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KOLECHAD

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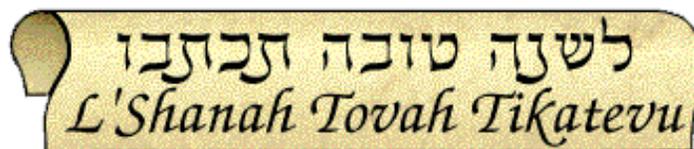
September 2007

Elul 5767/Tishrei 5768

# 40 YEARS OF GREAT MEMORIES



*May this year 5768 bring  
health, happiness and peace*



Don't miss our Opening Program Monday, September 10  
Dinner 6:30 p.m. followed by Budget Meeting at 7 p.m.

Please RSVP to Albert Ohana  
at [salonpiaff@rogers.com](mailto: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/>  
*Note: We now have a Canadian domain.*

## What's New

Monday, Sept. 10	Opening Meeting
Monday, Oct. 22	Dinner Meeting
Monday, Nov. 19	Dinner Meeting

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### Kol Echad Deadlines

October Issue	September 15
November Issue	October 10
December Issue	November 10

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### Kol Echad Yearly Advertising Rates

Back Cover	\$300
Inside Back Cover	\$300
Full Page	\$200
Half Page	\$100
¼ Page	\$50
Business Card	\$40

10 issues published every year

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# President's Pen



During Rosh Hashanah people are encouraged to think only good thoughts and to be kind to all those around them. The common greeting during Rosh Hashanah is "*L'Shanah Tovah*" meaning "for a good

year." This is a shortening of "*L'Shanah Tovah Tikatevu v'taihatem*" which means "May you be inscribed and sealed for a good year."

This is the familiar greeting exchanged by family and friends as they gather to celebrate Rosh Hashanah, the high holy days which begin the Jewish New Year. It is a time of reflection and resolution, a time of joy and hope for the year to come.

I am looking forward to the New Year. I won't be sorry to see this year behind us. It has been a year of many challenges within my family. I could go on and dwell on the negative aspect of it all, but I have decided to take a moment and reflect on the many blessings that my family and I have.

As a little girl, Rosh Hashanah meant a new dress and new shoes for *shul*. The sound of the *shofar* was the highlight of the Rosh Hashanah service, as I sat beside my father playing with the *tsistis* of his *tellis*. When I was little, the sound of the *shofar* signalled to me the end of the service and it was a short time until I got to Bubie's house for the delicious treats and delicacies that she made each Rosh Hashanah.



**Continued on next page**

Not until I reached parenthood did I begin to truly understand the season of renewal and that Rosh Hashanah symbolizes much more than apples and honey. The *shofar*, which is the oldest musical instrument still in use, is a wake-up call to parents. With each blast, the *shofar* reminds us to better appreciate our children and our relationships because they seem to change faster than the red and gold leaves on autumn's trees.

Today, I still look forward to hearing the first blast of *tekiah*, but for a much different

reason. Now that I have children, the unique sounds of the *shofar* represent a new beginning, not an end, to something special. It's a New Year, a new beginning and a new opportunity to improve the world around me.

We all need to remember to celebrate, rejoice and count our blessings. May you be inscribed for a year of good health, joy, and many sweet moments with family and friends.

*L'Shanah Tovah*

*Bonnie Kates*

## **Sweet & Sour Meatballs**

### **Ingredients:**

For the Meatballs :

1lb. - Ground beef or chicken

1 - Egg, beaten

1/3 cup - Brown sugar

2 tsp. - Tomato paste

2 tsp. - Matzah meal

1 tsp. - Onion powder

Salt

For the Sauce :

1 large can - Tomato sauce

1 can - Water

2 Tbs. - Lemon juice

1/2 - Onion, diced

1/4 cup - Brown sugar

Salt and ginger



### **Preparation:**

Mix all sauce ingredients in a large pot and bring to boil. Mix meat ingredients, and shape into balls. Add meatballs to the boiling sauce, and simmer until cooked.

