
PRESIDENT	Harvey Glasner 1985-1986	Gabriel Nachman 1986-1987
MUSIC	1. "I Want To Know What Love Is" ... Foreigner 2. "Careless Whisper" ... Wham! 3. "Can't Fight This Feeling" ... REO Speedwagon 4. "One More Night" ... Phil Collins 5. "We Are the World" ... U.S.A. for Africa	1. "That's What Friends Are For" ... Dionne Warwick and Friends 2. "How Will I Know" ... Whitney Houston 3. "Kryie" ... Mr. Mister 4. "Sara" ... Starship 5. "These Dreams" ... Heart
POPULAR MOVIES	1. Back to the Future 2. Beverly Hills Cop 3. Cocoon 4. Fletch 5. The Goonies	1. Aliens 2. An American Tail 3. Back to School 4. Cobra 5. The Color of Money
POPULAR TV SHOWS	1. The Cosby Show 2. Family Ties 3. Murder, She Wrote 4. 60 Minutes 5. Cheers	1. The Cosby Show 2. Family Ties 3. Cheers 4. Murder She Wrote 5. The Golden Girls
SPORTS	Stanley Cup: Edmonton Oilers vs. Philadelphia Flyers Series: 4-1 World Series: Kansas City Royals vs. St. Louis Cardinals Series: 4-3	Stanley Cup: Montreal Canadiens vs. Calgary Flames Series: 4-1 World Series: New York Mets vs. Boston Red Sox Series: 4-3

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

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Happy New Year 5767

Forestdale Funnies

Rosh Hashanah



It was Rosh Hashanah evening. In the old Jewish neighbourhood, everyone was heading to services. And on his way to synagogue, the Rabbi notices one of his neighbours - an old timer - sitting on a park bench.

"Sam. Aren't you going to services.?"

"Not this year, Rabbi."

"Why not Sam? Don't you think you should ask G-d for another year of good health?"

"Rabbi. I'm ninety-three years old. Most of my friends are gone. And I have a hunch. I think that in heaven they've forgotten about me. And the last thing I want to do... is remind them!"

Yom Kippur

Morris goes to the rabbi and says, "I committed a sin and I want to know what I can do to repent."

"What was the sin?" the rabbi asked.

"It happened just once," Morris assures him. "I didn't wash my hands and recite the blessing before eating bread."

"Nu, if it really only happened once," the rabbi said, "that's not so terrible. Nonetheless, why did you neglect to wash your hands and recite the blessing?"

"I felt awkward Rabbi," said Morris. "You see, I was in an un-kosher restaurant."

The rabbi's eyebrows arch. "And why were you eating in an un-kosher restaurant?"

"I had no choice," Morris said. "All the kosher restaurants were closed."

"And why were all the kosher restaurants closed?" the rabbi asked.

Morris replied, "It was Yom Kippur."

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Are you often tired, irritable, and moody, have headaches and don't know why? Often, you get "the shakes" or afternoon low around 3:30 or 4:00 PM. Eating something sweet relieves symptoms for a short while. If this sounds like you—you may be a sugar addict. This can be disastrous to your health, your moods and productivity. Hypoglycemia, diabetes, reduced immunity and increased risk of heart disease are some of the outcomes.

Take the quiz, then read on to discover tips to a healthier, more balanced, mind and body.

Sugar Addict Quiz

Count one point for every Yes scored.

1. Each day you tell yourself, I won't eat any more sugar and each day you do.
2. You have a private stash of chocolate or cookies and have been known to eat raw cookie dough.
3. At parties, you can't stay away from cheesecake, chocolate cake, pies or ice cream.
4. When you were a child, you were given treats for being "good."
5. Your breakfast is a muffin or donut and coffee.
6. You feel euphoric after eating chocolate, but your mood plunges soon after.
7. (Bonus question!) You can live without sex, but can't live without chocolate!

Scoring:

1 -3 Yeses- You're starting to use sugar as a habit. Cut back or cut it out before it's a habit you can't break.

4 - 7 You're having trouble getting through a day without sugar and need to find ways to substitute it for healthier foods before your body starts to seriously suffer. You may be a Sugar Addict!

So What's Wrong With Sugar?

North Americans are consuming 20 - 30 teaspoons of sugar every day. A can of soda pop can contain up to nine teaspoons of sugar. Refined sugar is hidden in soft drinks, breads, baked goods, fast food, ice cream and pies. A yearly tally is about 150 pounds of sugar per person, per year, compared to 6 lbs. of sugar per person, a hundred years ago.

Sugar Leads to Food Cravings, Nutrient Losses

Studies at Yale University by Dr. Judith Rodin show that sugar and its empty calories stimulate the appetite and can lead to food cravings or addictions.