# Good & Welfare

## Birthdays

Sam Sussman Sept. 13

Noreen Cohen Sept. 22

## Anniversaries

Morty & Dolores Green

Jeff & Lisa Rosen

Sept. 2

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](mailto:jelijo@sympatico.ca). We will make every effort to include it. Birthdays of members only will be listed in this space.*



*Mazel Tov to Nate & Andrea Salter on the birth of a grandson, Benjamin Lenni Reine, son of Deborah and Dave Reine, who made his appearance on Tuesday July 24 weighing in at 7lbs. 2 oz.*

*Mazel Tov to Albert and Honey Ohana on the birth of a new grandchild.*



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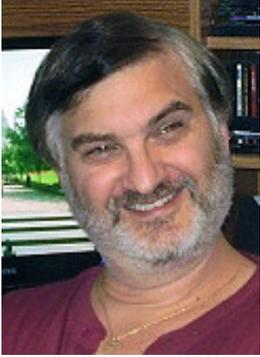
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*Jerry Lewis*  
**MDA TELETHON**

The Labor Day Jerry Lewis Telethon is looking for volunteers for Monday, September 3. This year, volunteers are needed at the Manulife Centre, which is located at 2 Queen Street East, 7<sup>th</sup> Floor (Yonge and Queen subway station). If you are interested in volunteering, please contact Barry Gordon at 416-631-8261 or email [barrysgordon@sympatico.ca](mailto:barrysgordon@sympatico.ca).

# Editor's Desk



It seems like we wait forever for the coming of summer and before you know it, the season has come and gone in a blink of an eye.

I hope everyone enjoyed the long and humid days. I know I certainly did, having spent approximately two weeks in various parts of the United States on personal and business getaways.

Both San Francisco and Washington D.C. were great and convinced me that our local leaders definitely do not have the “right stuff” when it comes to managing and promoting the City of Toronto.

I have never seen any other city like ours that is so opposed to automobiles, roads and highways.

In San Francisco, the city operates a number of public transportation vehicles. At the same time though, parking garages are situated throughout the downtown core to ensure those driving have someplace to park and tour the city.

Those who think Toronto has a congestion problem probably have not sat in rush hour in the D.C. area. While no major highways run through the American capital, a number of highways ring this city. Yet, once you leave the highways, there are

numerous one way streets to help control traffic.

At the same time, that city's subway system is a true delight. You can get anywhere you want on their subway (called the Metro), as long as you are willing to pay the fare. Unlike our single fare system, in Washington you pay by distance travelled. So those travel further, pay more of the cost.

Contrast that with our own fair city, where construction of a new line is debated *ad nauseum*. Once a decision is made, the result is often a new line to nowhere.

From what I hear, there is now even talk of closing one of our subway lines down.

Is it any wonder taxpayers are fed up with all levels of government.

When Premier Dalton McGuinty came to power he promised to undo the damage caused by the downloading of provincial services instituted by the Mike Harris Conservative government.

While he has made some headway, it is clear that Harris' boondoggle will continue to plague Torontonians for years to come.



**Continued on next page**

Those looking to the new provincial Tory leader John Tory for assistance should not hold their breath.

He is too busy courting the ethnic vote by promising funding to private faith-based schools.

I may be missing something but there appears a contradiction here. *Public* funds for *private* schools? From where I sit, public funds should go to public schools. Those wishing something more, different or extra should not go looking for a handout. That goes for the Catholic system as well.

The biggest mistake this province made was extending full funding to the Catholic system, a move made by former Conservative Ontario Premier William Davis back in 1984.

Remember that name, because PC leader Tory recently picked the same Davis to study how funding will be extended to the rest of the private schools if they come to power.

That is sort of like asking the fox to investigate the loss of chickens in the henhouse.

If Davis had any sense he would tell the new Conservative leader that he made a mistake way back when. He would say that there is only so much money to go around and that it should go to improving the public system.

But we all know this will not happen. After all, this is politics and it is an election year.

Of course, many people say that since they already pay taxes towards the education system they deserve the right to have those taxes directed towards the school of their choice.