Excess sugar has been shown to deplete the body of B vitamins, amino acids and compromises the immune system.

What Helps Control Cravings?

- Don't bring home foods high in sugar. If it's not in your shopping cart, it won't be as likely in your stomach!
- Increase exercise - which will decrease appetite and burn calories.
- Eat 2 to 3 oz. of protein at meals--3 times a day. This helps break the craving for sugar. Protein foods include chicken, fish and other seafood, lean cuts of meat, low fat cheese, plain yoghurt, beans, legumes, and tofu.
- Carbohydrate is a vital energy source and you cannot leave it out. Eat complex carbohydrates such as whole grains, potatoes, beans, vegetable or raw fruit instead of simple sugars such as those found in a chocolate bar. You will avoid that yo-yo effect of an initial quick high feeling and the plunge in mood and energy level two hours later.
- Avoid or reduce caffeine and alcohol, which increase sugar cravings by lowering blood sugar. Wean yourself slowly off of these substances to avoid withdrawal symptoms.
- Read labels and make sure that sugar (or corn) is not high on the ingredients list of your packaged foods - even ketchup, crackers, boxed cereals. Replace them with no sugar choices. If you must, use maple syrup, honey, stevia, succanat, or xylitol (Xylosweet), natural sweeteners which carry fewer calories and a very low glycemic index – an important indicator to balance blood sugar.
- Keep in mind that artificial sweeteners do not help reduce sugar cravings nor should you consider diets sodas to be health drinks. Aspartame, contained in many diet drinks, passes through the digestive tract and is digested into methanol or wood alcohol. According to the Aspartame Consumer Safety Network information and the FDA in the US, aspartame should be used sparingly. Methanol poisoning causes vision problems. Other adverse reactions include; depression, fatigue, insomnia, hearing loss, anxiety attacks and memory loss.
- Use dietary supplements that curb sugar cravings: glutamic acid or L-glutamine, GTF chromium, zinc, multiple vitamin/mineral. Vitamin C and B Complex also helps combat sugar cravings.

You can lick the sugar habit! Your health depends on it. Primarily, you need to make a commitment to your good health and then follow through without being too hard on yourself for slipping - once and a while.

Rosalie Mosece, RMCN

Wellness & Nutritional Consultant, Seminar Leader

Tashlich

On the Jewish New Year, Rosh Hashanah, there is a ceremony called Tashlich. Jews traditionally go to the ocean or a stream or river to pray and throw bread crumbs into the water. Symbolically, the fish devour their sins. Occasionally, people ask what kind of bread crumbs should be thrown. Here are suggestions for breads which may be most appropriate for specific sins and misbehaviors.

For ordinary sins.....White Bread
For complex sins.....Multigrain
For twisted sins.....Pretzels
For sins of indecision.....Waffles
For sins committed in haste.....Matzoh
For sins of chutzpah.....Fresh Bread
For substance abuse.....Stoned Wheat
For use of heavy drugs.....Poppy Seed
For petty larceny.....Stollen
For committing auto theft.....Caraway
For timidity/cowardice.....Milk Toast
For tasteless sins.....Rice Cakes
For ill-temperedness.....Sourdough
For silliness, eccentricity.....Nut Bread
For not giving full value.....Shortbread
For unnecessary chances.....Hero Bread
For war-mongering.....Kaiser Rolls
For jingoism, chauvinism.....Yankee Doodles
For excessive irony.....Rye Bread
For erotic sins.....French Bread
For particularly dark sins.....Pumpnickel
For dressing immodestly.....Tarts
For racist attitudes.....Crackers
For causing injury to others.....Tortes
For sophisticated racism.....Ritz Crackers
For being holier than thou.....Bagels
For abrasiveness.....Grits
For dropping in without notice.....Popovers
For overeating.....Stuffing
For impetuosity.....Quick Bread

For indecent photography.....Cheesecake
For raising your voice too often.....Challah
For pride and egotism.....Puff Pastry
For sycophancy, brown-nosing.....Brownies
For being overly smothering.....Angel Food Cake
For laziness.....Any long loaf
For trashing the environment.....Dumplings
... and my personal favorite:
For telling bad jokes/puns.....Corn Bread
For those who require a wide selection of crumbs, we suggest a Tashlich Mix available in three grades (Tashlich Lite, Medium, and Industrial Strength) at your favorite Jewish bookstore.