Again, a faulty argument since by that very logic childless couples, singles and those with no children in the school system should not have to pay education taxes.

Besides, why should I be paying for services for senior citizens if I get no value from them.

It promises to be an interesting year ahead, both in Canada and around the world as Israel's Arab neighbours vie to bring about a new peace plan.

Not to be pessimistic, but like past attempts, it too will probably fail.

In the coming months, Kol Echad will occasionally discuss such world issues but for the most part will keep its eyes on what matters most, its members, the lodge and B'nai Brith Canada.

So stay with us in 5768. I am sure it will be an interesting year.

On behalf of Lisa and Jordana, I would like to wish everyone a safe, healthy and happy New Year.

*Shanah Tovah*

*Jeff Rosen*

**Bonnie & Michael Kates  
& Family**



*May this year be filled with health, happiness  
and sweet memories for you and your family  
L'Shanah Tovah*

*Shanah Tovah to all the members  
of Forestdale Heights Lodge  
and their families*



**Irv, Ruth & Aaron Pupko**

**David & Arna Gorender**



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

**Jeff, Lisa  
& Jordana Rosen**



*Best wishes for a year  
of health and happiness to all  
May 5768 bring a lasting peace*

**Stan Horowitz and Terry Goldfarb**



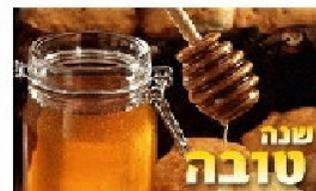
*Shanah Tovah  
to all our friends  
and family*

*A happy and healthy  
New Year  
from the Blooms*



*Best wishes for health, happiness  
and prosperity to all  
Shanah Tovah*

**Ray and Rosalie Moscoe**



# Thoughts for the Holidays



Here is a question: Which is preferred, to pray in Hebrew even if you don't understand what you are saying, or to pray in English (or whatever your native language is) so that you do understand?

My *Siddur* says, "If one prays in a language other than Hebrew, he does not fulfill his obligations unless he understands whatever he says, but if he prays in Hebrew, he fulfills his obligations even if he does not understand". However, later it says, "Prayer in the language one understands is sanctioned by the Sages themselves, and surely, a well-understood prayer is immeasurably more worthy than one that is merely mouthed as a string of uncomprehended sounds."

Well that is not very helpful.

In *A Guide to Jewish Prayer*, Rabbi Adin Steinsaltz says that prayer "loses its essential quality when it becomes solely a recitation of words, without inward attention to the meaning of the words being spoken".

So, which is preferred?

Just recently, I visited my brother in Dayton, Ohio and on Friday night, we attended services at the Reform temple in which he is a member. The rabbi was on holiday and so, during the summer, the members of the congregation take turns running the service, including giving a sermon. Most of the congregants are not able to lead a service (or follow a service) in Hebrew and so, like in most Reform synagogues, the service was 75% English and 25% Hebrew (usually followed by the English translation). The members of the congregation seemed very involved in the proceedings.

Often when I attend services, the *Siddur* used has Hebrew only. I can read and follow the service, but, not having a Hebrew education, I do not know what is being said. Which service is more meaningful? As you sit in shul for Rosh Hashanah and Yom Kippur, which side of the page do you look at? Which gives you more satisfaction? What do you prefer: Hebrew even if you don't understand, or English so that you do understand even if it is not the Holy Tongue?

*Shanah Tovah*

*Irv Pupko*



**Morris & Grace Shapransky & Family**



*May this year bring peace  
to Israel and Jews everywhere*

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



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

**The Ohana Family  
Honey, Albert & Sherri  
Danielle, Jamie,  
Jacob & Joshua  
Rebecca, Stu,  
Ethan & Lilah**



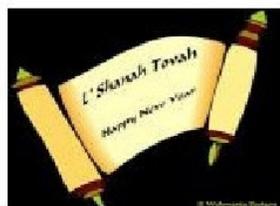
*Happy & Healthy Holidays*



*Happy & Healthy  
New Year*

**The Silvers  
Harvey & Debbi, Lisa  
Mark & Shawna,  
Zoe & Jaime**

**Henry & Hermy Gimpel & Family**

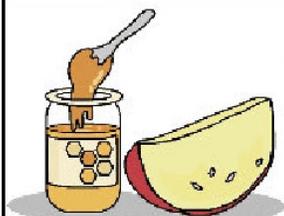


*Wish everyone  
in FHL  
a happy, healthy  
and peaceful New Year  
and well over the Fast*



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

**Lloyd & Jacquie Lindsay**



*Happy and Healthy  
New Year*

**Arthur & Sherice Eisenbaum & Family**



*Best wishes  
for a Happy & Healthy  
New Year*

**Sandy & Barry Gordon**

*We wish all the members and families  
of Forestdale Heights Lodge  
our best wishes for a year  
of peace health and joy*



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

*Have a very happy & healthy  
New Year*



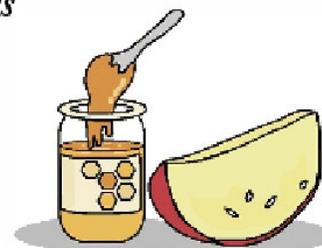
**Noreen & Harold Cohen**

*L'Shanah Tovah  
for peace and health*



**Stan, Janet, Jacob & Shira Zeliger**

*Wishing all members  
a Happy & Healthy  
New Year  
Shanah Tovah*



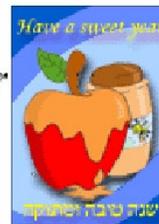
**Phyllis & Gerry Blustein**

*Wishing all our friends and family  
a healthy, happy,  
joyous and peaceful New Year*



**Avery and Marla Matlow**

*Wishing all members  
of Forestdale Heights Lodge  
a happy and healthy New Year  
Shanah Tovah*



**Harold & Hindy Davis**



*Best Wishes  
for a Healthy Happy,  
Fulfilling New Year*

**Morty and Dolores Green**

*Upper Canada Lodge wishes  
a happy, healthy and peaceful  
New Year 5768  
to our good friends  
in Forestdale Heights Lodge*