BBI PROFOUNDLY DISTURBED BY COSTA RICA'S DECISION TO MOVE EMBASSY FROM JERUSALEM TO TEL AVIV

Costa Rica's decision to close its embassy in Jerusalem comes as a profound disappointment to B'nai B'rith International. A longtime and loyal friend to Israel, Costa Rica was one of only two countries to locate its embassy in the capital city of Jerusalem.

Costa Rica's President Oscar Arias had long stated his intention to move the embassy.

Still, the timing of this move raises serious questions. Coming on the heels of the United Nations Security Council's Mid-East resolution, the embassy move appears aimed at boosting relations with Arab nations while undermining Costa Rica's historic support of Israel.

BBI Executive Vice President Daniel S. Mariaschin said, "A decision to move an embassy would, under any circumstances, be disturbing. Coming at this moment, when Israel has been attacked by a terrorist organization that seeks its destruction, it is even more troubling. Only those who would seek to further isolate Israel can take any satisfaction in this decision."

Pro-terror sympathies undermine respect for Canadian law, says B'nai Brith Canada

TORONTO – B'nai Brith Canada has reiterated its concern over the increasingly open displays of sympathy for terrorist groups on our city streets. Virulently anti-Israel manifestations such as this weekend's burning of an Israeli flag by cheering crowds at a supposedly pro-peace rally held in Toronto, should be taken as a precursor of future extremist activity if left unchecked, says the Jewish human rights group.

“We have noted an alarming trend whereby elements within Canadian society are openly challenging Canadian law to express support for terrorist groups like Hezbollah that are banned in this country,” said Frank Dimant, Executive Vice President of B'nai Brith Canada.

“We are concerned by the statement of Ali Mallah, Vice-President of the Canadian Arab Federation – Ontario Region, who has expressed open defiance for Canada's laws by challenging the government's ban of Hezbollah. He did so in a very public venue on a popular Toronto radio program, apparently without considering the implications of the terrorism that he appeared to be condoning. We also heard last week the joint statement by the Islamic Supreme Council of Canada and the group Muslims Against Terrorism, which in one breath condemned the alleged terrorism plot discovered by UK authorities, while at the same time characterizing it as a trumped-up plot to deflect attention away from events in Lebanon. The groups alleged that the plot was dreamt up by ‘Neo Cons’, which is often used as code for Jews.

“We have requested an urgent meeting with Ontario Attorney General Michael Bryant, Toronto Police Chief Bill Blair as well as relevant federal authorities. We are recommending that loopholes in the existing anti-terrorism legislation be closed to prohibit the kind of glorification of terrorism that we are currently seeing. Such pro-terror sympathies must be addressed immediately, lest Canada's multicultural values of tolerance and respect be eroded.”

SIFRUT FOR SOLDIERS: BBI DELIVERS BOOKS TO ISRAELI MILITARY

B'nai B'rith International opened a new chapter in its Israel Emergency Fund, delivering 200 Hebrew-language best sellers to Israeli Defense Forces combat soldiers. The "Sifrut for Soldiers" program is providing a respite for weary soldiers.

The books, delivered by B'nai B'rith's World Center in Jerusalem Director Alan Schneider, each contained a letter from BBI, expressing support for the soldiers' mission and for Israel's security.

"The soldiers were genuinely moved by the gesture," Schneider said. Many told him the books were a unique and touching gift. So far, four publishing houses and two book store chains are offering books for the project at considerable discounts.

Also as part of the Israel Emergency Fund deliveries this week, the town of Shlomi received five computers for its emergency shelter, and Rosh Pina received 10 bulletproof vest and helmet sets for municipality workers who provide assistance to the citizens of the town.

As the needs of the people in the north change as the ceasefire continues, BBI's emergency fund will transition to help in rebuilding efforts for northern Israel.

Two weeks ago, BBI made its first deliveries of relief supplies to Israelis trapped in bomb shelters. The residents of Carmiel, Haifa and Safed received two truckloads of new electronic equipment and inflatable playground equipment (at left), made in Israel, to productively pass the hours for children and to help alleviate the stress of the situation. Also delivered were air conditioners to refresh the air in the shelters.

All of the donations were made possible through BBI's Israel Emergency Fund. For more information go to: **www.bnaibrith.org/ief**.

Fun & Games



On Sunday, June 4, Bonnie and Michael Kates, Ivan and Darryl Bloom, and Barry Gordon visited with the residents at 165 Elm Ridge Drive, a Reena residence.

Board games and social chatter were the order of the day. The mood of the residents noticeably brightened as our Forestdale Heights members played games and spoke with the residents.

Bonnie Kates played Snakes and Ladders with a group of residents, while Ivan and Darryl played Checkers with others.

At the conclusion of the program, the lodge donated the games to the residents of the Reena home.

The Friendly Greek



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