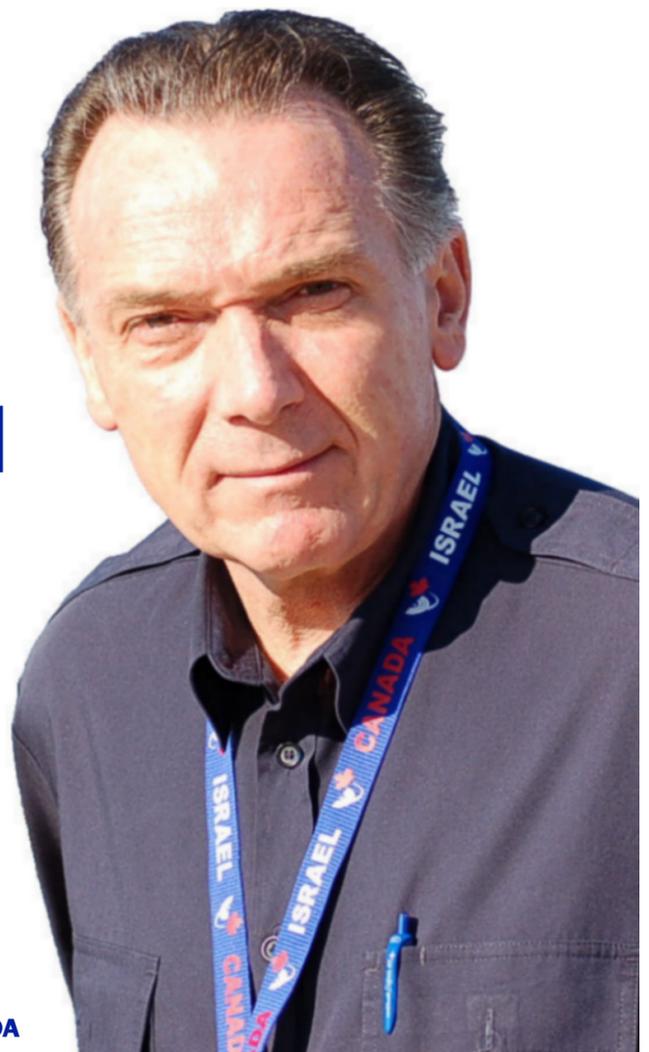


**Franklin Switzer, President**

# **Peter Kent for MP, Thornhill**



**Best Wishes to  
the Jewish  
Community for a  
Healthy, Happy and  
Peaceful New Year**



**416 - 804 - 5009  
[www.PeterKent.ca](http://www.PeterKent.ca)**

**Authorized by the Official Agent of the Thornhill Conservative EDA**

Wishing members of  
**Forestdale Heights Lodge**  
*a Healthy and Happy New Year!*

from



Sandra, Alexander, Katrina and

**Mario G. Racco, MPP**

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# Notes from Nate



*News and views of life from a past president still living in Thornhill who now realizes how truly lucky and blessed he is.*

You know, finding out that you are not the pillar of steel you always thought you were is both shocking and devastating. To find out that your body, which you have used and abused for nearly 65 years, is not working the way it is supposed to causes one to really stop and take a hard look at life. Knowing that there are changes in lifestyle coming up can be a positive thing if one maintains the right attitude and follows the doctor's orders.

Now before all of you get all teary eyed, to the best of my knowledge, and with a little bit of luck, I might be able to stick around long enough to corrupt all my grandsons and turn them into complete motor heads, just like their Zaidy. I have to tell you though that these past few months have been quite a revelation.

It is with great humility that I have come to realize those of you who I have known all these years, thought enough of me to call and ask about my health and to express concern. It was deeply

gratifying to hear from folks who I have not heard from for years. Only now do I realize that things I have done in life have influenced the lives of others, in thank G-d a positive manner.

If nothing else, this has forced me to take a hard look at what is truly important in life as opposed to what I previously deemed essential.

In the midst of my angst, G-d blessed me with another grandson. That alone gave me reason to thank him for his blessings and the fact that, unlike my own father, I have had the *naches* of seeing my grandchildren come into this world and start to grow. I have watched my own children go from babies to young adults, out into the world establishing their own careers and families.

It is with a feeling of *deja vu* that I watch them do all the same things that Andrea and I did when we first started out, establishing careers, buying new homes, and having babies. I also see the circle of friends that they have amassed and the new closeness between the three sisters that motherhood has brought. Yes, just as we did at their age through Forestdale, BBYO, and BBYA, they are making life long friends who will share their joys and woes throughout their lives.

**Continued on next page**

In summing up, I know that being a member of Forestdale Heights has rounded out our lives, given us an extended family, and allowed us to participate in programs and events that have made us both proud and satisfied that we have made a difference.

I don't know what the future holds for me. Hopefully, positive treatment results will allow me to participate actively in the activities of our lodge, albeit in a somewhat lesser

manner. However, know that as long as we remain on this side of the grass, we will continue to share the joys of being a Forestdalenik whenever and wherever we can.

To all of my extended family, a healthy and happy New Year and may we share good times together always.

*Nate Salter*

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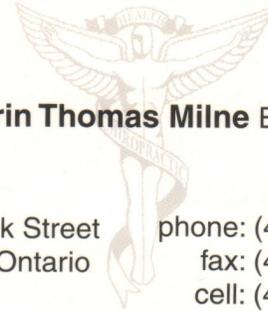
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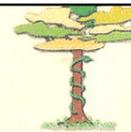
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# *Random Musings*



Not long ago I read an article, which revealed that the history curriculum in England is under pressure to omit Holocaust studies. This blatant attempt to eliminate study of a well-documented historical event should make us wary of the amount of hatred that anti-Semites harbour, and the extent to which they will go to justify their eventual goals.

The attempt to manipulate a school curriculum in a thriving democracy, in a country whose very heart and soul was bombarded during the Blitz, is a bold affront to every rational human being who has studied history, or in fact, survived it. It is an attempt to influence the young, to render them ignorant of world history and vulnerable to hate propaganda.

The attempt to influence children to deny the Holocaust is part of a larger effort to delegitimize Israel as the homeland of the Jewish people. It sets a dangerous precedent for propaganda, not just regarding Jews, but also as a technique to justify persecution of other innocent, vulnerable groups.

I have yet to meet a Jewish family that has not been touched by the Holocaust. Those of us who have personal family stories of the

Holocaust must not keep quiet. Those of us whose families were lucky enough to escape from the Nazis, and those of us whose family members perished, owe it to themselves and the rest of the world, to insist that these events be forever taught in history classes throughout the world. We owe this to those who survived, those who didn't, and perhaps to our very future existence as a people.

We should not ignore those who would attempt to eliminate portions of history from school curriculum. We should not allow hateful people to intimidate teachers. We should not accept an attempt to rewrite history. We know how powerful classroom influence can be. The classrooms of Nazi Germany were very effective in disseminating misinformation to the young.

Acts of omission are silent lies. As the New Year approaches and we celebrate the sweetness of life, let us ensure that all lives, not just Jewish ones, are protected by the phrase "Never Again". We must insist that the truth be told and retold, no matter how painful.

May the world become a safer place for all good people in the New Year, and may we have the courage to make this wish a reality.

*Elizabeth Bloom*

# *Sandy's Scripts*



My summer has been an exciting one. One of the highlights was my kids moving back to Toronto from New York with all of the details associated with helping them settle in. My son arrived a few days

earlier, as he drove the truck in with all their belongings, while my daughter-in-law remained in New York for a few days to tie up loose ends.

It was Friday, June 29; the first Shabbos Dave would be in town after his arrival back in Toronto. It was a gorgeous day and I decided to have Shabbos dinner on our patio under the stars.

It's always fun especially when it's early in the summer and you have so much more to look forward to as the summer progresses. I hope that the weather will cooperate when plans are put into place.

This Friday night was like no other. Yes, our family dinner was very

memorable, as you will soon find out.

**Continued on next page**



We enjoyed our meal and were chatting and relaxing taking in the outdoor environment and all it had to offer, when we heard a rustling noise in our cherry tree! It was just before dusk and it was hard to see but there was no mistake that there was a raccoon in our tree. I guess it came to dine in our backyard as well. More rustling noise was heard and we discovered that we were hosting a family of raccoons for dinner. There were five to seven raccoons in our tree at one time chomping on cherries.

I ran in the house and got my camera and one of the little intruders is very plainly seen nestled in the tree. When I was taking that picture, he did not make a move, he allowed me to focus the camera and snap the photo in my own time. A very cooperative subject! Sure what did he care, he had a terrific

dinner and that was his way of saying thank you!

We continued to watch the family of raccoons eat their meal, then leave one by one along the fence, and go onto the roof of our storage shed at the back of the yard. They continued to play on the roof where an adult was at the top and the little one was having trouble crawling up to meet him.

Well, now all the cherries are gone but the raccoons are probably still around. I have heard noises but haven't seen them again. Oh well, there is always next summer!

Wishing everyone a very Happy, Healthy and Prosperous New Year.

Until the next time.

*Sandy Gordon*



### **Apricot Chicken**

#### **Ingredients:**

- 6 skinless, boneless chicken breast halves
- 1 1/2 (1 ounce) packages dry onion soup mix
- 1 (10 fluid ounce) bottle Russian-style salad dressing
- 1 cup apricot preserves

#### **Preparation:**

Preheat oven to 350 degrees F (175 degrees C). Place the chicken pieces in a 4 quart casserole dish. Mix the soup mix, dressing and jam together, and pour over the chicken. Cover dish and bake for 1 hour in preheated oven.



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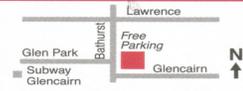
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# High Holiday Food Ideas

## Chicken Cutlets

### **Ingredients:**

- 1 lb. - Chicken cutlets
- 1/2 cup - Italian dressing (low cal. or regular)
- 1/4 cup - Matza meal
- 1/2 cup - Flavored bread crumbs
- Oil, for frying



### **Preparation:**

Dip chicken cutlet in Italian dressing, then into Matza meal mixed with bread crumbs. Fry both sides in oil on medium-high flame until golden brown. Cutlets can also be baked in the oven

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## Honey Cake

### **Ingredients:**

- 3/4 cup - Sugar
- 2 - Eggs
- 1 Tbs. - Oil
- 1/2 cup - Honey
- 1/3 cup - Cold strong coffee (brewed)
- 1/4 tsp. - Ginger 2 cups - Flour
- 2 tsp. - Baking powder
- 1/2 tsp. - Baking soda
- 1/2 tsp. - Allspice
- 1 tsp. - Cinnamon
- 1/2 cup - shelled almonds



### **Preparation:**

Beat eggs until frothy. Add sugar and beat some more. Alternately add liquid and sifted dry ingredients. Pour into greased 9 x 9 inch pan. Gently sprinkle almonds on top of batter. Bake in 350 F oven for 3/4 hour. Test by placing cake tester or toothpick in center of cake. When tester comes out dry, cake is done.

# *Forestdale Funnies*

On Rosh Hashanah morning, the Rabbi noticed little Adam was staring up at the large plaque that hung in the foyer of the synagogue. It was covered with names, and small American flags were mounted on either side of it.

The seven-year old had been staring at the plaque for some time, so the Rabbi walked up, stood beside the boy, and said quietly, "Good morning, Adam."

"Good morning, Rabbi," replied the young man, still focused on the plaque. "Rabbi Resnick, what is this?" Adam asked.

"Well, it's a memorial to all the young men and women who died in the service."

Soberly, they stood together, staring at the large plaque. Little Adam's voice was barely audible when he asked: "Rosh Hashanah or Yom Kippur service?"

\* \* \* \*

A friend was in front of me coming out of the Synagogue one day, and as always the Rabbi was standing at the door shaking hands as the congregation departed. He grabbed my friend by the hand and pulled him aside. The Rabbi said to him, "You need to join the Army of G-d!"

My friend replied, "I'm already in the Army of G-d, Rabbi."

Rabbi questioned, "How come I don't see you except for Rosh Hashanah and Yom Kippur?"

He whispered back, "I'm in the secret service."

\* \* \* \*

A Jewish parent calls his son in New York. The father says to David, "I hate to tell you, but your mother and I can't stand each other anymore, and we are divorcing. That's it!! I want to live out the rest of my years in peace. I am telling you now, so you and your sister shouldn't go into shock later when I move out."

The father hangs up, and David immediately calls his sister in the Hamptons and tells her the news. The sister says, "I'll handle this." The sister calls Florida and gets her father on the phone. She pleads to her father, "Don't do ANYTHING 'til David and I get there! We will be there Friday night." The father says, "All right, all right already." When the father hangs up the phone he hollers to his wife, "Okay, they're coming for Rosh Hashanah."

# Coming in November

Please join us on Monday, November 19 when our guest speaker will be Dr. Miguel Llano speaking on men's health issues.

Dr. Llano is a Urology Associate with the Division of Urology at Mount Sinai Hospital.

He 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. He has a special interest in Erectile Dysfunction, including Clinical Research and Educational programs on this topic.



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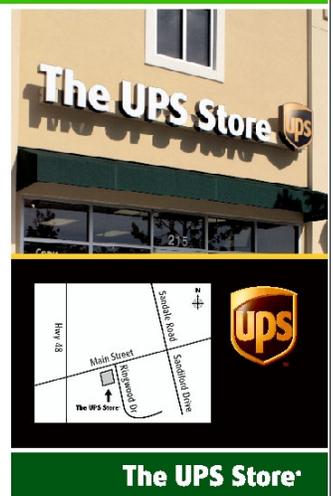
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